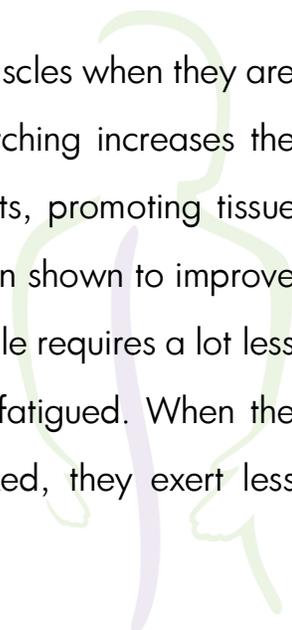


Flexibility, a goal within reach

When was the last time you were able to touch your toes or climb a flight of stairs with ease? If you experience difficulty or discomfort with these tasks, you are not alone, you may be suffering from a loss of flexibility, which impacts mobility. Although this is very common, it is not necessarily a normal or inevitable part of aging.

As we age there is a loss of water in our muscles and connective tissues, and our muscle fibres are replaced with non-elastic, fatty tissues. These changes often result in a loss of strength and flexibility, and daily activities such as bending and reaching become challenging. Studies indicate that long-term immobilization of muscles and joints can actually promote degenerative processes, leading to conditions such as Osteoarthritis.

Irritants and inflammation are pumped away from our muscles when they are taken from a relaxed position to a stretched one. Stretching increases the blood supply and flow of nutrients to muscles and joints, promoting tissue healing and injury repair. In addition, stretching has been shown to improve balance, posture, and muscle relaxation. A relaxed muscle requires a lot less energy to accomplish a task than one that is tense or fatigued. When the muscles that attach to the spine and pelvis are relaxed, they exert less



pressure on the back. In this way, regular stretching can help to prevent back pain.

There is no single routine that works for everyone. In fact, certain stretches or stretching techniques can be dangerous for individuals with joint or muscle problems. This is why it is important to develop a program that is both safe and effective for you with the help of a qualified health care professional. It is never too late to develop or maintain a healthy level of flexibility. Simple techniques can help your muscles and joints stay limber, so you can remain active, mobile, and flexible, at any age.

Doctors of Chiropractic are specialists who are trained to treat and prevent disorders of the spine and extremities, including the loss of mobility. They also offer hands-on treatment to the joints and soft tissues, which have been shown to improve mobility and function. Chiropractors can provide you with advice and exercises to stretch and strengthen muscles so you can stay healthy and active.

