

Orthogo Physical and Aquatic Therapy Newsletter

Coming Soon

*Conservative care
for your shoulder.*

Clinics

**Orthogo Physical &
Aquatic Therapy**
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WHY SHOULD I STRETCH?

Flexibility is the available motion at one or more joints. Your flexibility is likely to be limited by the length of the muscles and connective tissue around the joint(s). As you age, your flexibility decreases due to changes in connective tissue structure. Despite these changes, you can increase your flexibility with a stretching program.

THERE ARE SEVERAL GOOD REASONS TO STRETCH.

- » The American College of Sports Medicine has recommended that stretching be a part of a well-rounded senior fitness program.
- » Stretching provides reflex feedback to the muscles causing them to lengthen. It helps relax the muscle(s) and it may also prevent injury of muscles and soft tissues.
- » Intuitively, if one maintains good flexibility through stretching, there is balance between the body's opposing muscle groups and enhanced muscular performance.

Stretching should be performed after a light warm up of 5-10 minutes. This increases the blood flow to the tissues and increases the tissue temperature. Increased tissue temperature should allow for greater tissue extensibility and decrease the risk of injury. There is controversy as to how long you should hold a stretch. Some say 10-15 seconds, and others say 30-60 seconds. It is generally recommended to stretch for 20-30 seconds and to repeat the stretch 2-3 times.

DO YOU NEED A SPECIFIC PROGRAM?

Physical therapists can provide you with a stretching program that meets your individual needs. Feel free to give us a call at any time and we can provide you with a customized stretching program.

As always, consult your physician or physical therapist before you start this or any other exercise program.



"Stretching maintains balance between the body's opposing muscles..."