

Flexibility Can Be A Stretch

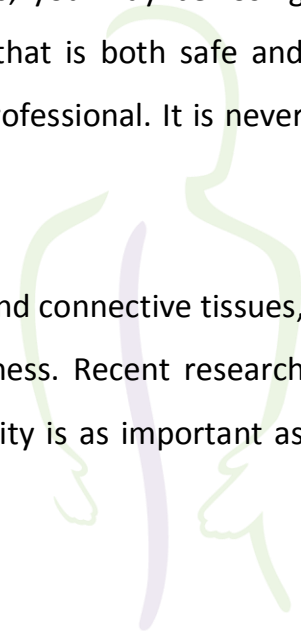
Are the physical requirements of daily activities becoming a chore? Well, simple stretching exercises can go a long way to relieve muscle pain while improving your flexibility and mobility. Consider the following activities to find out if you would benefit from a fitness regimen that incorporates flexibility as a component:

Have you recently experienced difficulty with any of the following:

1. Getting out of bed in the morning?
2. Climbing up or down stairs?
3. Rising from a seated position?
4. Getting in or out of your car?
5. Bending down to put on your socks or tie your shoes?
6. Keeping up with your friends while walking?
7. Reaching to retrieve an item from a high shelf?
8. Turning your head to check your blind spot while driving?
9. Buttoning your shirt or fastening your bra?
10. Participating in your regular recreational activities?

If you answered yes to three or more of these questions, you may be losing valuable flexibility. 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.

Slow, repeated stretching decreases resistance in muscles and connective tissues, leading to improved mobility and decreased muscle soreness. Recent research suggests that stretching before exercise or a physical activity is as important as doing so afterwards.





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Doctors of Chiropractic are specialists, who understand how your bones, muscles, joints and nerves work together to keep you flexible and functioning on a day to day basis. They can also provide you with advice and exercises to stretch and strengthen muscles so you can stay healthy and active.

