



[Appointment](#) | [Contact & Feedback](#) | [Call us NOW! 02 9922 2212](#)

## In this issue:

- [To Stretch or Not to Stretch...](#)
- [How You Can Stretch 1\)...](#)
- [Special Offer!!! For a F...](#)
- [Why We Stretch Injury ...](#)
- [Dispelling the Myths about...](#)

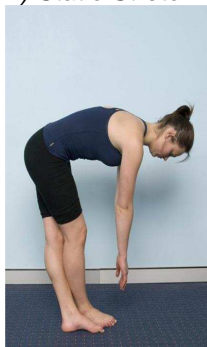
## To Stretch or Not to Stretch!!

*Do you like this top*

The research on stretching shows conclusively that a warm-up is essential before p sport. A warm up should be specific to your sport and tailored to incorporate any inc physiotherapist or trainer has identified.

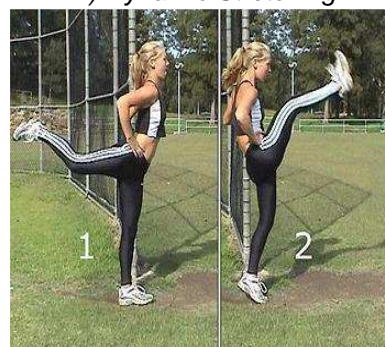
## How You Can Stretch

1) Static Stretching



Where you stretch and hold

2) Dynamic Stretching

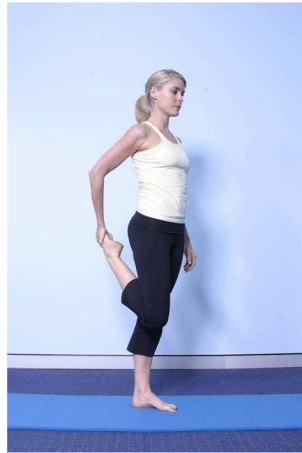


Where you rhythmically move a part of the body to stretch a muscle, gradually increasing the range.

## Dispelling the Myths about Stretching

- **Is stretching bad for you?** This is not true. A lot of research has been done stretching and the overwhelming majority of studies show no increase in inju
- **Does stretching make you slower?** This is only true if you're an elite athlet sport. For most people stretching will have no effect on how fast you run or h especially if you stretch dynamically.
- **Is there any good reason to stretch?** In the long term stretching does elon the muscle/tendon the less chance there is of injuring them. Dynamic stretch warm up does show promising results for the reduction of injury.
- **Do tight muscles stay tight?** If you have injured a muscle/tendon or had tig following a stretching program regularly can help in preventing injuries.
- **Can you stretch a cold muscle?** Not before activity but otherwise it's ok. S sport you should follow your stretching program after an appropriate warm up stretch as part of your daily routine.

- **When should we stretch?** Stretch dynamically for 2 sets of 8-12 repetitions statically for 3 sets of 30sec after a cool down.



## Why We Stretch

Injury prevention of muscle and tendon injuries  
Reduce Delayed Onset Muscle Soreness (DOMS)  
Prevents recurrence of injury  
Dynamic stretch can increase performance!

If you have any questions about stretching, injuries or performance, hesitate to call one of our physiotherapists on 99222212.

For our fantastic, up-to-date article on Stretching, [click here](#)

## Special Offer!!!

For a **FREE 45 minute** seminar on *The Myths of Stretching*, give us a call on **9922** for one of our Sports Physiotherapists to present this interesting topic to you and your local sports club.

\*Conditions apply

\*\*Subject to availability

Copyright - [PHYSIO4ALL](#) - [Send to a Friend!](#)  
Ph: 02 9922 2212 - F: 02 9922 5577 - W: [www.physio4all.com.au](http://www.physio4all.com.au)  
E: [info@physio4all.com.au](mailto:info@physio4all.com.au)

This email was sent by PHYSIO4ALL, Physio 4 All (vs349688), Shop P16 North Point Plaza 100 Miller St, North Sydney, Australia to [jatkins\\_au@hotmail.com](mailto:jatkins_au@hotmail.com)

[Unsubscribe](#)