

**WHY STRETCHING ISN'T ALWAYS
THE ANSWER..**

THE 5 KEYS



**TO UNLOCK
YOUR
FLEXIBILITY**



MYTHS OF STRETCHING

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Have you ever found that stretching alone just doesn't work?

You can stretch and stretch and stretch EVERY DAY, but your flexibility just doesn't improve the way you want? From personal and professional experience, pushing into pain or discomfort is the slowest and most dangerous way of getting there!

What if you could create a deeper understanding of what your body needs to see real, pain-free results?!

With a few helpful tips and tricks, you can discover what is restricting your flexibility and the keys that will help unlock the potential range you've always dreamed of...



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DON'T HOLD YOUR BREATH



KEY #1 - BREATH


Our breath is the link between our mind and body. How we breathe and the emotions that affect our system play a huge role in how flexible we are. Holding your breath (or ineffective breathing patterns) can create tension in the joints, neural structures and soft tissue around your ribcage and spine. Anatomically, this can affect the flexibility of your entire body!

*'BE CLEAR ABOUT YOUR GOAL BUT
BE FLEXIBLE ABOUT THE PROCESS
OF ACHIEVING IT'
- BRIAN TRACY*



WHAT YOU NEED TO KNOW

- 1. RIBCAGE EXPANSION**
Check in with your breath. Relax your upper chest and shoulders. Expand through your belly, then both sides of your lower ribcage (evenly), then through the back!
- 2. REDUCE STRESS**
Effective deep breathing is important for overall health, wellbeing and stress management.
- 3. IMPROVE YOUR CORE**
Incorporating good breathing techniques into movement and performance will improve your core control and long term flexibility. It creates connections with the diaphragm, pelvic floor and deep core muscles



BONY BLOCKS

WHAT YOU NEED TO KNOW

*BETTER BEND THAN BREAK
- PROVERB*

KEY #2 - BONES

Trying to gain flexibility when you feel 'bone on bone' is like hitting your head against a brick wall! Rather than pushing past your bony anatomy, let's find another way to gain flexibility, safely and without pain.

- 1. DON'T PUSH IT**
If a stretch feels 'blocked', 'bone on bone' or "just wont go" - PLEASE STOP!
- 2. PROTECT YOUR BODY**
Pushing past this bony block can cause joint irritation, stress fractures, and ligament and capsule damage. Ouch!
- 3. FIND ANOTHER WAY**
Everyone's anatomy is slightly different. Changing the direction your joint is loaded, correcting technique or releasing soft tissue tension will create more space and less pain!



PULLING ON NERVES



KEY #3 - NERVES

Our nerves are like 'dental floss' - they don't like to be stretched. Our nerves should slide and glide through the joints and soft tissues of our body. Neural tension is often an easy fix once we have released the primary tension points in the body. We must always respect the need to care for nerves before muscles.

*'BLESSED ARE THE FLEXIBLE, FOR THEY SHALL NOT BE BEND OUT OF SHAPE'
- MICHAEL MCGRIFFY*

WHAT YOU NEED TO KNOW

- 1. TUGGING ON A STRING**
Nerve restriction is commonly reported as a "line" pulling or long string sensation as you stretch. Please don't push into this or hold such a stretch.
- 2. TINGLING**
Some people may feel pins and needles or numbness in the stretch or coming out of it. This is a sign that the nerves are irritated.
- 3. PAIN AFTER STRETCH**
If you feel like your flexibility 'recoils' quickly or you feel pain 1-2hrs after stretching or the next day, it is likely a sign that the nerves are being 'tugged'. Until this is resolved, your progress will be limited by nerve tension.





THE SECRET OF "THE FUZZ"

WHAT YOU NEED TO KNOW

'IF YOU DON'T CHANGE YOUR APPROACH THAN YOU WILL NEVER CHANGE YOUR RESULTS'
- JIM ROHN

KEY #4 - FASCIA

Fascia is like the slimy film you can see on a chicken breast you buy from the deli. It the reason why cats stretch first thing in the morning. Fascia connects our skeletal and muscular systems. It is in and around every muscle, fibre and organ of our body.

- 1. NOT LIKE MUSCLES**
Fascial tension will usually feel like a "spreading" feeling in a stretch and often recoils and tightens in response to typical muscle stretching (holding 30sec)
- 2. HIGH QUALITY H2O**
Hydration is key to healthy fascia! So be sure to drink plenty of water.
- 3. LEAPS AND BOUNDS**
Fascia has 10x more sensory nerve endings than muscles and stores energy for dynamic movements. So if you want to improve your power, jumps and leaps, you need healthy, flexible fascia.



THE FINAL STRETCH



KEY #5- MUSCLES

Stretching muscles should feel good and respond well with immediate results. If it doesn't feel good, one of the elements we spoke about before may need to be addressed first.

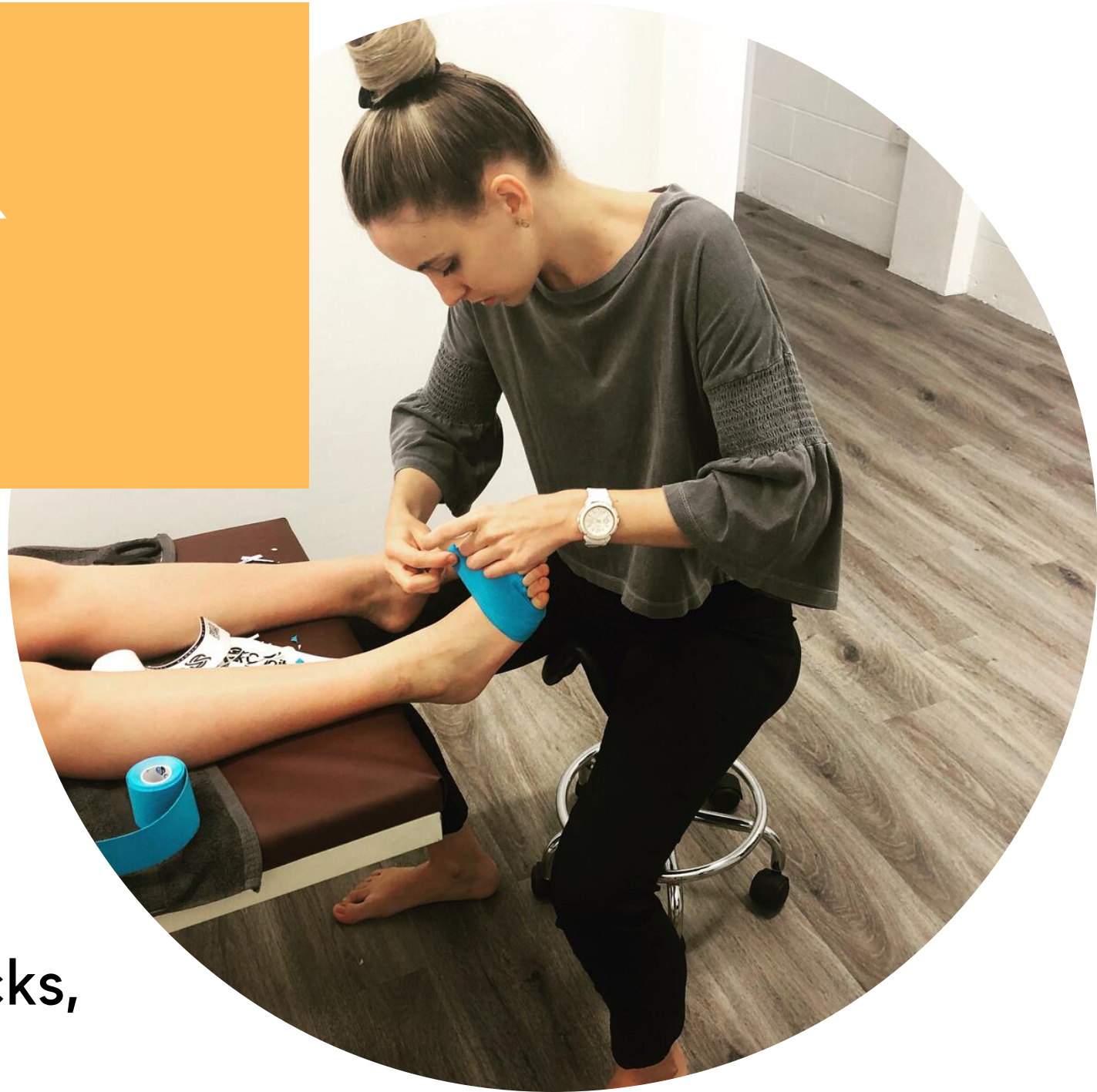
*'YOU ARE THE ONE WHO CAN STRETCH YOUR OWN HORIZON'
- EDGAR MAGNIN*

WHAT YOU NEED TO KNOW

- 1. PRE EXERCISE**
Dynamic (movement) stretching is best **BEFORE** exercise to warm up tissues.
- 2. POST EXERCISE**
Holding (static) stretching is best **AFTER** exercise to allow muscles to relax and recover after exercise.
- 3. BEWARE OF OVERSTRETCHING**
Holding a stretch for more than 30 seconds elasticises the muscle fibres so that they are unable to perform at full capacity/power for 30 minutes after stretching! So if you hold muscle stretches **BEFORE** exercise, you are at greater risk of injury and reduced performance.



FIND YOUR KEYS



WHAT NOW?

Did you note that you resonated with breath restriction, boney blocks, nerve pulling, poor fascial mobility or increased muscle tightness?

Depending on the type and location of your flexibility restriction, there are a number of options that can dramatically change your flexibility for immediate, long-lasting, amazing and pain-free results!

SOFT TISSUE CUPPING TECHNIQUES
TRIGGER POINT RELEASE
FASCIAL MOBILISERS
NEURAL FLOSSING
IMPROVE POSTURES FOR WORK AND STUDY
MASSAGE
OFFLOAD TAPING
BREATHING EXERCISES
GENTLE JOINT MOBILISATIONS
TECHNIQUE MODIFICATION
CORRECT MUSCLE ACTIVATION AND CONTROL
STRENGTHENING EXERCISES TO REDUCE MUSCLE FATIGUE AND TENSION

FLEXIBILITY TIP:

The rule of gaining long term flexibility is that we **MUST** assess and release the following **IN ORDER**. If we try to push through a bone or nerve to stretch a muscle we can cause more pain and tightness and will not improve range.



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**THE WILL TO WIN,
THE DESIRE TO
SUCCEED. THE
URGE TO REACH
YOUR FULL
POTENTIAL –
THESE ARE THE
KEYS THAT WILL
UNLOCK THE
DOOR TO
PERSONAL
EXCELLENCE.**

“



– CONFUCIUS



ARE YOU READY TO UNLOCK THE FLEXIBILITY YOU'VE ALWAYS DREAMED OF?

Contact us to let us know you read our E-Book and receive your
Private Health Rebate Gap FREE
for a 30 minute Physiotherapy consultation
to **UNLOCK YOUR FLEXIBILITY.**
What's holding you back?

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