

FLEXIBILITY

Chapter 5

Ability of a joint (& surrounding muscle) to freely move through it's full ROM.

In the U.S.

Uses/Benefits

- Warm-up routine
- Cool-down period

Other Benefits

JOINTS

- _____ The parts of the body where bones meet.
- ***Specific Factors Affecting the Flexibility of a Joint:***
 - _____
 - Hinge joint
 - Ball-and-socket joint
 - _____
 - Skin, muscles, tendons and ligaments

Assessment

- Sit & Reach Test
- Total Body Rotation Test
- Shoulder Rotation Test

Types of Stretching

_____ A gradual stretch held for a short time of 10 to 30 seconds.

_____ A stretching technique in which an external force or resistance (your body, a partner, gravity, or a weight) helps the joint move through their range of motion

_____ A technique that involves stretching a muscle by contracting the opposing muscle.

_____ Rapid bouncing movements.

_____ A technique that involves exercising a muscle or muscle group through contracting and then stretching the muscle.

Other Issues

- Intensity;
- Time;
- What to stretch;
- Correctly;
- Frequency;
- Reps;
- Rest;

Back Care & Posture for Everyday Living

- Standing
- Sitting
- Bending
- Reaching
- Driving
- Laying down
- Posture
- Low Back Pain