

## Partial List of Credits

Written, Produced, and Directed by Anne M. Beecher, MSW, LMT, CPT  
Psychotherapist, Massage Therapist and Stretching Coach  
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### **Technical Consultants:**

Jonathan Dropkin, MS, PT  
Clinical Ergonomist  
Program to Prevent and Treat Work-Related Musculoskeletal Disorders  
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Associate Professor  
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Bob Baker, PT, OCS  
Emeryville Sports Physical Therapy, CA

### **The Stretchers:**

(Volunteers, many thanks!)  
Anne Beecher, M. Patricia Beecher, Stephen Bears, Mandra Riley Biscornet, Jennifer  
Robinson and Shannon Taff

### **Music:**

Steve Hunt  
Spice Rack Records