

# Flexibility factor - a complete guide to flexibility in sport

**Pelham - Ultimate Flexibility: A Complete Guide to Stretching for Martial Arts: Sang H. Kim: 9781880336830: metrics.learnindialearn.in: Books**



Description: -

- flexibility factor - a complete guide to flexibility in sport
- Fundamentals of botany series
- Pelham practical sports seriesflexibility factor - a complete guide to flexibility in sport
- Notes: Includes bibliography: p187. - and index.
- This edition was published in 1995



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## CURRENT CONCEPTS IN MUSCLE STRETCHING FOR EXERCISE AND REHABILITATION

If you have no other comprehensive books or videos on stretching, then this book would be great to have. Massaging the cramped muscle and trying to relax it may prove more useful than stretching in relieving this type of pain see section. Before we finish up this guide, there is another important, and often neglected, part of improving flexibility and our health which I wanted to touch on.

### A Guide to Regain Your Flexibility

Types of Flexibility and Stretching 1. Muscles that are inflexible tire more quickly, causing opposing muscle groups to work harder. If you do choose to stretch with a partner, make sure that it is someone you trust to pay close attention to you while you stretch, and to act appropriately when you signal that you are feeling pain or discomfort.

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Also, physiological differences in body mechanics may not allow you to be very flexible. Components of flexibility Flexibility has two important components: static and dynamic flexibility. This type of gentle exercise has proven to be quite a useful tool for seniors looking to become more agile.

### A Guide to Regain Your Flexibility

These studies support stretching in pain management programs.

### Flexibility and stretching: preventing sports injuries

Stretching will not head off delayed-onset muscle soreness - the kind that generally occurs the day after unaccustomed strenuous exercise.

## **Regaining Flexibility After 60**

Previous Injury Injuries to muscles and connective tissue can lead to a thickening, or fibrosing on the affected area. . Though the stretches are all what's deemed as effective, the author does not specifically say that any given stretch IS good for martial arts - only that it MAY be good.

## **CURRENT CONCEPTS IN MUSCLE STRETCHING FOR EXERCISE AND REHABILITATION**

If you have difficulty placing your hand behind your head, just keep it on your lap.

### **STRETCHING AND FLEXIBILITY**

Without extension, it is difficult for the shoulder to fully elevate. Some authors report that both static and pre-contraction stretching are able increase acute hamstring flexibility, , while others suggest static stretching — or PNF stretching , are more effective. .

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