

### Remember:

- ❑ Specificity is important to achieve maximum circulation, relaxation, and tissue elongation. Identify the muscles to be stretched; then *Isolate* those muscles by using precise, localized movements, - and finally *intensify* the movement with assistance of your hand or a rope.
- ❑ Never stretch the lengthened tissues more than 1 1/2 to 2 seconds and then return to the starting (neutral) position.
- ❑ Always return the area being stretched to the starting position before continuing to the prescribed repetitions.
- ❑ Always exhale during the stretching phase and inhale during the recovery phase (as you return to the starting position).
- ❑ Monitor the stretch reflex carefully as the tissue is stretched to the point of light irritation, then release the tension to prevent reversal contraction of the tissue being stretched.
- ❑ Stretch the more restricted side more than the less restricted side, but always stretch both sides.
- ❑ Form and cadence are important. Take the time to learn to do these exercises correctly. Use a mirror if needed and please ask questions if you need assistance.
- ❑ Sometimes, a fixated joint will cause the muscle to resist. Doing the whole series of stretches a second time often fixes the problem.

### 4 mistakes that make the muscle resist the stretch:

- ❑ Stretched too long
- ❑ Stretched too forcefully
- ❑ Stretched too fast
- ❑ Didn't return to the mid-point