

**FLEX-I-BIL-I-TY:** THE QUALITY OF BENDING AND MOVING EASILY WITHOUT BREAKING

**GOALS OF INCREASED TISSUE FLEXIBILITY:**

- ✔ Improve joint range of motion
- ✔ Decrease risk of injury
- ✔ Program nervous system to relax muscles



**Lower Leg**



**Hamstring**



**Quadriceps and Hip flexors**



**Glutes**



**General Stretch**



**Groin**



**STRETCH KEY AREAS FOR LONGER HOLDS FOR MAXIMUM BENEFIT!**

## TIPS/TECHNIQUE



**Warm up** with gentle movement or use heat to prepare the tissues for stretching.



**Don't stretch past the point of discomfort.**

Include deep nose breathing to help decrease muscle tension.



**Execute 1-3 small sessions** everyday to combat the stuffiness of modern life/desk jobs, stress, hard training, etc.



**Focus on areas** that you struggle the most.



**Try stretching** for shorter time periods but more frequently. Hold stretches a minimum of 60-120 seconds.



**If pain or difficulty persists,** book with your favourite manual therapist (massage and other soft tissue modalities).



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