

FLEXIBILITY AND STRETCHING

It is important for not only very active runners or gymnasts to stretch, but everyone needs to stretch in order to protect our mobility. Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without stretching, the muscles shorten and become tight and then when you need to use the muscles for activity, they are weak and unable to extend all the way. This puts you at risk for joint pain, strains, and muscle damage.

Important reasons to stretch are:

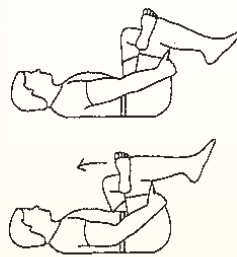
- Prevent injury
- Improve physical performance
- Improve posture
- Reduce pain
- Boost blood flow and oxygen to the muscles with delivers nutrients to muscles
- Facilitates the removal of metabolic waste in your body

The most important muscles to stretch in your lower body are:

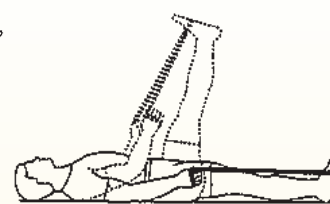
- Hamstring
- Hip flexors
- Piriformis
- Gastroc (calf)
- Pectoral (chest)
- Paraspinals (spine)

The following stretches are a great place to start for your daily stretching routine!

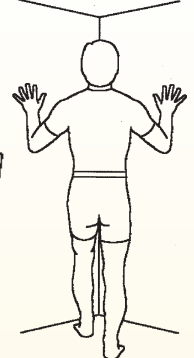
Stretch Hip/Knee



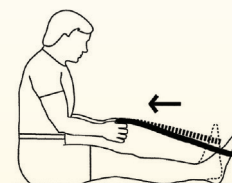
Stretch Hamstrings



Stretch Pectoral



Stretch Gastroc



AROM Lumbar Flex



If you have any pain performing these stretches, please stop and give us a call, **513-585-3838.**