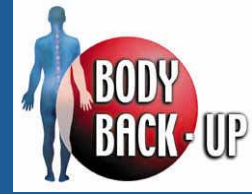


Flex-a-Stretch Top Tips



Osteopathy &
Sports Injury Clinic
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Body Back-Up Stretches on YouTube

Flex-a-stretches on YouTube:

www.youtube.com/user/BodyBackUp

At Body Back-Up we help you to find individual stretches that are effective and safe and work with any treatment or exercise programme.

Healthy muscles give you more power, strength and stability, and can help you avoid injury as well as perform better.

Sportsmen and women who attend Body Back Up Clinics are looking for an individualised treatment programme and goals to be set - we want you to see the difference we can make!

Practical Tips



Whole body squat

Lying Down Exercises are best done on a firm surface - such as a carpeted area

Standing Exercises - please check you have somewhere to support yourself for balance

Exercises with Hand Weights
1 - 3Kg weights are used as a counter - balance to help you perform the main exercise with more ease until your own strength and flexibility can maintain balance and symmetry and no longer need the extra help the hand weights afford.

ALWAYS protect your spine holding the neutral posture and maintaining the spine's natural curves

NEVER hold your breath when exercising -- find a time to breathe in and out during each stretch

If you feel dizzy whilst stretching **STOP!**

Remember - healthy muscles - give you and your body power, control, flexibility and Support

Flex-a-stretches can be used as part of your daily routine, sports warm up or warm down, after work, getting out of bed loosen up, after an injury helping you cross over between work and sports, or as part of your treatment plan.



Reverse Curl



Hip Stretch



Shoulder dip

Disclaimer: It is recommended that our exercises be carried out in conjunction with Body Back-Up Treatment prescribed individually by a Body Back-Up Osteopath. If these exercises are used without professional guidance then it is at own risk.

Flex-a-stretch Top Tips

- **ALWAYS** apply the stretch slowly & carefully, find the point of tension.
- If there is any discomfort that does not quickly subside - **STOP**
- If the muscle is bruised or you have suffered any recent injury - muscle tear or severe cramp - **STOP** and seek professional help
- Maintain a constant and gentle pressure **WAITING** for the muscle to relax **SLOWLY**.
- Pulling harder may make the process less effective or cause you to damage the muscle or other delicate structures.
- Then **SLOWLY** release the stretch and repeat the process.
- Each time - as the muscle relaxes - you will need to find a new tension point as you re-apply the pressure
- Each time you perform the stretch - the muscle tension should diminish more quickly than the previous repetition.
- Normally between 3 & 5 repetitions is enough to allow the muscle to attain a more relaxed state.
- The tension point or stretch should be felt in the belly or middle of the muscle bulk - not at the tendon ends at either end of the muscle Belly.
- It may be useful to repeat the stretch to the same side of the body and then switch to a full set of stretches for the opposite side of the body.
- However in some cases it might be beneficial to alternate sides so that one side can recover whilst the opposite side is worked.



Hamstring



Quad-Riceps



Whole body free squat



Whole body free squat

To find out more about Body Back-Up & Flex-a-Stretches - visit our Home Page and the link to YouTube

www.bodybackup.co.uk

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