

stanleybecker

a Shakespearean question - " to stretch or not to stretch, that is the question?" - this is a stretch to answer - I think I will have to stretch my mind to find the answer - ha ha

Posted On 10/18/2019

barbmag

I always scroll down to see if stanleybecker has replied. Thank you for not letting me down. 🙏

Posted On 10/18/2019

mar6915

I know you can't stretch a dollar too far.

Posted On 10/18/2019

marionmm

Only confirms what I have observed from my personal experiences.

Posted On 10/18/2019

juststeve

Me too. One size doesn't fit all. Move forward cautiously and observe what works for you. Adjust and move about your efforts as needed. Don't be stubborn and adapt to changes in your personal format.

Posted On 10/18/2019

dopfapfo

My workout IS stretching and I do a warm-up before I start. I do the "Classical Stretch" workout with Miranda Edmonde-White, which helps my muscles, joints, and fascia get all lubricated and loose for the start of the day. Her daily, full-body stretching workout helps a LOT of people move during the day with much more ease than without doing the workout. Her "Eccentrics" workouts are incredibly helpful when it comes to easing inflammation in the areas I mentioned.

Posted On 10/18/2019

11sweetie11

we need to think why our muscles tighten with age. could it have to do with cellular dehydration caused by such things as living in a microwaved world and fluoride bonding to potassium that holds our EZ water together. If that is the case do you think stretching will help? We need to focus on improving our mitochondrial function to produce more cellular water. Ice baths bring respiratory proteins closer to improve energy and water production and also release IR light to increase EZ charge separation.

Posted On 10/18/2019

cre7510

This is a good article. I agree with the dynamic, functional, and AIS approach to stretching. When warming up, I emphasize the dynamic and functional and, when cooling down, all three. If one is trying to improve on flexibility (like balance), high frequency and low intensity are important keys. By high frequency, I mean at least 3-5 times a day, but to do this without developing an overuse or strain injury, the intensity needs to be low, i. e. touch the barrier with no more than a momentary pause and then back off, repeated several times.

Posted On 10/31/2019

vijabe

To article admin: The second to last paragraph needs some serious editing. Cheers -

Posted On 10/19/2019

Barbara Charis

Never stretched in my life...and have done many years of exercise without getting hurt. I have always had an innate feeling that stretching wasn't necessary. It's good knowing that I was not wrong.

Posted On 10/18/2019

jse4060

The stretching of a muscle that has just been trained or contracted is important to return that muscle to its original length. Chronic shortening of the muscle during contractions will cause it to shorten and this shortening will have a subsequent effect on the bone that it is attached to possibly guiding it into an improper alignment within the joint. This can cause injury or pain. To have a study say that there is no proof of the efficacy of stretching on injury prevention is very broad in its conclusion. It's like saying there is no proof of exercise causing happiness or the lack of exercise causing happiness or exercise causing suffering or the lack of exercise causing suffering. Way too broad to have any conclusion for or against. We would have to know exactly all of the parameters measured for us to make an informed conclusion on the data.

Posted On 10/18/2019

urdivine

I've always believed that yoga asanas [stretching], is the THE single most important exerciser for the human being and that they should be done every day. This is the 2nd time I've heard about not stretching before a workout [tennis, for me]. I think I need to seriously consider this.

Posted On 10/18/2019

Almond

I work hard so do not feel I need intensive exercise. However, I am religiously-committed to doing my morning exercises which are basically stretchies, moving specific muscles and a few others, inc. traditional exercises such as sit-ups. Also muscles for core strength. This compensates for some muscles that do not get used as much while working, keeps me from becoming stiff. I do very few exercises, only 12-20 to a set (depending on how much time I have each day), of 16 different exercises. (Some of my days are very long.) Variety. It seems to be enough for me.

I do not believe I would be moving as well as I am at my age without my exercise regimen. It reduces inflammation from old injuries and keeps me moving and flexible. One thing I especially notice among women my age is that they make a lot of excuses based on their age for not being able to do simple things, even if they have not suffered injuries. One of these things is not being able to bend over and touch their toes. I am shocked at how many cannot reach much below their knees. Also, loss of muscle tone. I observe that many older women have "bingo wings". And pale skin. So many are bent over, on walkers or routinely use canes. I bet most are not thinking about packing out a deer at this time of year. :-)

That is a good point. Find regular activities to do out-of-doors that become part of your lifestyle. Food gathering is good whether hunting, fishing, foraging or gardening. Chopping firewood is good. Even if you just walk to work or school daily and cannot get out in the woods for hiking. Move, move, move...I have a big :(butt/thighs and broad shoulders. I assume this is truly due to "spread" and bones that move as we age. However, I can honestly say there is a lot of solid muscle and no loose skin or flab. It is important to listen to your own body more than others, even the "experts". If it works for you, keep doing it as long as you benefit. When it quits working, reevaluate and make changes

Posted On 10/18/2019
