



## Stretching For Flexibility



Flexibility is a joint's ability to move freely in every direction or through a full and normal range of motion. Flexible muscles are less prone to soreness and injury and can help improve overall muscular performance since they're longer and less likely to "tear" or strain.

Static stretching is most common and is appropriate and effective for nearly all individuals. The best way to stretch is to do it gently and slowly with out bouncing and hold for 15 – 30 seconds.

### Static stretching:

- Slow, controlled and constant
- 2-4 repetitions
- Minimum of 2-3-days/week, ideally 5-7 days/week
- Stretch to a point of tension or mild discomfort

### Benefits of Flexibility

- Increased Range of Motion
- Increased Pain Free Range of Motion
- Improved Physical Performance
- Decreased Risk of Injury
- Reduced Muscle Soreness
- Improved Posture
- Reduced Stress
- Increased Blood Flow to Tissues
- Promotes Relaxation
- Improved Muscle Coordination

