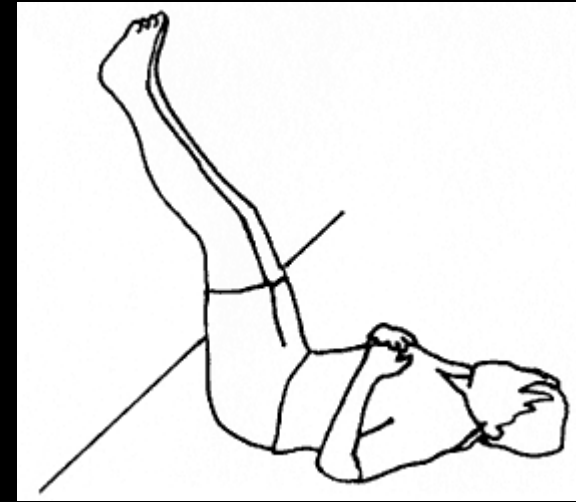


# Flexibility



Stretching for your Life

# Benefits of Flexibility Training

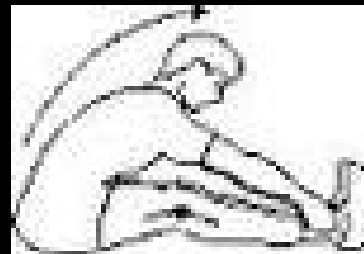
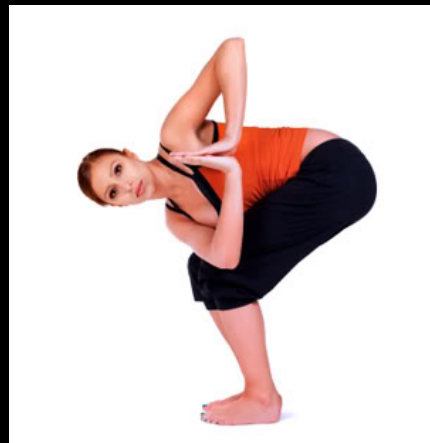
- Increased range of movement in muscles
- Less resistance to movement around joints
- Reduced risk of injury, and sports injury
- Relaxes the mind and body
- Relieves tension within the muscles
- Encourages fresh blood and oxygen into muscle
- Improved posture
- Elasticity, freedom of movement when performing powerful actions

# Types of Flexibility Training

- Static - Active and Passive
- Dynamic
- PNF
- Ballistic

# Static - Active

- Static stretches are performed with no movement
- Active – where muscles are contracted to stretch others



# Static - Passive

- Passive – where you use a partner or object to assist with the stretch



# Dynamic Stretching

- Performed taking the muscle through a full range of movement under control – not ‘flinging’. Must maintain correct posture for these stretches to be effective



# Myofascial Release

- Foam roller, applying tension to a muscle/tendon to relieve pressure by reducing the amount of fluid and any knots of scar tissue



# Time To Stretch

- Warm Up – Static, short holds 8 – 10 seconds and Dynamic stretches (and PNF)
- Cool Down Maintenance – Static, medium hold 10 – 15 seconds and Dynamic stretches
- Cool Down Developmental – Static 20 – 30+ seconds and Dynamic stretches and PNF

# Current Opinion

- There are many differing views about the effectiveness of stretching –

When to stretch?

What type of stretching is best to do?

How long to stretch for?

- Best way to find what type of stretching is to try it out for yourself and formulate your own opinions.
- Of course, the stretching must be relevant for the activity that is being performed