

STRETCHING AND ITS BENEFITS

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Abstract

Stretching, one of the most effective ways of improving muscular elasticity and increasing contraction strength, acts especially on the active elements of the locomotor apparatus – muscles - and less on passive elements - tendons, ligaments, bones.

Used both in warming up as well as post effort recovery, stretching exercises have several objectives:

- increasing muscular elasticity;
- improving joint mobility;
- activating some muscular groups that tend to shorten their length in case of long-term effort.

Introduction

Stretching exercises are the slow movements of certain parts that improve overall mobility in the scope of certain muscle groups and an increasing range of joint motor. These exercises are often more complex exercises in programs such as yoga or dance.

Stretching does not exercise is only practitioners in one of the forms motor activities, (sports training, physical education, mass sports, performance sports, etc..), but also those wishing to make health benefits or will move to relax after a long period of time spent in a rather uncomfortable position (at the wheel, the seat in front office, etc.).

Material – method

The human body is often associated with a car – “alive car” - consuming and producing energy, intelligent and with a multiple-exposure, especially in motion.

Movement and locomotion are achieved through the locomotor system. Locomotor system is a complex composed of passive elements represented by bones (joined together to form human skeleton) and active elements - the muscles, passive elements together through tendon inserts.

The human body works very well when all these elements give maximum efficiency.

Stretching, the method used for the first time by physiotherapists in muscular and joints recovery exercises, post – traumatic, increasingly

pervade the world of sport, making the human body to function with maximum efficiency.

Stretching your muscles is therefore a voluntary muscles stretching to increase qualities. We know that without regular stretches, muscles tend to lose flexibility, so that when they are asked a very sudden move, they are less able to expand to their full amplitude of movement, is liable for injury- quite common in motor activities.

Stretching is beneficial by:

- increased muscle extensibility;
- biomechanical efficiency;
- prevent muscle injuries;
- improve muscle relaxation;
- reduced muscle tension after the effort provided.

The different types of stretching are:

1. ballistic stretching
2. dynamic stretching
3. active stretching
4. passive (or relaxed) stretching
5. static stretching
6. isometric stretching
7. PNF stretching (proprioceptive neuromuscular facilitation) - it seems to be the method with the best results in terms of increasing flexibility.

PNF involves static muscle stretch followed by an Isometric contraction of that muscle against an immovable resistance (partner) then the cycle resumes.

Results

When done properly, stretching can do more than just increase flexibility. According to M. Alter, benefits of stretching include:

- enhanced physical fitness
- enhanced ability to learn and perform skilled movements
- increased mental and physical relaxation
- enhanced development of body awareness
- reduced risk of injury to joints, muscles, and tendons
- reduced muscular soreness
- reduced muscular tension
- increased suppleness due to stimulation of the production of chemicals which lubricate connective tissues
- reduced severity of painful menstruation (dysmenorrhea) in females

Unfortunately, even those who stretch do not always stretch properly and hence do not reap some or all of these benefits. Some of the most common mistakes made when stretching are:

- improper warm-up
- inadequate rest between workouts
- overstretching
- performing the wrong exercises
- performing exercises in the wrong (or sub-optimal) sequence

Conclusions

Stretching is effective when executed correctly. Like any other activity, stretching herself has rules and limits to ensure that it is safe. Done incorrectly, stretching can be dangerous and harmful for human body.

The best result you can get from stretching is to combine it with other means and methods of training, with other techniques of accident prevention or recovery after injury.

Bibliography

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Titlu: Stretching-ul și beneficiile sale.

Cuvinte cheie: stretching, încălzire, refacere, prevenire accidente.

Rezumat: Stretchingul, unul dintre procedeele cele mai eficiente de ameliorare a elasticității musculare și de creștere a forței de contracție musculară, acționează, în special, asupra elementelor active ale aparatului locomotor - mușchi - și mai puțin asupra elementelor pasive – tendoane, ligamente, oase.

Utilizate atât în încălzire, cât și în refacerea postefort, exercițiile de stretching urmăresc mai multe obiective:

- creșterea elasticității musculare;
- îmbunătățirea mobilității articulare;
- activarea unor grupe musculare care tind să-și scurteze lungimea în situațiile unor solicitări sportive de durată;

- prevenirea apariției accidentelor de tip traumatic la nivelul aparatului locomotor.

Titre: Le stretching et ses avantages.

Mots-clés: stretching, le chauffage, la récupération, la prévention des blessures.

Résumé: Stretching, l'un des procédés les plus efficaces pour améliorer l'élasticité des muscles et pour augmenter la force de contraction musculaire, agit sur les éléments actifs de l'appareil locomoteur – muscles –, et moins sur les éléments passifs – les tendons, les ligaments, les os. Utilisé tant pour le chauffage et la récupération après l'exercice, le stretching ont plusieurs objectifs:

- accroître l'élasticité de la masse musculaire;
- améliorer la mobilité des articulations;
- l'activation des groupes musculaires qui ont tendance de raccourcir leur longueur en cas d'effort physique avec une durée plus longue;
- prévention des accidents traumatiques au niveau de l'appareil locomoteur.