

Osteopathy and stretching exercises

Stretching is something that sports people see as an essential, but very few people stretch before activities like gardening or housework even though they can put your skeleton and muscles under a variety of strains. Getting to know the basics of stretching can help prevent injury or muscle and joint pain in the days following physical exertion

Below you can find photographic guides and video clips taking you through simple sets of stretches for the major muscle groups, ideal for carrying out immediately after any physical activity. Of course, even stretching has a few rules to observe;

Stretch after all exercise, if you want to stretch before exercise this is ok so long as you have done some light exercise to warm the muscles up slightly.

When stretching, move into the stretch and hold it at the first point of resistance. Hold it for 10 to 20 seconds the larger the muscle the longer the stretch.

Complete 3 to 5 stretches per muscle but if the muscles are very tight up to 3 sets of stretches can be done. If you have any further questions regarding stretching please contact one of our osteopaths at the clinic.