

Stretching

Fascia Stretch Therapy™ (FST)

NEW OFFERING!



50 Min

\$50

940.257.1734

Dustin San Miguel

Text to book!



Move Better. Recover Faster. Live Pain-Free.



Fascial Stretch Therapy™ (FST) is a gentle, pain-free assisted stretching system that targets the fascia and joint capsules to **enhance flexibility, strength, balance, agility, proprioception, performance, and pain relief.**

Unlike traditional stretching, which isolates individual muscles, **FST works through entire fascial networks to release tension and create space in the joints.** This integrated approach not only improves physical function but also promotes better sleep, reduces stress, and supports overall mind-body wellness.

Dustin San Miguel blends nearly three decades of competitive powerlifting, advanced therapeutic training, and military discipline to help others move, perform, and live at their best. A powerlifter of 28 years, Dustin began personal training in 2009 and later served in the U.S. Army as an Infantryman and K9 Handler, followed by work as a Department of State contractor in Kabul. These experiences shaped his precision, adaptability, and leadership—qualities that now define his coaching approach. He studied Sports Management and Exercise Science at the California University of Pennsylvania and holds advanced credentials, including:

- *Fascial Stretch Therapy (FST) Level 2 (advancing to Level 4 in 2026)
- *Pain-Free Performance Specialist (PPSC): Knees, Lifelong Performance, and Programming Methods
- *ISSA Certified Personal Trainer & Fitness Nutrition Specialist
- *NASM Stretching and Flexibility Coach
- *Precision Nutrition Master Nutrition Coach
- *Westside Barbell Strength Coach

Dustin bridges strength, rehabilitation, and pain-free movement with a rare mix of athletic grit, scientific insight, and passion for empowering others. Born and raised in Texas, he's a devoted husband and proud father to a teen daughter following in his powerlifting footsteps.