



Flexibility Training

How to include flexibility exercises in your exercise routine

What is flexibility?

Flexibility refers to the length of your muscles and connective tissues. Good flexibility allows you to bend and move without pulling or straining muscles.

Why should I include flexibility in my exercise program?

If your muscles are tight, they can impair your ability to turn your head while driving or walking. Tight muscles can also impair your ability to walk safely, because they could cause you to catch a toe or take shorter steps.

Everyone has a different level of flexibility to begin with. If you are inactive or do not regularly stretch your muscles, they can become stiff. Stretching your muscles helps maintain or gain flexibility and helps prepare your body for activity.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help at any time.

For appointments, call between 8 a.m. and 4:30 p.m. Monday through Friday:

8-East Physical
Therapy:
206-598-4830

Roosevelt Exercise
Training Center:
206-598-2888

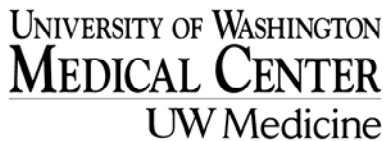
Appointments are scheduled daily between 8:15 a.m. and 3 p.m.

How can I improve my flexibility?

Your physical therapist will assess your flexibility and show you how to stretch any tight muscles.

- Stretching movements are done slowly without bouncing or jerking.
- It is better to hold a gentle stretch for up to 2 minutes than to force a stretch.
- Stretching should be done daily.
- Be sure to stretch the muscles on the back of your thighs and calves, and your neck and trunk muscles.

Notes



8-East Physical Therapy/
Roosevelt Exercise Training Center

Box 356490/Box 345745
1959 N.E. Pacific St. Seattle, WA 98195
206-598-4830/206-598-2888