

B.E.S.T. PHYSICAL THERAPY NEWS

B.E.S.T. Physical Therapy
is proud to present a **FREE** lecture given by
Dr. Sanaz Hariri, Orthopedic Surgeon

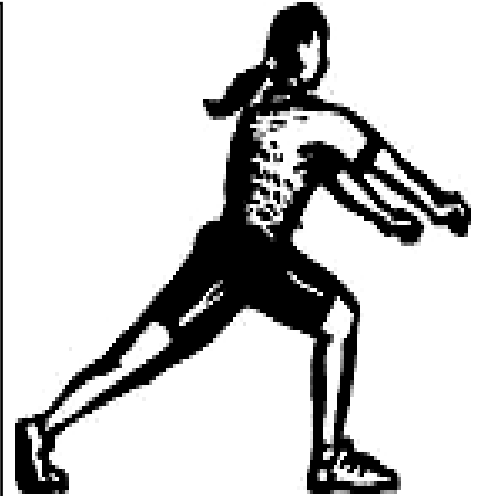
A graduate of Stanford Medical School

Wednesday, October 20th at 6:30 pm.

B.E.S.T. Physical Therapy in Cupertino.

Call 408-257-2225 or email bestpt@bestphysicaltherapy.com to
RSVP

Attendees for this lecture will be eligible to win 2-weeks of Core
Class **FREE!**



There is an endless number of runners and exercisers who seem perfectly able to squeeze multiple hours of running/workouts into their busy schedules but just can't find time to stretch for 5-10 minutes before and after. They should find the time.

Stretching isn't as much fun as the actual work out or road run, and the benefits may not appear immediately obvious, but a good stretching program can keep you active in the future.

Benefits of regular stretching include:

1. Preventing potential injuries to tight/shortened muscles
2. Reduced muscle soreness after workouts
3. Increased blood and nutrient supply to muscles and cartilage
4. Improved athletic performance via improved circulation
5. Improved muscle balance around the joint
6. Improved postural alignment

Of course, if not done properly, stretching can actually cause injury rather than preventing it. Rules for stretching include:

1. It is best if you can "warm up" the muscles with light activity for 5-10 minutes prior to the stretch since "warm" muscles stretch more easily.
2. It is also important to gently proceed into the stretch and not bounce at the end. Bouncing risks pulling or tearing the muscle you're trying to stretch and may result in injury. If a stretch is applied too quickly, the muscle responds with a strong contraction, increasing muscle tension instead of releasing it. The rule is to stretch slowly and hold the stretch for at least 30 seconds.
3. A stretch may feel mildly uncomfortable, but you should never stretch to the point of discomfort or pain.

When doing any strength training, you should stretch each muscle group during the same workout in order to keep the muscles healthier, and less prone to injury.

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