



## **Stop Stretching: To Gain Range Of Motion And Joint Stability (Realities Of Exercise Book 1)**

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# Stop Stretching: To Gain Range Of Motion And Joint Stability (Realities Of Exercise Book 1)

## Stop Stretching: To Gain Range Of Motion And Joint Stability (Realities Of Exercise Book 1)

The purpose of this book is to inform the reader on the biomechanical realities of stretching. Not only does stretching not exist, but it could be causing harm than you are unaware of. It is documented that muscles do not contain any elastic properties. Rather, they can only lengthen (relax) and shorten (contract) through cross-bridging. So how then did you gain range of motion by stretching? With our knowledge on muscular anatomy, the only possible way to gain range of motion (i.e. flexibility) by stretching is by tearing apart your muscle's crossbridges. Although motion could be increased, control of the newly gained motion will be decreased. This equals a simple equation..

Mobility without stability = Vulnerability!

First, ask yourself why you want more range of motion in the first place. Second, muscles will only tighten up if the nervous system sends them a signal to do so! Could our nervous system do this by mistake? Of course not. The only reason our muscles would receive this signal in the first place would be to protect us from injury. Based on our knowledge of reciprocal inhibition, a muscle can not lengthen unless the muscle on the opposing side of the axis can contract efficiently! This low functioning muscle that is unable to contract well due to stress, trauma or overuse could very well be the reason why the opposing muscle can not relax and feels tight.

With all of this stated, it easy to see that attempting to stretch our muscles is like driving backwards on a highway. It makes absolutely no sense and is going directly against what your body is trying to accomplish!

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