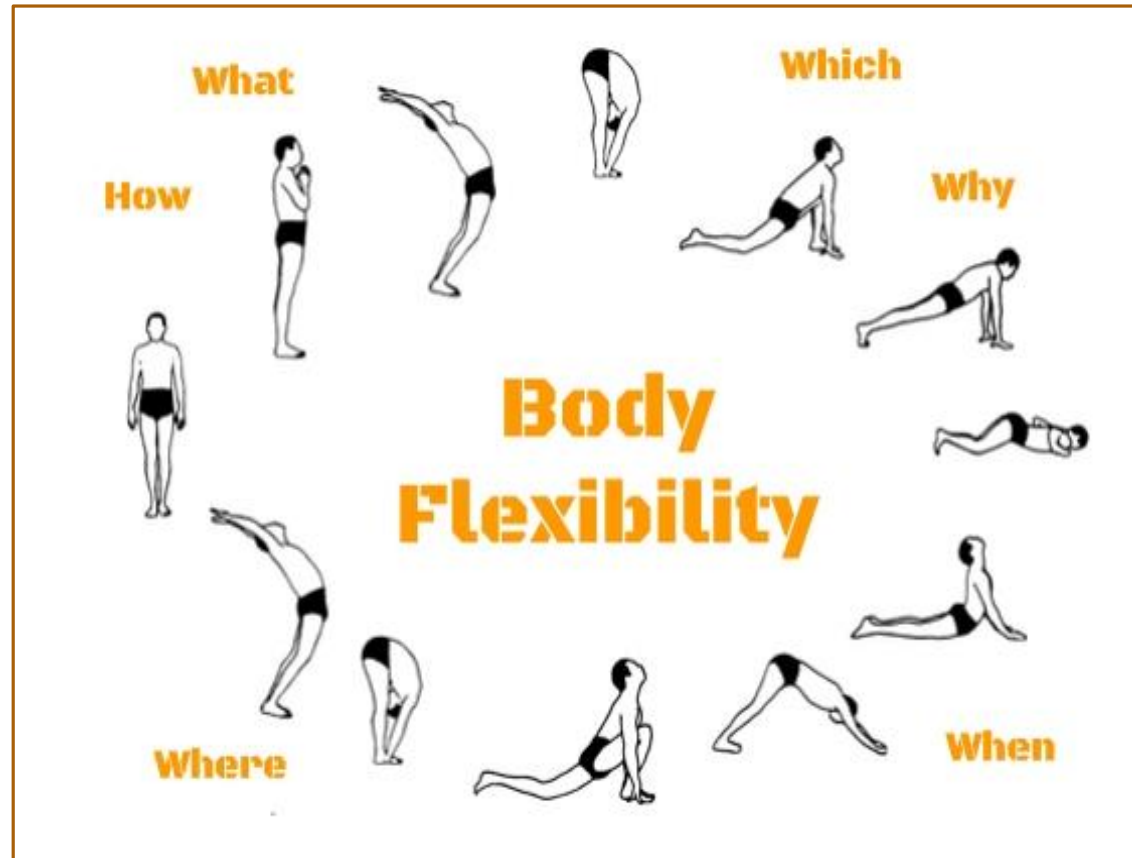


FLEXIBILITY FITNESS



Types of Flexibility Exercise

In fact recent research suggests that **static** stretching may not be beneficial before training or athletic performance. **Dynamic** stretching seems to be more appropriate as part of the warm up.

Static Stretching

A static stretching program effectively increases range of motion over time. This chronic adaptation may reduce the risk of injury as it increases the safe range through which a joint can be taken without injury occurring to surrounding muscles and ligaments. Perhaps most importantly, from the athlete's perspective, regular stretching improves force production, speed and jumping ability.

Dynamic Stretching

Dynamic stretching uses speed of movement, momentum and active muscular effort to bring about a stretch . Unlike static stretching the end position is not held.

Dynamic stretching is similar to ballistic stretching except that it avoids bouncing motions and tends to incorporate more sport-specific movements.

DEFINITION of FLEXIBILITY

In general terms, flexibility has been defined as the **range of motion** about a joint and its surrounding muscles

During a passive movement. Passive in this context simple means no active muscle involvement is required to hold the stretch. Instead gravity or a partner provides the force for the stretch.

The Benefits of Flexibility Training

By increasing this joint range of motion, performance may be enhanced and the risk of injury reduced. The rationale for this is that a limb can move further before an injury occurs.

Tight neck muscles for example, may restrict how far you can turn your head. If, during a tackle, your head is forced beyond this range of movement it places strain on the neck muscles and tendons.

Examples of flexibility exercise:


Stretching



Exercises



1. Neck Flexion/Extension Stretch
(forward, then back)



2. Neck Lateral Flexion Stretch
(one side, then the other)



3. Latissimus Dorsi and Posterior Deltoid Stretch
(link hands, push elbows together)



4. Triceps Stretch
(pull elbow across and down)



5. Shoulder Rotator Stretch
(using towel, pull up with the top arm then down with the other)



6. Pectoral Stretch at 90° and 120°
(use a doorway or post)



7. Bicep Stretch
(hands apart)



8. Supraspinatus Stretch
(keep elbow parallel to ground)



9. Wrist Extensor Stretch
(tilt head to opposite side, keep elbow straight)



10. Thoracic Extension Stretch
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)




11. Lateral Flexion Stretch
(one side, then the other, push pelvis across as you bend)



12. Lumbar Extension and Abdominal Stretch
(be gentle if sore)



13. Lumbar Flexion Stretch
(be gentle if sore)



14. Lumbar Rotation Stretch
(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)




15. Hamstring Stretch
(straighten leg)
i. with foot pointed
ii. with foot pulled back towards the knee



16. Hamstring Stretch
(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



17. Adductor Stretch
(push down with elbows on knees very gently, keep back straight)



18. Gluteal Stretch
(pull knee and lower leg towards opposite shoulder)



19. Gluteal and Lumbar Rotation Stretch




20. Quadriceps Stretch
(keep pelvis on floor)



21. Quadriceps Stretch




22. Adductor Stretch
(keep foot pointing forward, lunge sideways on bent knee, keep back straight)



23. Hip Flexor Stretch
(keep back straight, tuck bottom under, lunge forward on front leg)



24. Tensor Fascia Stretch
(continue to push bottom forward, whilst pushing hip to the side)



25. Gastrocnemius Stretch
(keep knee straight and heel down, feet facing forward)