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Romero brackets with adjustable facilitation**Jose Garcia Romero**

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Being a massage therapist who specializes in sports rehabilitation, I realized that when an athlete obtains an injury, they don't necessarily want to heal completely; the goal of the athlete is simply to get to a tolerable level of pain that allows them to return to the field or court, as soon as possible. This realization helped me to develop the Romero brackets with adjustable facilitation and the Romero technique that increases the pace at which an athlete can come back from injury. The Romero bracket with adjustable facilitation is a modality consisting of four brackets that attach to the sides of a massage table. The brackets each have an attached adjustable facilitation band with a strap on the end that goes around each of the client's wrists and ankles. The adjustable facilitation bands facilitate muscle manipulation and create a kinetic chain movement by adding resistance to the different positions the therapist puts the athlete in. In return, the therapist's hands are left free to isolate individual muscles, break down scar tissue and release the muscles quicker and more efficiently. My invention and technique stem from my experience in sports massage and a methodology based in kinetic movement and active release. By combining the principles of static stretching with the different elements of sports massage, the Romero brackets increase range of motion and flexibility quicker than if the client was just stretching or just receiving a massage. Using terms like open and close allows the athlete to work with the therapist in changing positions while the therapist focuses on releasing the muscles. Ultimately, the Romero bracket with adjustable facilitation is a new modality that will decrease pain, increase range of motion and allow athletes and clients to return to their daily activities quicker.

Biography

Jose Garcia Romero has been a Certified Massage Therapist for 10 years and is also a Certified Instructor by the National Board of Massage since 2017. Currently he is working at a physical therapy and pain clinic in Las Vegas. He is also an Inventor with a focus on creating products that enhance the physical therapy world, as well. Over the last several years, he has invented the power of one belt, the rehab box and the Romero brackets with adjustable facilitation bands. He has research and the body stemmed from being an athlete all of his life coupled with 20 years of coaching experience in football, soccer and softball. It was through this work that he then developed a passion for aiding athletes in their recovery from injuries and helping them return to an active, healthy and pain free life.

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