

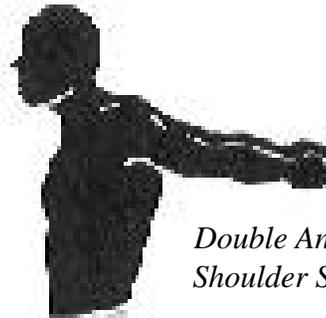
STRETCH

TECHNIQUES

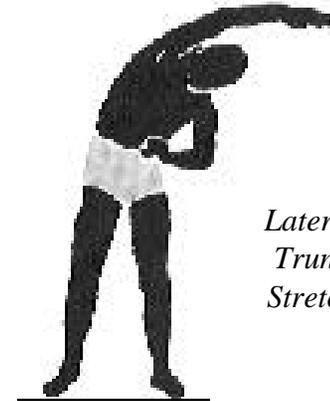
*Overhead
Shoulder
Stretch*



Hamstring Stretch



*Double Anterior
Shoulder Stretch*



*Lateral
Trunk
Stretch*



Groin Stretch



Achilles Stretch



Quadricep Stretch

*Athletic Training and Sports Medicine; Second edition , American Academy of Orthopedic Surgeons
http://www.enteract.com/~bradapp/docs/rec/stretching/stretching_toc.html
<http://www.mayohealth.org/mayo/9704/h>
<http://www.sportstretch.com/benefit/index.html> tm/
stretch.htm*

Stretching is overlooked because it's regarded as tedious and monotonous, and most stretching methods and benefits are not clearly understood. Stretching plays a critical role in maintaining good health regardless of how active you are. When done properly, stretching can do more than just increase flexibility.

BENEFITS OF STRETCHING

The benefits of stretching include:

- enhanced physical fitness
- enhanced ability to learn and perform skilled movements
- increased mental and physical relaxation
- enhanced development of body awareness
- reduced risk of injury to joints, muscles, and tendons
- reduced muscular soreness
- reduced muscular tension and emotional stress to allow the body to move more freely and with less energy
- increased suppleness due to stimulation of the production of chemicals which lubricate connective tissues
- reduced severity of painful menstruation (dysmenorrhea) in females
- helps prevent postural problems
- allows a more active lifestyle later in life

PROPER STRETCHING

Unfortunately, even those who stretch do not always stretch properly and hence do not reap all of these benefits. Some of the most common mistakes made when stretching are:

- improper warm-up
- inadequate rest between workouts
- overstretching- stretching beyond slight discomfort into pain
- performing the wrong exercises such as twisting or bouncing
- performing exercises in the wrong (or sub-optimal) sequence

SAFEST AND MOST EFFECTIVE STRETCHING

- **Warm up**
 - Warming up can loosen stiff muscles and actually improve performance. Improper or no warm up can increase your risk of injury.
- **Hold the Stretch**
 - Passive stretches should be done in sets of 2-5 reps and held for 30 seconds to minute.
- **Breathe**
 - Breathing relaxes the body, increases blood flow, and helps remove the waste products of exercise. Breathe slowly and exhale as you stretch.

DO'S AND DO NOT'S OF STRETCHING:

DO:

- Remember everybody's different — Focus on maintaining adequate flexibility for your activity level.
- Be sport-specific — Concentrate on the muscle groups that you're likely to use in your sport.
- Start slowly — stretching and flexibility take time, pushing yourself too far, too fast can cause injury.
- Hold your stretch — It takes time to lengthen tissue safely. Hold your stretches at least 30 seconds to a minute.
- Think equality — Imbalance in strength or flexibility may predispose you to injury.

DO NOT:

- Do not stretch before warming up— Stretching a cold muscle can strain and irritate the tissue.
- Do not bounce! — Bouncing can cause microtrauma in the muscle, which must heal itself with scar tissue, making you less flexible and more prone to pain.
- Don't be afraid to ask — An athletic trainer, physical therapist, or health-club advisor may help improve your stretching technique.