

## Short technical description

The ENDO STRETCHER is the mechanical aid to independently implement Endo Stretching at home. It creates stretching and thus relaxation in the abdominal cavity in a completely new way.

The device consists of a solid base construction that adheres to smooth surfaces such as glass, tiles, door frames and doors using strong vacuum suction without attacking the surface.

The device can be adapted to personal ergonomic needs during its use thanks to the individual height attachment and adjustability of the guide rods' angle.

The seven heads BIG, MIDDLE, SMALL, MINI, DETAIL, CURVE BIG and CURVE SMALL are screwed onto the end of the guide rods.

The heads have different shapes and dimensions, so that tension and cramps can be worked on in a broader area or focused on a selected section of the abdomen.

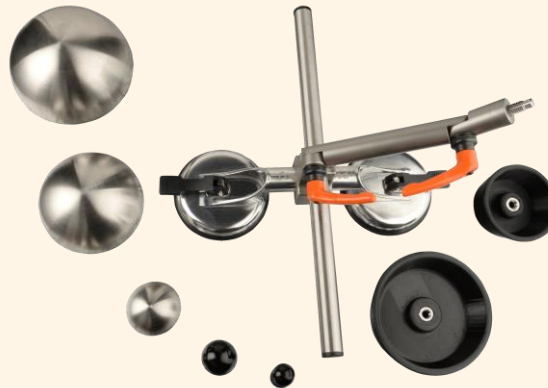
ENDO STRETCHER with the head BIG



## How to get the ENDO STRETCHER?

Each ENDO STRETCHER consists of solid materials, is unique and only produced on individual order, as it is largely handmade. The production is in Munich.

The ENDO STRETCHER is delivered in a shock-proof case, which can also be used for further storage.



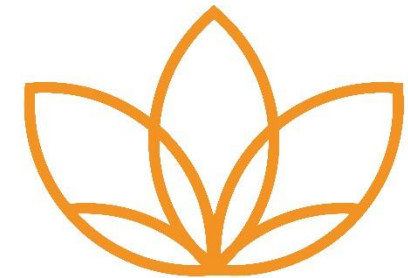
The Endo Stretcher consists of a solid base construction and seven heads. Professionals can order solely the device or in combination with a half-day workshop for employees.

Here you can reach us:

[info@endo-stretcher.com](mailto:info@endo-stretcher.com)

Here you can find more information and videos:

[www.endo-stretcher.com](http://www.endo-stretcher.com)



**ENDO STRETCHER**

e l a s t i c i t y

## ENDO STRETCHING - THE METHOD

Endo Stretching is primarily aimed at three target groups:

**GROUP 1:** People with tension/cramps in the abdominal cavity, caused by e.g. endometriosis. As a result, those have to tolerate chronic pain for multiple years or their whole life.

**GROUP 2:** People who have had abdominal surgery who experience limitations due to overgrown internal or external scars.

**GROUP 3:** People under stress such as constant pain and constant everyday stress.

All three groups show tension and cramps in the muscular and visceral tissue in the abdominal cavity, complain of back pain, inadequate stiffness and a resulting restricted mobility.

### GROUP 1: ENDOMETRIOSIS

Endometriosis makes the abdomen "tight" and "immobile". The ovaries, fallopian tubes, uterus, bladder, gallbladder, large intestine, small intestine, stomach, intestines, peritoneum, lungs and kidneys are particularly affected.

Endometriosis tissue is not removed, but deposited over years and decades. It "glues" the internal organs together.

No matter where adhesions, pain-related cramps are and tension is, there is also tension pain in the back. Therefore, in addition to the classic abdominal pain, those affected by endometriosis most often complain about back pain and restrictions in the hip/leg area.

Changes in the pelvic wing and of the leg attachment can also be a long-term consequence of endometriosis.



Example for adhesion

### GROUP 2: OPERATIVE INTERVENTIONS

People after abdominal surgery often complain about the consequences of adhesions caused by internal or external scars.

They have similar symptoms to those who suffer from endometriosis. Here the use of the Endo Stretcher is just as effective for relaxing the inside of the abdomen.

## GROUP 3: EVERYDAY STRESS

People under high pressure in their everyday life breathe shallowly and develop stress-related cramps as well as tension in the abdominal cavity.

Endo stretching as a manual therapy or the endo stretcher as a mechanical aid - both help relax the structure inside the abdomen.

With regular use, accompanied by the right breathing technique, a fundamentally more relaxed abdominal cavity is established. You feel well-being again.

## ENDO STRETCHING - THE EFFECT

Manual therapy and/or use of the Endo Stretcher device

- relieves tension and cramps in the abdominal cavity caused by constant pain and stress,
- maintains or restores the elasticity in the abdomen,
- reduces back pain,
- reduces the unnatural emerging of the abdomen (e.g. in endometriosis) and
- restores lost mobility and general well-being.