Got Stiff Muscles and Joints?

Stretching is appropriate and important at any age. EVERYONE can learn to stretch regardless of age, fitness level, or level of flexibility. Despite the tightness that you feel it is almost always possible to improve flexibility in muscles, tendons, and connective tissues. However, it is important to use proper form when stretching to avoid injuring yourself.

Athletes, young and old, need to be diligent with stretching exercises. Research has proven that each sport tightens a specific muscle group, often making the athlete more prone to injury.

WHEN TO STRETCH?
Stretching can be done at any time, but it is most important that you stretch lightly and gently before engaging in strenuous activity and then stretch more thoroughly after completion of the activity. If the activity is lengthy, stretching during the activity may be beneficial as well.

WHY STRETCH?
Stretching relaxes your mind and tunes up your body. Maintenance of normal length of a muscle and its associated joint will help to preserve the joint's normal function and health and make the muscles and joints more resistant to injury. Stretching can reduce muscle tension, help coordination by providing freer and easier movement, increase range of motion, help decrease the frequency of a muscle strain, releases chronic holding patterns, and promote circulation.

HOW TO STRETCH?
Muscles provide considerable resistance to the range of motion at a joint. Neuromuscular reflexes protect muscles from quick overstretching. When stretching you must slowly move into position and avoid bouncing.
Slow and controlled movement will work to increase flexibility over time. Hold the stretch 20-30 seconds. Remember to Breathe!

IF PAIN OR ARTHRITIS HAS LIMITED YOUR ABILITY TO MOVE FREELY,

CALL US AT 970-241-5856 TO BEGIN A SAFE EXERCISE PROGRAM.