

# **Stretching For Functional Flexibility By Phil Armiger MPT, Michael Martyn**



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Stretching often takes a back seat, regulated to something that is done if there is time. After all isn't it more important to exercise rather than stretch? Cardio

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Indeed, stretching on the TRX as part of a flexibility program can help to we'll take a look at what that "functional flexibility" means and why it's

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Keywords: post-exercise, static stretching, stretch tolerance, muscle soreness, range of movement, flexibility, parasympathetic nervous system

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During active or functional stretching, the constant interplay of mobility and In the case of active stretching or functional flexibility (ROM), movements are a

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Past attempts at stretching devices have typically offered single plane stretching in a non-weight bearing position. Devices that are weight bearing typically

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However, the present paper is focused not on stretching exercise for rehabilitation purposes but for the role of flexibility in general exercise

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Focused Flexibility changed the way I stretch and my kicking (tae kwon do) is and train the central nervous system to allow a wider functional range safely.

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Engage your entire posterior chain while getting a killer stretch with this great workout and improve functional flexibility with these dynamic stretching routines.

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Choose the best answer for each question. 1. A functional leg-length discrepancy produced by excessive subtalar pronation during the stance phase of the gait

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This week I want to show stretches that are excellent for runners and will increase functional flexibility. These will target the glutes and

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Remember, your athletic ability, flexibility, balance, and strength are all dependent on Start slowly when using these stretches and strengthening exercises.

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There are three phases of flexibility training: corrective, active, and functional It includes self-myofascial release (foam roll) techniques and static stretching.

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To be flexible you have to do some exercise plus some stretching. I know this Extreme ranges-of-motion don't improve functional flexibility well. Simply put

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