

PROPER STRETCHING & JOINT MOBILITY

STRETCHING

30:00 accumulated over a week @ 5:00 total session x 4-5 days.
A deep squat hold is good for total body function.

TYPES:

Static @ :30 hold minimum or 1:00 hold @ 40% of ROM.

PNF procedures:

Target Muscle:

1. Stretch & hold :30.
2. Relax & contract @ 50-60% max for :06.
3. Relax & stretch again for :10-:15.

Antagonist Muscle:

1. Contract-relax-contrast antagonist (quads).
2. Stretch & hold target muscle (hams) @ 50-60% for :06.
3. Relax antagonist (quads).
4. Stretch target (hams) & contract against partner for :06.
5. Relax target (hams & further stretch & hold for :10-:15.

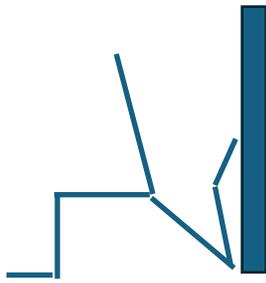
TUMOR SIZE has been found to decrease after stretching & relaxing, as the immune system can better attack cancer cells.

MOBILITY

- Most inactive people only sit, stand, & walk, which decreases the overall function of movement tissues.
- Get on the ground and move.

- Good: sit cross-legged on the ground.
- Warmup preps the brain and muscles for hard work.
- When **FOAM ROLLING**, flex the muscle at the point of the issue, then relax, repeat.
- The Lymph System is the sewage system of the body.
- **D2R2 METHOD:**
 1. **Desensitize** via scraping, rolling, isometrics, and BFR to show that the body part is not a threat to pain.
 2. **Decongest** – decrease swelling because it will disrupt healing.
 3. **Refusion** – rehydrate & increase blood flow to the area.
 4. **Restore** – increase ROM.
- **NECK WORK** – improves posture & strengthens/protects the cervical spine.
- **PELVIC FLOOR** – replete with vasculature, blood flow, and neural input:
 - May impact urination quality.
 - Females urinate during heavy lifting due to increased intra-abdominal pressure.
- **EXERCISES:**
 1. Hip Spin Up – lunge stretch with 1) torso rotation, 2) front leg to side and torso out, & 3) a lot of reaching with the outside arm, 4) then front leg hamstring stretch with leg extended out.
 2. Shoulder Spin Up – 1) humerus sagittal rotation circles and 2) arm swing side-to-side torso rotations.

3. Breath Spin Up – deep in & exhale on the floor in different positions.
4. Camel Pose: Kneeling upright, push hands against the lower back, look up with an arching back, and hold for 1:00.
5. **Couch Stretch** – opens the front of the hips and quads:



- 1) Breath in/out.
- 2) Contract quads hard.
- 3) 2:00 each leg.
- 4) Keep moving the front knee forward.

- **FASCIA** – All tissues should glide in all directions if they are healthy.
- **ROLFING** – deep fascia & muscle tissue manipulation.
- **HEAT & COLD**
Cold is good for alertness & waking up, but not good for injuries, as it suppresses healing elements from getting to the inflamed area to start the healing process.
- **NUTRITION** – get a lot of fiber. COQ10 = a substitute for statins.
- **CONCUSSIONS** – MAY be attenuated by Vit. D, Creatine, and Omega-3 FAs.
- Do a hypoxic events:
 - Hold your breath as long as possible while exercising until you are desperate to inhale.
 - Preps for high CO2 levels during hard exercise.