

Fascia-ReleaZer gives Gatlin gold

A therapy tool's entry into professional sports

Gold for Justin Gatlin

London - On the 5th August 2017, Justin Gatlin achieved something that nobody reckoned with: The 35 year-old athlete was usually slower than Usain Bolt and was placed for getting the silver medal. At the athletics World Championship in London, he, however, succeeded being faster than the Jamaican and ran the 100m race in 9.92 seconds.



Picture 1: Justin Gatlin after winning the gold medal

While Justin Gatlin was making the run of his life, the spectators were booing him out. He is by now used to this as he was found to have doped in the past, some of his achievements were invalidated and the International Association of Athletics Federations (IAAF) barred him for a year.

Afterwards at the press conference, Gatlin said:

“I did not concentrate on the booing but on whether the result was catastrophic for athletics. I did it for the people who have always believed in me. I did not do it for myself” [...] “That helped me to take the pressure off me. I have served my ban and did charity work to give something back to society.”

The Fascia-ReleaZer

If fascia tissue has become stuck together or hardened, you can improve its suppleness and elasticity by alternately applying pressure and tension. By using the Fascia-ReleaZer as a self-help device, you can positively stimulate these receptors in your tissue. This will increase and speed up the regenerative capacity of the tissue.

Your blood supply will also be improved and your nerves will function better.

The stimulation from the Fascia-ReleaZer allows new nutrients to reach the cells and makes it easier to transport away waste. In this way, the tissue is replaced and the elasticity and resilience of the tissue in the treated area are improved.

The vibration massage additionally makes the tissue more elastic, whereby the muscles are being loosened.

The thereby resulting reduction of stiffness enhances mobility.

Bolt gives Gatlin credit

The defeated Usain Bolt, who the spectators would have preferred to have seen as the gold medal holder, was a fair loser. “He (Gatlin) is a great contestant. You have to be in top form to compete against him. I appreciate it a lot to compete against him and he is a great guy”, said Bolt after the race.



Picture 2: Usain Bolt congratulates Justin Gatlin

Looking for the decisive edge

No matter how unacceptable Justin Gatlin’s actions were in the past. There are a number of people who would like to give him a second chance and want to believe in that he wins rightfully this time, without using any forbidden substances.

Gatlin wants to be the best, and, not surprisingly, he is on the watch for new innovations to be better than the rest.

He found this advantage in a tool that actually originates from the medical field - the Fascia-ReleaZer. Validated through scientific studies, it was developed to treat fascias. It is mainly used to treat patients experiencing chronic pain. It is, however, also a self-help tool.

Aaron Brown, a top Canadian sprinter, describes the self-treatment with the Fascia-ReleaZer as follows:

“I always use the Fascia-ReleaZer when my legs hurt because I love the way my body reacts to the tool. It has become part and parcel of my rehabilitation kit, and I always take it with me to races, no matter where they may be

CIT Academy

The CIT Academy is a further training institute that Christopher-Marc Gordon runs together with a team of trainers and therapists in order to assist people in helping themselves.

In seminars for laypeople, therapists and doctors, the participants get to know the positive effects of the fasciae self-help treatment as well of the resilience training with the Fascia-ReleaZer, as the athletes have also come to appreciate.

Further information on courses and training:

www.center-gordon.de/cit-academy

Sources text box:

www.fascia-releazer.com

www.center-gordon.de

Other athletes have caught an eye on it and so the Fascia-ReleaZer is known to be the new “wondergadget” for better regeneration and therefore better endurance.



Picture 3: Aaron Brown (left) and Justin Gatlin (right) with the Fascia-ReleaZer

A further effect is the better stress resilience. It, therefore, does not only have a positive effect on the fascies and muscles but also leads to better stress management.

Christopher-Marc Gordon, who developed the Fascia-ReleaZer together with the German company Beurer, has been researching in this field for many years and could verify this effect in many clinical studies. Through focalised exercises, the “patients” can cope better with stress.

Whether it is day-to-day stress, contest-related stress or in the case of Justin Gatlin, the psychological stress being booed out by thousands of spectators and having to be nonetheless effective.

Fascia-ReleaZer’s breakthrough in professional sports

The positive effect of the treatment on muscles and fascies quickly becomes known amongst other athletes.

That is why the Fascia-ReleaZer is being used by the Canadian olympic team of athletes since a while.

This tool has also been sighted with the current French soccer team, and with Gatlin’s triumph in the 100m race in London, it has continued its winning streak in the professional sports world.



Picture 4: Justin Gatlin with the Fascia-ReleaZer