



HANDS ON AT HOME
Physical Therapy

Dori Nissenson

Providing You with Premium Care at Home

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"I think one of my favorite things is laughing with someone and realizing half way through how much you enjoy them and their existence."

Enjoy the laughter this
THANKSGIVING

The Importance of Stretching

Do you ever feel that you don't have time to fit in a workout?



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You are not alone.

Many people want more "bang for their buck" and take the stretching out of the hour that they have allocated to exercising. This article will explain in detail why it is so important to stretch regularly and will give guidelines for effective stretching techniques to prevent joint pain and dysfunction. [Click here to read this article](#)

Infrequent stretching causes decreased flexibility in the muscles around joints



Decreased flexibility in the muscles around joints causes muscle imbalances



Muscle imbalances place abnormal forces on joints



Abnormal forces on joints cause faulty movement patterns at one or more joints throughout the body



Faulty movement patterns cause **PAIN**



Remember, that you will not be able to reap the benefits of strengthening muscles if you don't lengthen them.

Tips For Incorporating Stretching Regularly

Learn how to stretch so that you don't waste your time. Rely on your resources: literature, trainers or physical therapists to fully inform you on the proper techniques of

stretching.

Incorporate tools that you may have handy at home or at the gym such as rollers or stretching straps to stretch more effectively and use your time more efficiently.

Stretch between exercising different body parts so that it doesn't seem like a chore at the end of the workout.



Remember, the results of stretching are progressive. If your time is limited, it may be beneficial to pick fewer muscles to stretch and stretch them more frequently.

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