

# Staying Limber for Life

Presented by  
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# AGENDA

## 1 Flexibility vs Mobility

Description text

## 2 Types of Stretching

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## 3 Benefits of Staying Limber

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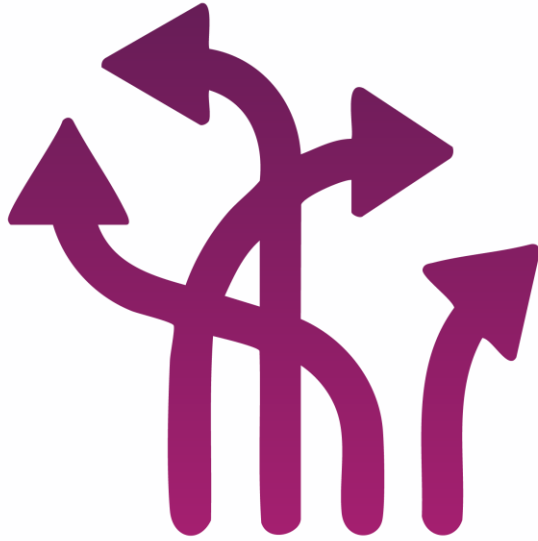
## 4 Ergo Break Routine

Description text

THE  
POWER  
TO BE  
WELL



# **Flexibility vs Mobility**



## Flexibility

The ability to move a joint or group of joints through a range of motion without pain.

Flexibility is an important part of physical fitness that can help with posture, performance, and injury prevention.



## Mobility

The ability to *move freely*.

Mobility is the foundation for living a healthy and independent life.



# Types of Stretching

# Types of Stretching



## Static

Involves holding a stretch in place

- Shoulder stretches
- Chest stretches
- Sitting hamstring stretches
- \*Do not bounce during stretches



## Dynamic

Involves moving muscles and joints through their full range of motion in controlled and fluid manner

- Arm Circles
- Walking lunges
- Butt kicks

# When & Which Type of Stretching?

## Static

- Most beneficial post exercise
- After cool-down is complete

## Dynamic

- Most beneficial pre-exercise
- Can be used in warm-up activities

# Static Stretches

*Hold 10-30 Seconds each*

## ACSM Full Body Stretch Routine

- **Neck Stretch:** Gently tilt your head side-to-side, forward, and backward.
- **Shoulder Stretch (Cross-Body):** Bring one arm across your chest and hold it with the opposite hand.
- **Triceps Stretch:** Reach one hand behind your head, elbow pointing up, and gently pull the elbow with the opposite hand.
- **Chest/Doorway Stretch:** Stand in a doorway, place arms on the frame at 90-degree angles, and lean forward.
- **Upper Back Stretch:** Interlace fingers in front of you, palms facing out, and push forward while rounding your back.
- **Side Stretch (Standing):** Reach one arm overhead and lean to the opposite side.
- **Cat-Cow Stretch:** On hands and knees, alternate between arching your back (cat) and dipping it (cow) to stretch the back and spine.
- **Child's Pose:** From kneeling, sit back on your heels and extend your arms forward on the floor.
- **Kneeling Hip Flexor Stretch:** Kneel on one knee, step the other foot forward, and push hips forward gently.
- **Hamstring Stretch (Seated or Lying):** Extend one leg forward while seated, or pull one leg toward you while lying on your back.
- **Quad Stretch (Standing):** Stand, hold a wall for balance, and pull one heel toward your buttocks.
- **Calf Stretch (Wall):** Place hands on a wall, step one foot back, and press the heel to the floor.

# Dynamic Warm Up

*Perform 10-15 repetitions or 30 seconds each*

- **Alternating Knee-Hug** knee to chest while walking or in place
- **Arm circles** – Small to large circles, forward and backward
- **Torso twists** – Rotate upper body side to side *\*Add a lunge with a torso twist*
- **Hip circles** – Hands on hips, circle slowly
- **Leg swings** – Hold wall, swing one leg forward/back
- **High Kicks**- Kick straight forward, touching opposite hand to foot
- **Mini squats** – Bend knees slightly, stand back up
- **Heel raises** – Lift heels off floor, lower slowly
- **Arm swings** – Swing arms across chest, then open wide



# Benefits of Stretching

# Benefits of Stretching

## Improved Flexibility

- Stretching increases the flexibility of your muscles and joints.
- May reduce risk of injury.

## Improved Posture

- Stretching makes the muscles in your chest, shoulders, and lower back improve posture.
- May also reduce aches and pains.

## Stress Relief

- Can reduce stress by relaxing your mind and body.

## Increased Range of Motion

- Can help your joints move through their full range of motion.
- Activities of daily living.

# Benefits of Stretching

## Improved Performance

- Can improve your circulation, muscle flexibility, ROM, which can help you perform better in workouts and competitions.

## Reduced Soreness

- May reduce soreness or shorten your recovery time after a workout.

## Improved Brain Health

- Increases the blood flow to your brain, which can help deliver oxygen and other nutrients that are essential for proper body functioning.



# Maintaining Flexibility with Aging

- As we age, we lose a small amount of flexibility as a result of the normal aging process.
- Decreased flexibility within our body can negatively impact our everyday life by preventing us from functioning normally, which can lead to a greater loss of function.
- If we don't use our muscles, we tend to lose their strength. If we lose our strength, we don't move our bodies as much which results in further decreases in flexibility.
- Decreased flexibility can result in slower walking speed, shorter steps while walking, back pain, and increased risk of falls.



# Maintaining Flexibility with Aging

- The first step of preventing a loss of flexibility is to keep active!
- The good news is we have the ability to slow or reverse some of these age related changes in our body and prevent loss of function.
- In addition to decreasing the loss of flexibility, regular physical activity offers many other benefits for your general health.



# FITT Principle



## Frequency

- Minimum of 2-3 days per week
- Daily stretching is most effective



## Intensity

- Stretch to the point of feeling tightness or slight discomfort
- Should NOT feel pain



## Time

- Hold a static stretch for 10-30 seconds is recommended
- In older adults, holding for 30-60 seconds may provide more results



## Type

- A series of full body exercises for each of the major muscle groups

\*Work up to these goals and focus on movement quality over quantity

# Make it a Priority

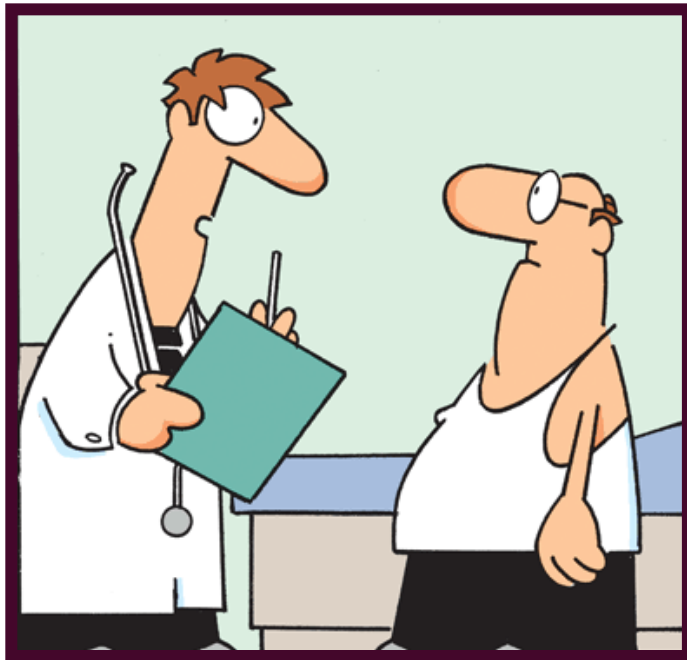
“ If you really want to do something, you’ll find a way. If you don’t, you’ll find an excuse.

- **Jim Rohn**

Don’t **find** the time to exercise,  
**make** the time to exercise.

# Staying Active with a Busy Schedule

**Some activity is better than no activity—*do what you can!***



**“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”**

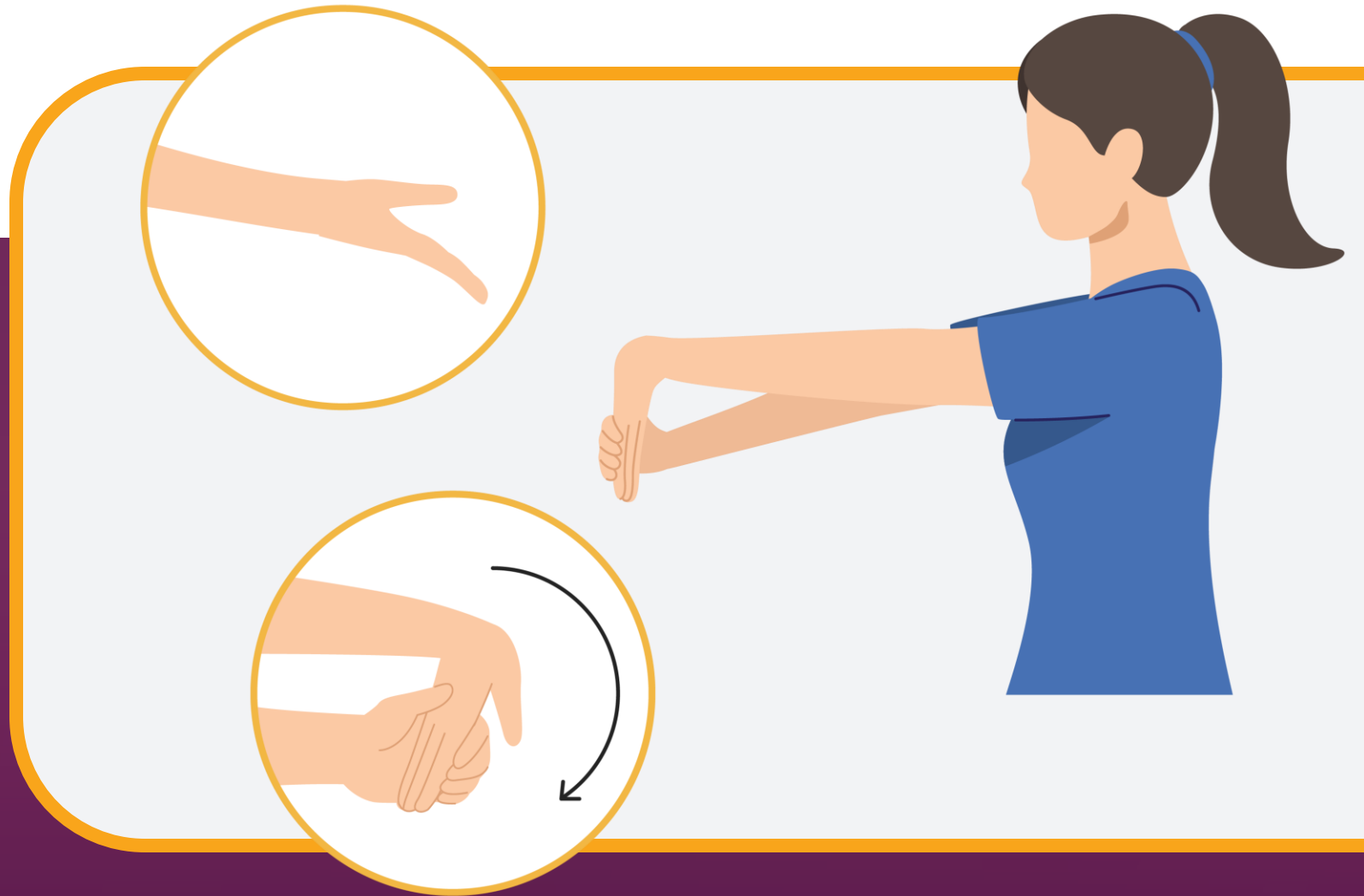
- If possible, pencil in your workout to your calendar just like any other obligation or set an alarm
- Or, if that’s not possible, sprinkle in extra movement throughout your busy day:
  - Take the stairs
  - Park further away at the store
  - Be less efficient—at work, make separate trips to the bathroom, water fountain, and mailroom
  - Break 30 minutes into three, 10-minute segments
  - Include seated desk strengthening and mobility exercise



# Stretch Break Routine

# Wrist Flexor Stretch

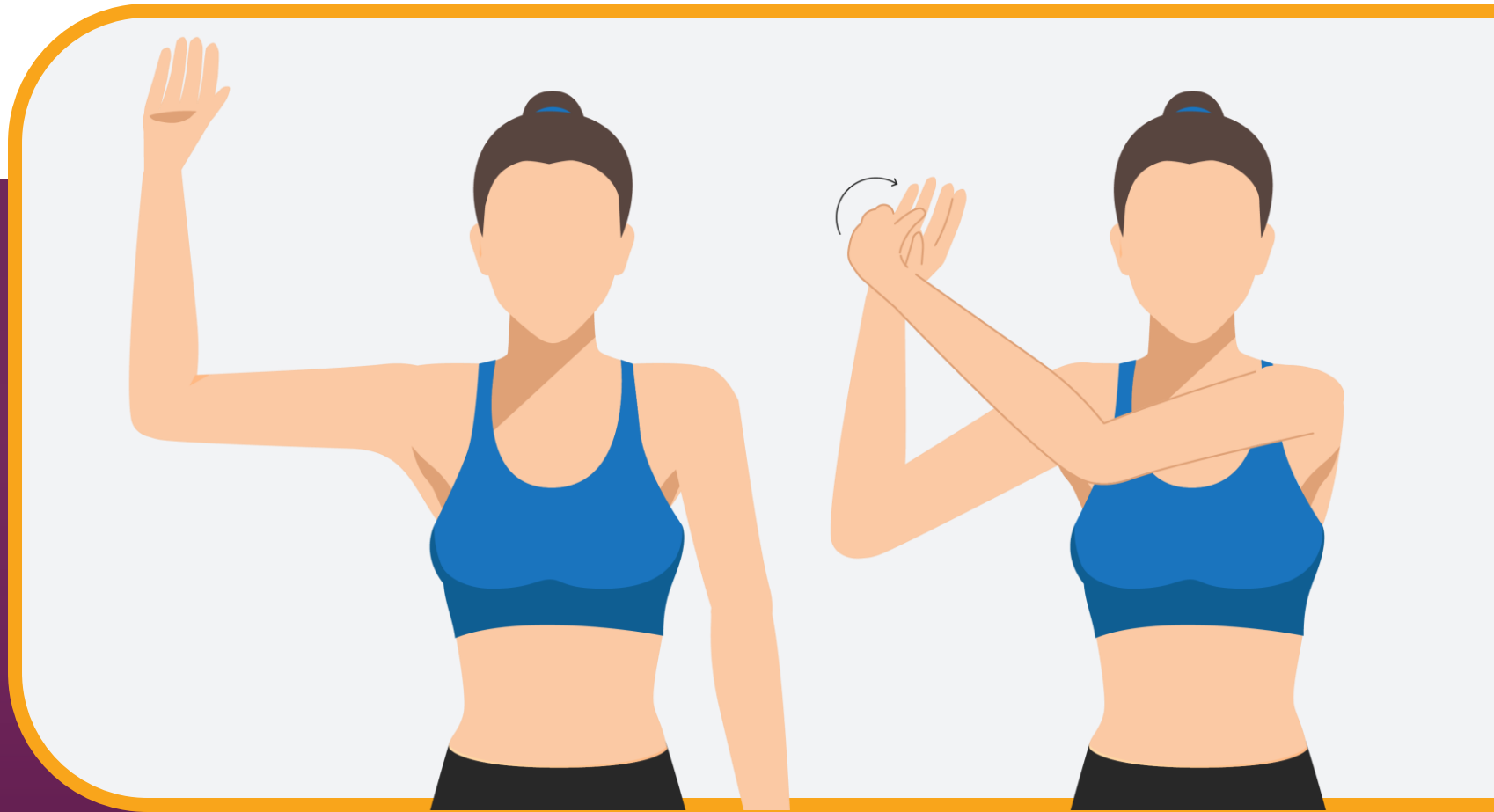
1. Straighten your elbow with your palm facing up.
2. Allow your fingers to point towards the floor.
3. Gently pull down on your fingers and palm with the opposite hand.
4. Hold the gentle stretch for 15-20 seconds.



\* If you experience any discomfort with this stretch, stop immediately and consult with your physician.

# Wrist Pronator Stretch

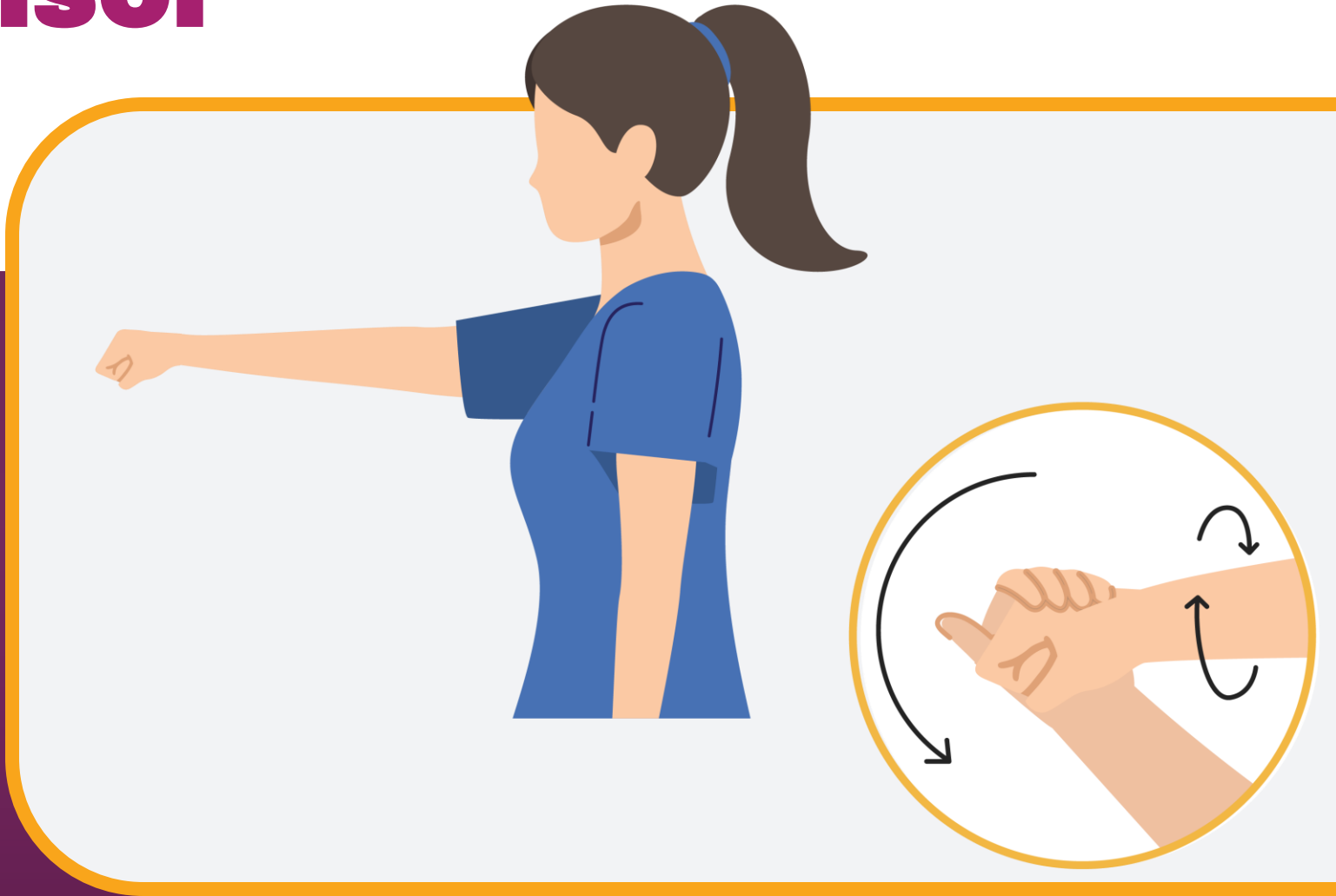
1. Bring your arm out in front of you with the elbow flexed, palm facing forward and fingers pointed towards the ceiling.
2. With your opposite hand, gently pull your two smallest fingers back so that your palm is facing up.
3. Hold the gentle stretch for 15-20 seconds.



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# Wrist Extensor Stretch

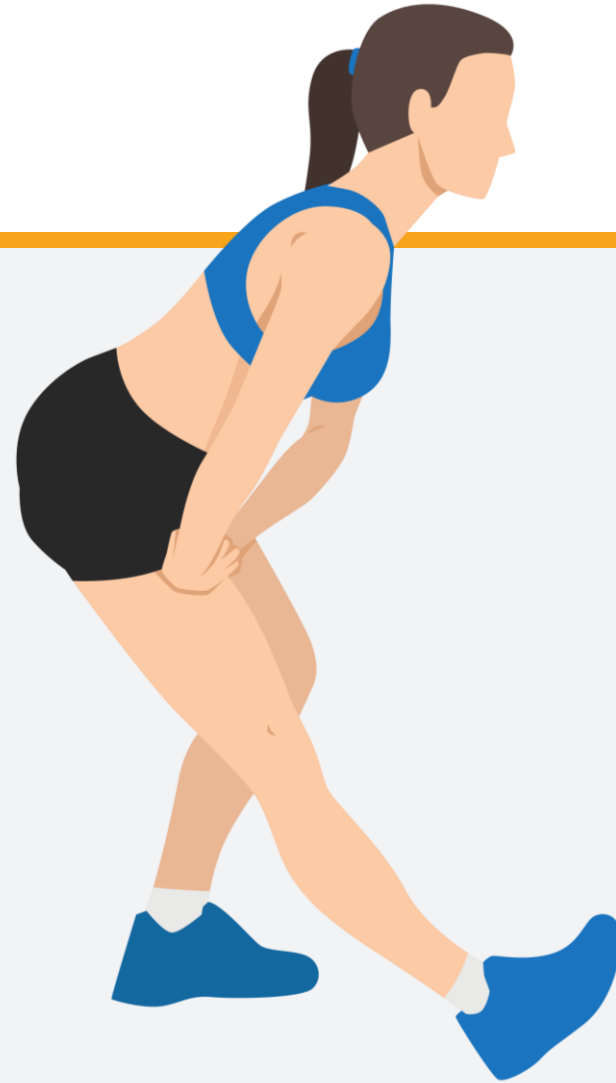
1. Straighten your elbow with your palm facing down.
2. Make a gentle fist and let your wrist relax.
3. Apply gentle downward pressure to your wrist with your opposite hand while rotating it away from you.
4. Hold the gentle stretch for 15-20 seconds.



\* If you experience any discomfort with this stretch, stop immediately and consult with your physician.

# Hamstring Stretch

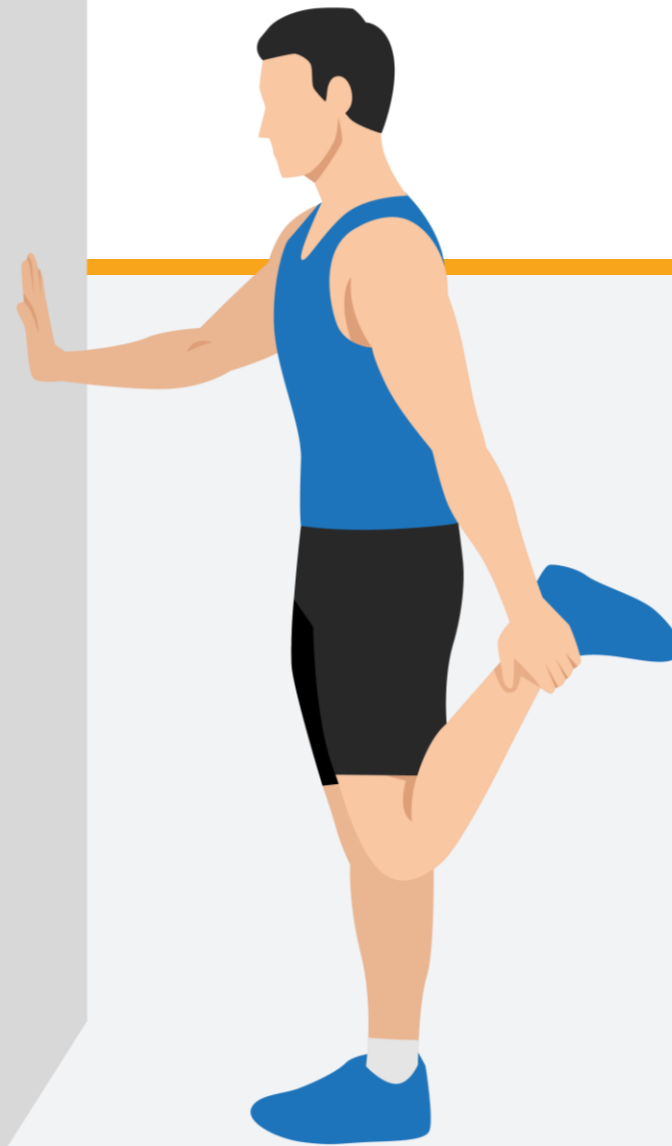
1. Extend one leg forward with your toes pointed up.
2. Keeping your shoulders upright and back in the neutral position, slowly lean forward feeling a gentle stretch behind your knee and thigh.
3. Hold the gentle stretch for 15-20 seconds.



\* If you experience any discomfort with this stretch, stop immediately and consult with your physician.

# Standing Quad Stretch

1. Stand Tall and hold onto a wall or a chair for balance if needed.
2. Bend one knee and grab your ankle behind you.
3. Keep knees close together and gently pull your heel toward your glutes until you feel a stretch in front of your thigh.



\* If you experience any discomfort with this stretch, stop immediately and consult with your physician.

# Hip Flexor Stretch

1. Kneel on one knee with the other foot forward, forming a 90-degree angle.
2. Keep your chest upright and core engaged.
3. Gently shift your hips forward until you feel a stretch in the front of the back hip.



\* If you experience any discomfort with this stretch, stop immediately and consult with your physician.

# Neck & Shoulder Stretch

1. Take a deep breath in and bring your palms to your forehead facing out.
2. As you slowly exhale, bring your elbows and hands down and pull your shoulder blades together.
3. Hold the gentle stretch for 15-20 seconds.



\* If you experience any discomfort with this stretch, stop immediately and consult with your physician.

# Cross Body Shoulder Stretch

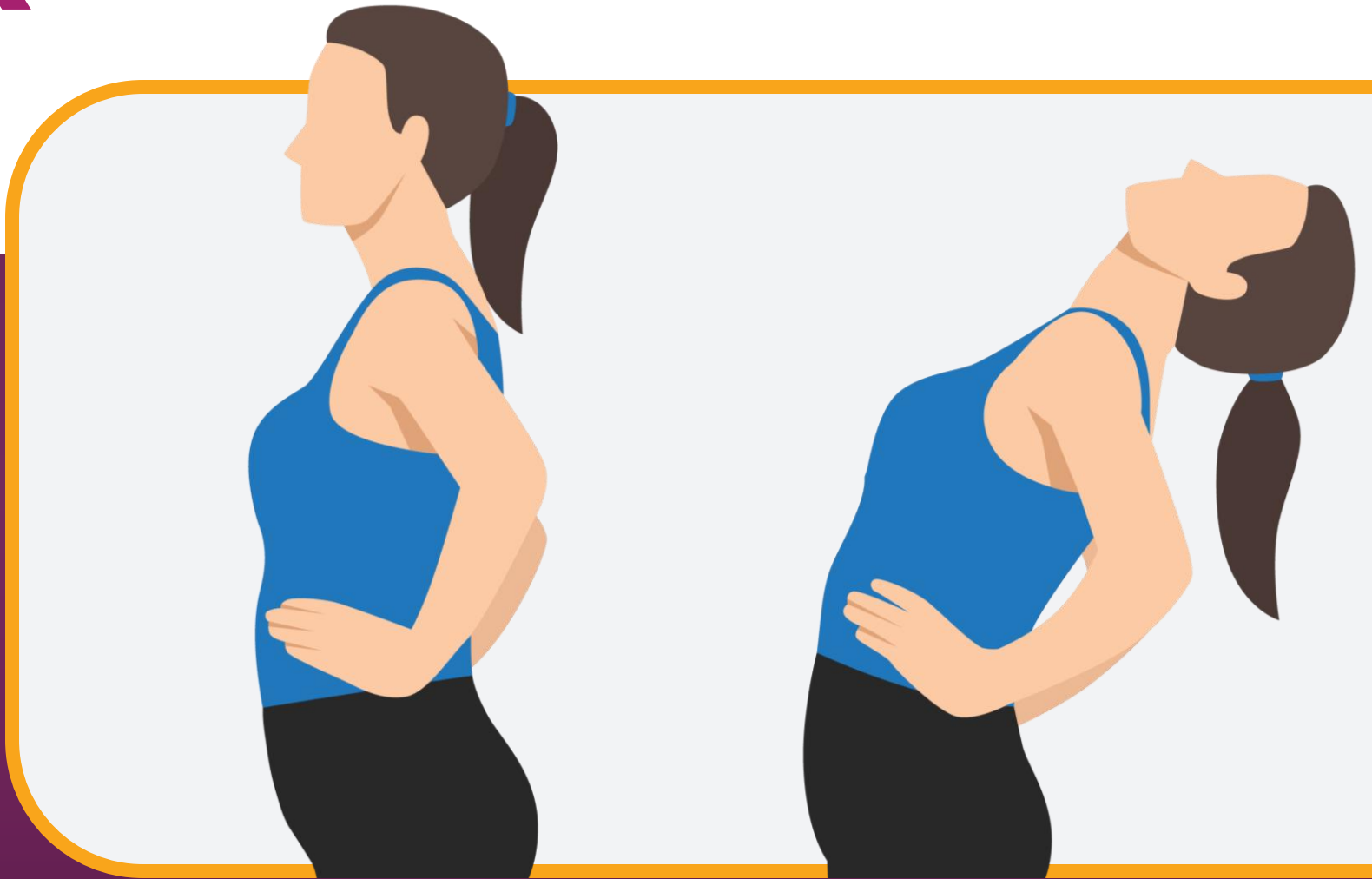
1. Stand or sit upright with shoulders relaxed.
2. Bring one arm straight across your chest.
3. Use your opposite hand to gently pull the arm closer to your body until you feel a stretch in the shoulder.



\* If you experience any discomfort with this stretch, stop immediately and consult with your physician.

# Lower Back Extension

1. Stand with your feet shoulder width apart.
2. Place your hands on the small of your back and slowly lean back.
3. Hold the gentle stretch for 15-20 seconds.



\* If you experience any discomfort with this stretch, stop immediately and consult with your physician.



# Key Points

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Maintaining flexibility is an important part of a healthy, active aging lifestyle.

- Staying limber has lots of benefits-especially as you age. It enables you to do more easily, reduce injuries, improve balance and posture, and increase range of motion.
- Sitting more and moving less can stiffen and tighten your joints.
- Increasing movement in any way helps to combat these issues.
- Start small and slowly increase your frequency i.e. stretching all major muscle groups 2-3 times/week for 10-30 seconds each.
- Focus on quality of your movement rather than quantity.

# References

1. Liguori, Gary. ACSM's Guidelines for Exercise Testing and Prescription, 11th Edition. Philadelphia, Lippincott Williams & Wilkins, 2021.

Reviewed by Sarah Peele, Taylor Locke, Cory Lovelace and Christopher Nguyen on 12/19/2024.




# Q&A

Code Word

**STRETCH**

Schedule a one-on-one appointment for an individualized approach on helping to reach your goals.

### ***Three easy ways to schedule an appointment:***

-  [www.careatc.com/patients](http://www.careatc.com/patients)
-  Download the CareATC app
-  713.769.9911



**Show Me  
The App!**





**THE  
POWER  
TO BE  
WELL.®**