Stretching…..

the Truth?

Presented by:
J. Nicholas Tortoriello
Neuro Response Testing Therapist & Biomechanics Specialist (RTS)
954-461-8909
CorrectKinex@aol.com

Wherever you go in the fields of ***personal training, physical therapy, chiropractic, Pilates, yoga or sports specific training*** you hear everyone preaching about stretching. Here is a new approach to flexibility without the manipulation of stretching.

- The factors that affect your range of motion are: *Joint contact surface, bony landmarks, joint capsule, ligaments, neural tension and stress.*
- ***Joint mobilization*** vs. ***Joint manipulation*** refers to the movement of a joint through its established range of motion **(ROM)** or movement beyond its established range. Professional trainers or massage therapists have a duty and responsibility to understand their scope of practice in relation to joint manipulation.
- Let's understand some simple terminology about stretching. **Active ROM** is the ability of the joint to move by itself in any given position. **Passive ROM** is the product of outside forces moving the joint into a position usually past its natural ability.
- The ability of the muscle to **"relax"** has more to do with the Central Nervous System's **(CNS)** ***parasympathetic response*** relaxing the cross-bridges of the muscle fiber. This is most clearly seen in the body through practicing meditative yoga or simple relaxation techniques.
- Once, a 6 week study was conducted with two groups of people, the first group only did meditative yoga without stretching and the second group did stretching only. After 6 weeks, the group that did meditative yoga achieved more flexibility then the group that stretched. This was to prove that flexibility has more to do with the **CNS's** relaxation then stretching a muscle.
- Under anesthesia, it would be very easy for a doctor to spread your legs apart to into full splits while you were under general anesthesia. When you woke up, you wouldn't have any pulled muscles.
- Also remember this, muscles pull you into a position and they don't push you into a position.
- Flexibility and Stretching are two different terms. Being flexible doesn't involve forced stretching, and stretching doesn't guarantee flexibility.
- Have you ever walked on ice and slipped? Doesn't the body try to tighten up the joints in order to keep stable? In that very instance the body wouldn't want to be loose. When muscles are "tight" it's usually a protection mechanism to help stabilize a joint.
- When the body recognizes instability within a specific joint, it will tighten up certain muscles to do the job of the neurologically weak muscles.
- Treating the neurologically weak muscles using the ***M.A.T. technique*** will in fact help keep each muscle loose without ever having to stretch the muscles.
- Certain sports like **gymnastics and karate** will demand complete **ROM** within the joint but usually after one's career is over, many athletes will suffer hyper-flexible instability **(injuries)**.
- Stretching in a warm-up, however, has considerable research showing substantial decreases (5 - 30%) in muscular performance following stretching. **Most of these studies show active & passive ROM stretching decreases high-force muscular performance**, although there are also studies showing this effect in lower load movements like jumping and throwing.
- Next time you start a workout, in order to get the muscles **"looser"** for the preparation of a workout, try using a light weight and going through a controlled **ROM** without forcing a stretch.
- Check out www.CorrectiveKinextions.com to learn more about the M.A.T. technique or www.StopStretching.com. If any of this seems confusing, contact me anytime at the number above.