



# Stretched

## General Soreness and Relaxation

- Assisted stretching increases flexibility, relaxes neuromuscular activity, reduces stress, increases the mind body connection, helps relieve sore and stiff muscles
- Bending over to tie shoes, load/unload dishwasher
- Larger movements used in changing sheets and cleaning
- Outdoor work, gardening
- Stretching helps break up scar tissue and increases range of motion.
- Corrects muscle imbalances
- Improves flexibility

## Youth and Teen Athlete Benefits

- Stretching provides greater body awareness.
- Reduces body compensation patterns
- Reduces overuse injuries
- Creates fluid movement patterns
- Increased speed and jump height
- Improves physical and athletic performance.

## Tied to Electronics

- Flexibility and movement will help undo what sitting all week does to the body
- Reduces Stress
- Stretching helps with the forward head posture that we get from sitting in front of a computer

## Weekend Warriors

- Injuries: Plantar Fasciitis, tennis elbow, golfers elbow, hamstring and groin pulls, shoulder injuries.
- Stretching provides greater body awareness.
- Reduces body compensation patterns
- Reduces overuse injuries
- Creates fluid movement patterns
- Increased speed and jump height
- Improves physical and athletic performance.

## Golfers

- Increased body awareness
- Increased rotation
- Flexibility decreases stress on the joints and muscles that are used during the golf swing.
- Reduces compensation patterns which will create more power during the swing,

## Oncology Patients

The American Cancer Society recommends movement during treatments for many reasons

Lessens the risk of muscles wasting

Lessens the risk of Osteoporosis

Improves Blood Flow

Can reduce nausea

Relaxes neuromuscular activity, improves sleep, reduces stress, increases feelings of well being

Reduces the range of motion of joints which is often compromised during radiation