

# FRR & FRC

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## Functional Range Release & Functional Range Conditioning

The soft tissue management systems created by Functional Anatomy are Functional Range Release (FRR) and Functional Range Conditioning (FRC) which were developed by Dr. Andreo Spina. Functional Range Release is an “advanced systemic approach to soft tissue assessment whereby the practitioner would be able to quickly and accurately delineate, feel and therefore assess specific clinical conditions in order to translate them into specific treatment regiments.” In addition, Functional Range Conditioning is a “joint training system” in order to create proper movement patterns and movement control for joint health and longevity. If you would like to know more about FRR and FRC treatment, ask your doctor.

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