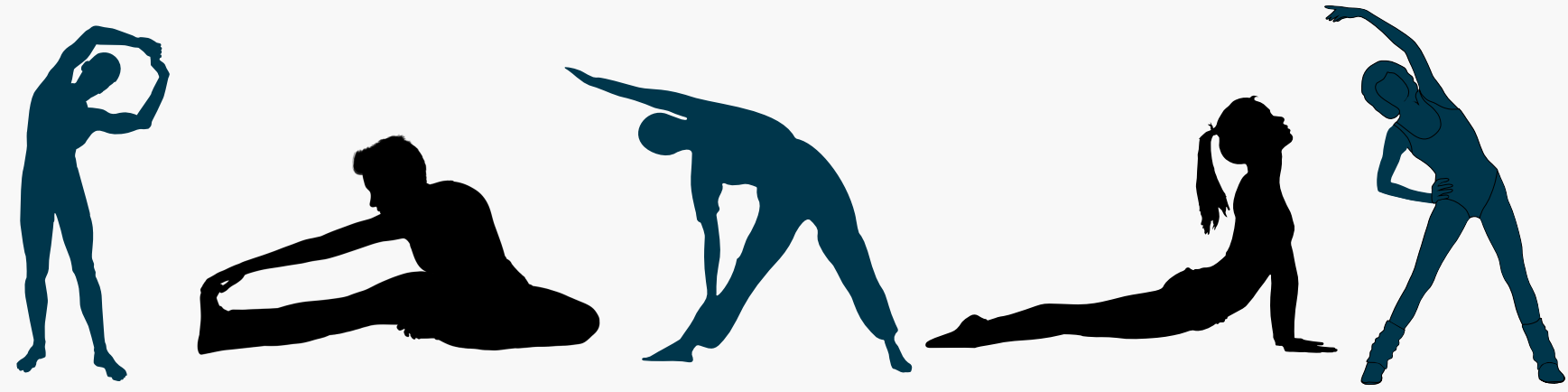


5 Benefits of Routine Stretching



Self-Myofascial Release (SMR)

The reduction of trigger points within tight, knotted muscles using an item (such as a foam roller) to apply gentle pressure to the trigger point for at least 30 seconds. SMR can help decrease muscle imbalances

Static Stretching

Maximally lengthening the muscle fibers and holding the stretched position for at least 30 seconds. Static stretching can help with muscle tightness and can increase flexibility if incorporated into daily routine

Active Stretching

Lengthening/stretching a muscle group by using the strength/contraction of an opposite muscle group (ex: yoga). Active stretching can increase range of motion, which may improve strength

Dynamic Stretching

Movement-based. Taking muscles through their range of motion without holding a stretched position. Dynamic stretching can increase both flexibility and mobility

1. Increasing Flexibility to Prevent Injury

Stretching regularly reduces the risk of muscle imbalances, which reduces the risk of poor posture. Good posture reduces the risk of improper movement and form

2. Reducing Inflammation

The body may react to poor posture and routine movements that decrease range of motion as bodily injury, resulting in inflammation as a protective reaction to heal the injury. Inflammation causes increased muscle tension, which increases muscle adhesions or "knots", further inhibiting range of motion and muscle function

3. Improving Strength

Stretching regularly will improve flexibility, which allows for better full range of motion muscle control. This control may improve strength and physical activity performance

4. Freedom of Movement

Stretching regularly improves flexibility, which allows for freedom of movement to perform activities of daily living such as getting dressed, grocery shopping, and cleaning across ones lifespan

5. Relaxation and Relief

Stretching allows for relaxation and relief, which are important for overall wellness (physical, mental, spiritual, and social wellness)

Source <https://blog.nasm.org/the-benefits-of-stretching>
For More Information www.mededmaterials.org

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