

Soft-Tissue Stretching

Top 5 tips for soft-tissue stretching:

1. Go into your stretch slowly and come out of your stretch slowly. Do not bounce. Maintain tension.
2. Stretch only to the pain of stretch, not to the point of pain. If it hurts, back off.
3. Attempt to maintain your stretch for 30-seconds, at a minimum; ideally maintain the stretch for two minutes.
4. Do each stretch 3 times in a row and do this 3 times per day (that's 9 times in one day.)
5. Be relaxed when you stretch. Try closing your eyes during your stretch to help you focus in on what you are doing.



Common Stretching Mistakes

- Not holding your stretch long enough.
- Not stretching often enough.
- Stretching too dang hard!!