

8th Flexibility

5/14

Definition

Flexibility is the ability to move one's joints and muscles in a full range of motion.

- It is also the ability to bend and stretch easily.
- Flexibility is increased with stretching.

Static Stretching - is used to **stretch** muscles while the body is at **rest (stationary/without movement)**. It is composed of various techniques that gradually lengthen a muscle to an elongated position and hold that position (i.e. Hurdlers, Hollywood, Flamingo)

Dynamic Stretching - is a form of **stretching** beneficial in sports utilizing momentum (**movement**) from **activity** (i.e. High Knees, Butt-Kickers)

How to increase Flexibility

- Stretching should be done without bouncing (ballistic) and held for 20 seconds.
- It should take place before and especially after an activity.
- All major muscle and joint groups should be stretched.
- It should be combined with a good cool down (walking or slow jogging) that allows the body to flush out lactic acid and the heart rate to decrease.

Benefits

- A flexible joint has the ability to move through a greater range of motion and requires less energy to do so, while greatly **decreasing your risk of injury**.
- Reduced Muscle Soreness
- Increased Blood and Nutrients to Tissues
 - Stretching increases tissue temperature, which in turn increases circulation and nutrient transport.

Too Much Flexibility

- It is possible for the muscles and ligaments around a joint to become too flexible.
- Extreme flexibility may be due to loose ligaments and muscles which may offer less joint support and may even increase the risk of injuries such as joint dislocations.
- Excessive flexibility can be just as bad as not enough.