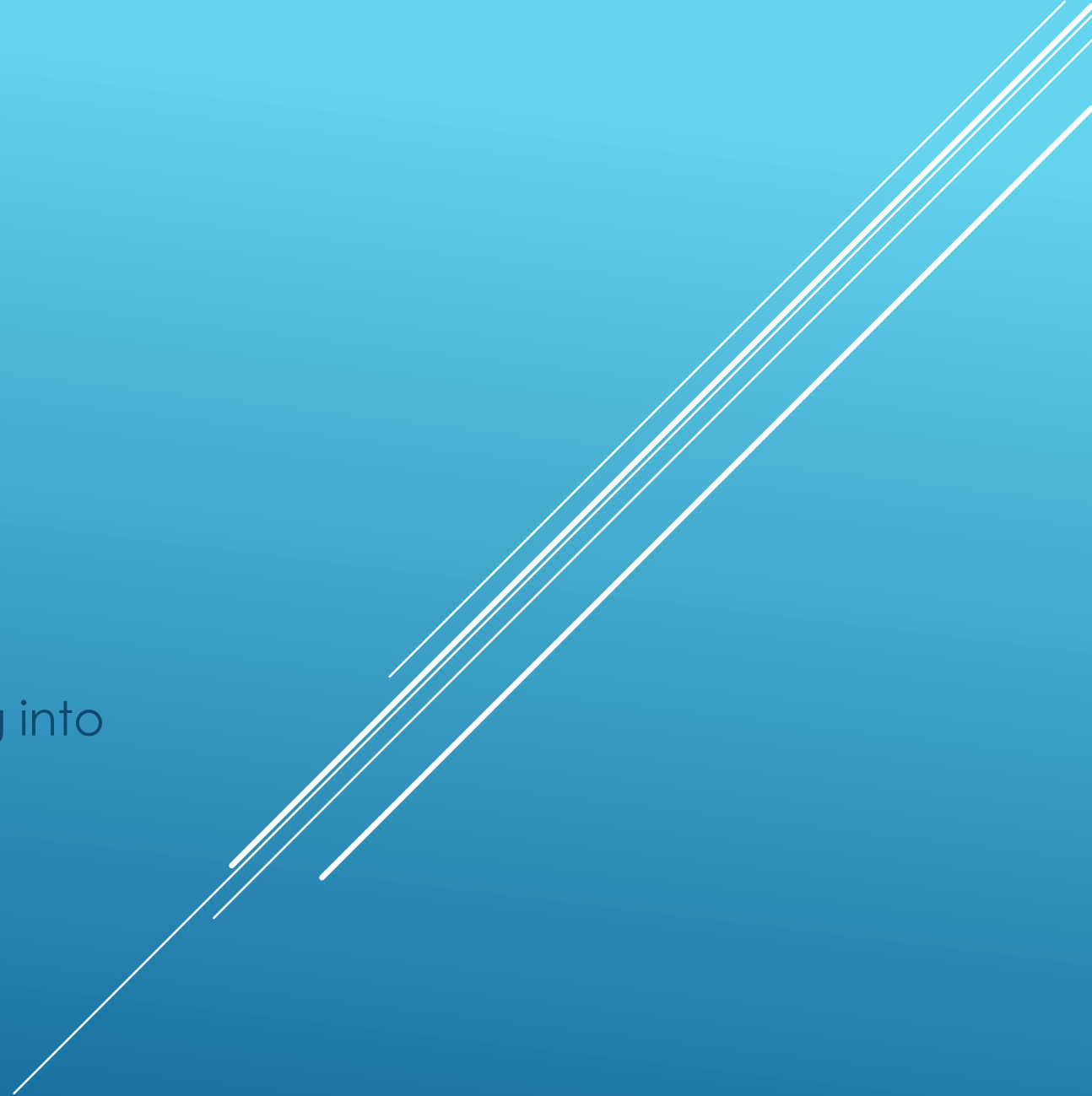


STRETCHING FOR PERFORMANCE

How to effectively incorporate stretching into
your fitness routine



ferdilicious@facebook.com

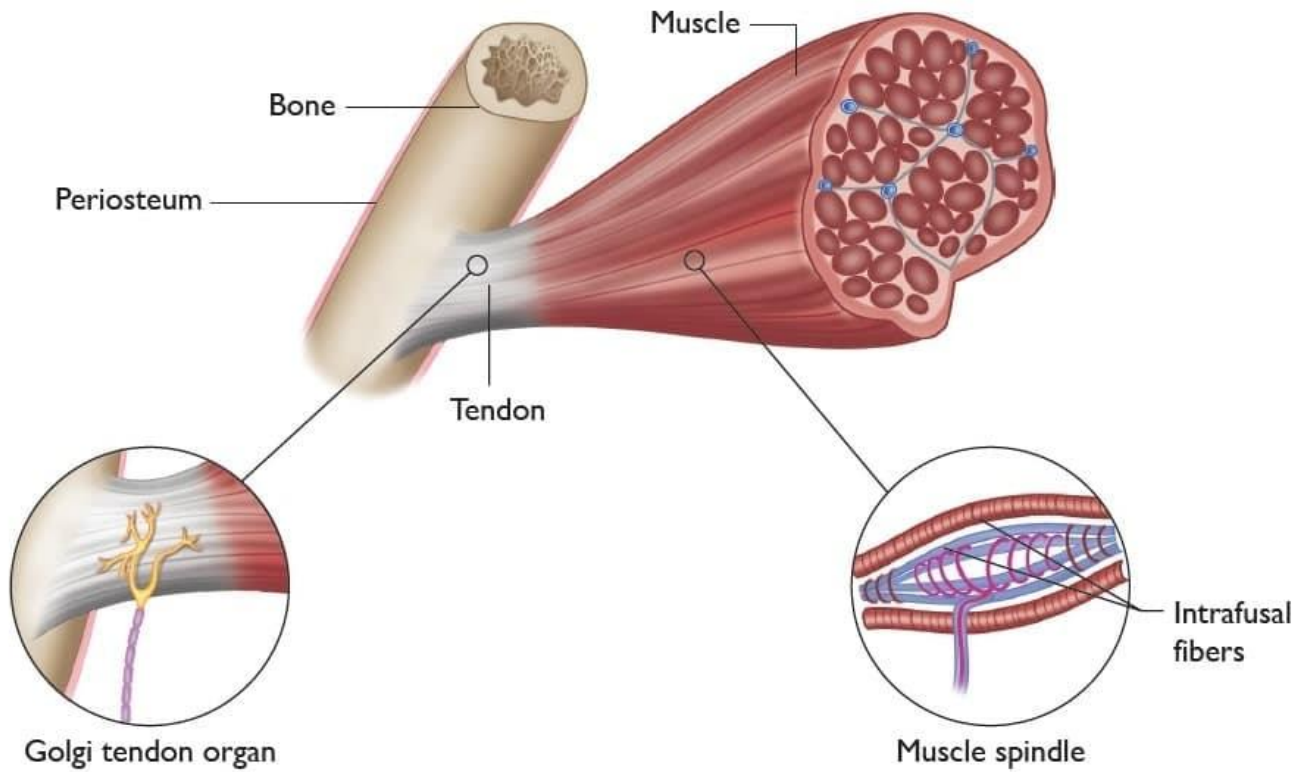
FITNESS TIP: Stretching is important.
Stretch out flat on your back. Stretch
your eyelids over your eyes. Stretch
a blanket over your body.

You're welcome

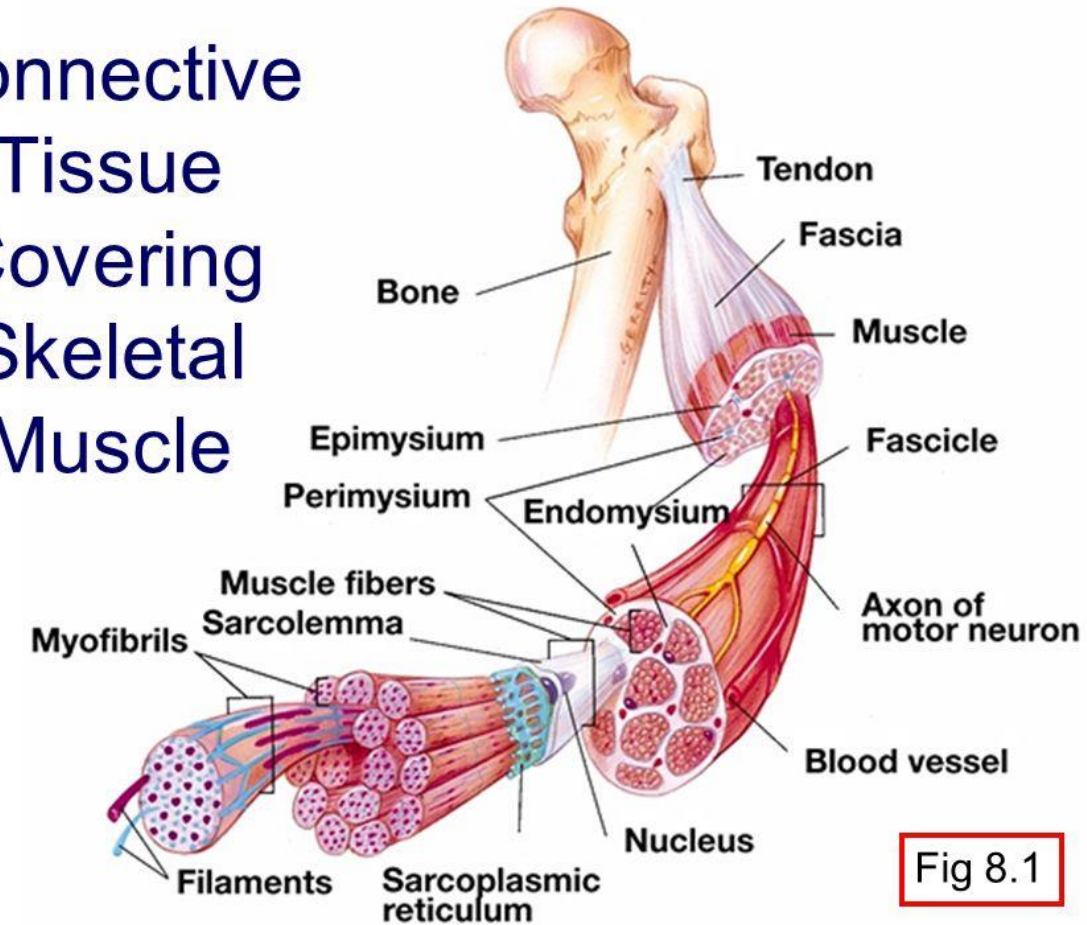
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- ▶ Basic anatomy
- ▶ Flexibility vs Mobility
- ▶ Types of stretching
- ▶ Stretching and injury
- ▶ Assessment
- ▶ Effective Stretching
- ▶ Questions/Additional Resources

OVERVIEW



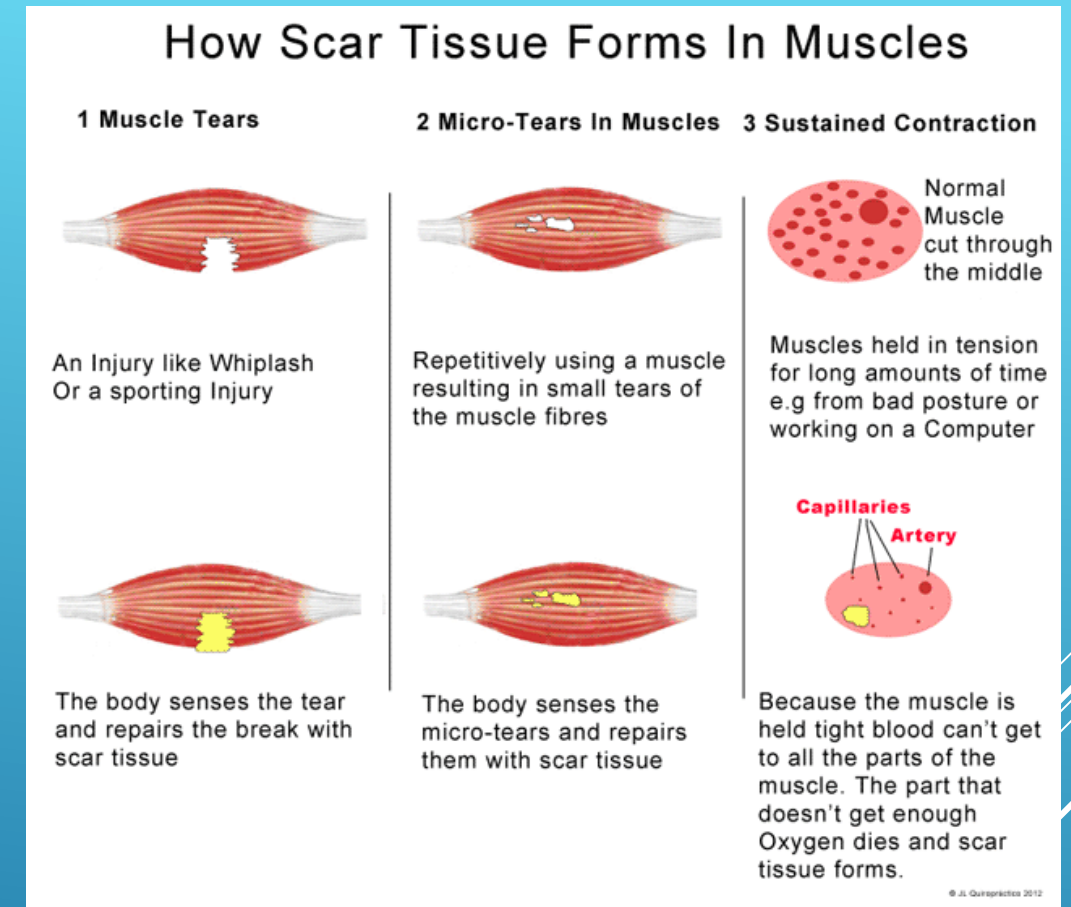
Connective Tissue Covering Skeletal Muscle



ANATOMY

Fig 8.1

- ▶ Active
 - ▶ Spasm or contraction
 - ▶ Instability
 - ▶ Muscle innervation
- ▶ Passive
 - ▶ Muscle or fascial tissue
 - ▶ Scarring or posture



WHAT CAUSES TIGHTNESS?

Flexibility

- ▶ Ability of a muscle or group of muscles to lengthen passively through a range of motion.

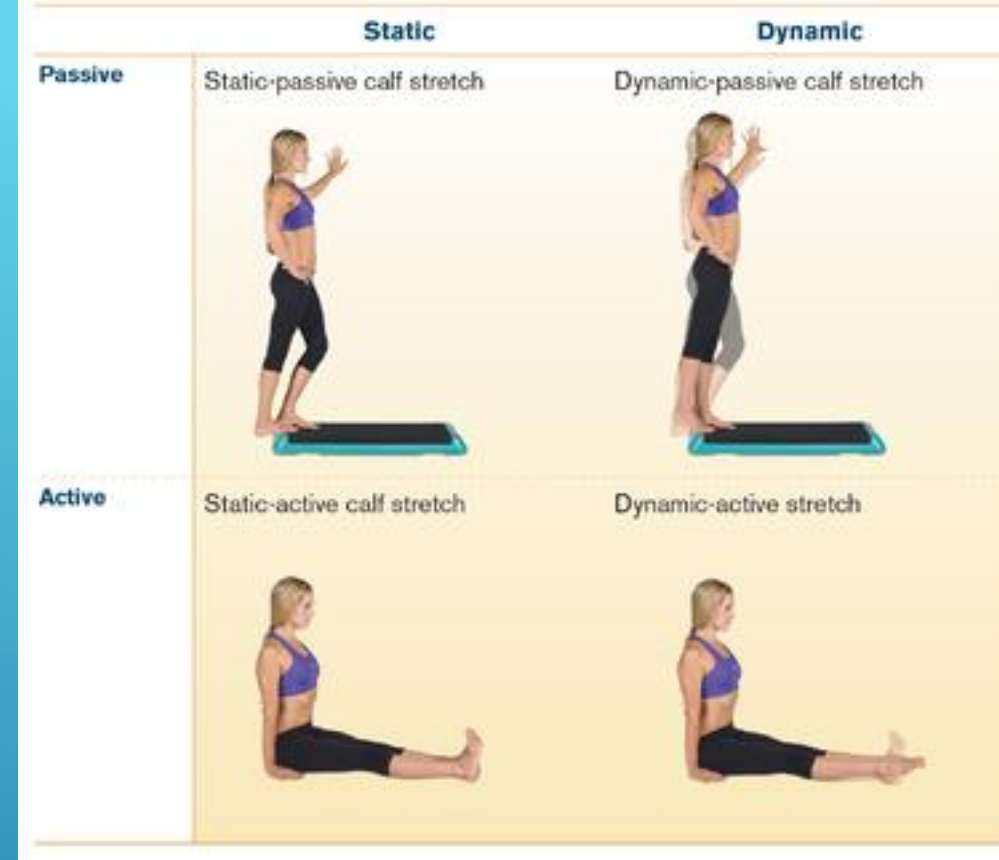


Mobility

- ▶ Ability of a joint to move actively through a range of motion



- ▶ Static
 - ▶ Active
 - ▶ Passive
- ▶ Dynamic
- ▶ Ballistic
- ▶ Contract-Relax (PNF)
- ▶ Self Massage



TYPES OF STRETCHING



Tennis Ball/Massage Ball



Trigger Point Massager



Your Hands



Foam Roller

- ▶ Stretching does not prevent/rehab injury, unless
 - ▶ Functional range of motion
 - ▶ Blood flow
 - ▶ Must be individualized

STRETCHING AND INJURY

Current belief is that stretching reduces injury incidence and that it should be performed prior to athletic activities. An examination of 11 articles provided **inconclusive outcomes** regarding the positive effect of stretching on injury prevention. A **sport or activity-specific** tailored stretch and warm-up program yielded the best outcomes in relation to preventing injuries. Direct negative effects of stretching were not identified; therefore, the **application of stretching should be performed on an individual basis.**

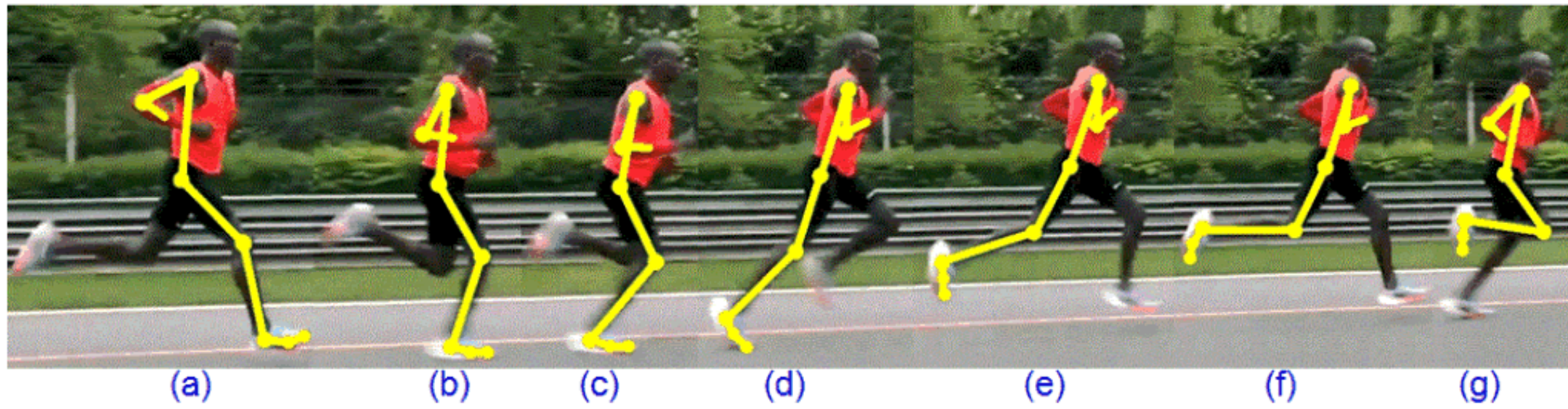
Orthopaedic Nursing: November/December 2014 - Volume 33 - Issue 6 - p 312-320

doi: 10.1097/NOR.0000000000000097

- ▶ Best done with professional practitioner or PT
- ▶ Functional Movement Screen
- ▶ Static and dynamic
- ▶ Active and passive



ASSESSMENT



- ▶ Step 1 – warm up muscles with light cardio
- ▶ Step 2 – release contractures with dynamic movements (eg CARS) and self-massage
- ▶ Step 3 – work on flexibility via static stretching only where required
- ▶ Step 4 – strength train with full range of motion to enhance Mobility
- ▶ Step 5 – repeat 2-3x/wk on non-consecutive days

EFFECTIVE STRETCHING – WORKOUT DESIGN FOR REGULAR TRAINING

- ▶ Step 1 – warm up muscles with gentle dynamic stretches and warm ambient temperature.
- ▶ Step 2 – release contractures with self-massage
- ▶ Step 3 – work on flexibility via combination of static stretches and contract-relax. Minimum 15s holds, repeat sets to at least 1min.
- ▶ Step 4 – repeat at least 6x/wk

EFFECTIVE STRETCHING – WORKOUT DESIGN FOR INCREASING FLEXIBILITY

- ▶ CARs YouTube Playlist
 - ▶ Neck, Scapula, Elbows
 - ▶ Wrists, Shoulders, Thoracic Spine
 - ▶ Lower Back, Hips, Shins
 - ▶ Shins and Feet
- ▶ GMB – tons of free content. Elements and Mobility for paid content.
- ▶ How to Stretch - short online textbook. Older content, still relevant.
- ▶ Becoming a Supple Leopard – book.
- ▶ Instagram Accounts
 - ▶ @littletfitness – gymnastics, calisthenics, tutorials
 - ▶ @kneesovertoesguy – knee health (basketball background)
 - ▶ @garagegymgirl – handstands, calisthenics, tutorials
 - ▶ @yycgolfchiro – golf, CARs
 - ▶ @kdkinetics – general fitness, tutorials

ADDITIONAL RESOURCES

- ▶ Joanna Ford – Joanna.ford@esso.ca
- ▶ Presentation is posted at: www.505qpwellness.ca/sustainableme/

QUESTIONS???