



## TECHNIQUE STANDARD 13

### Perform a Stretch Technique

**Conditions:**

Given that the client's treatment plan indicates the need for a stretch technique

**Task:**

Perform a stretch technique

**Standard:**

***Quality / Technical:***

- So that the soft tissue is lengthened within the client's pain tolerance.
- So that the stretch is held without bouncing until there is a release in the tissue being stretched.

***Safety:***

- So that a stretch technique is not used or is modified if a contraindication to this technique exists.
- So that you don't stretch an unstable structure or tissue.