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Partner assisted stretching pdf

Partner help stretching for an even deeper stretch than the standard static stretch, some combat artists use partner-assisted stretches. This is where a GENTLY partner helps push or pull a partner's limb or body in order to maximize the stretch and improve overall flexibility. However, this type of stretch should be done slowly and responsibly to avoid potential injuries. Also, talk and tell your partner to stop if the help stretch starts to hurt. All areas and exercises should be monitored by a trained martial arts instructor in order to prevent injury and ensure the proper use of the technique. If you have had an injury or you are in pain, please contact your doctor before starting any stretching or exercise program. For other sites (i.e. traditional static segments), please visit the main stretching section. Vicky - Flexibility - Stretching Books Examples Of Partners Help stretches partner chest helper stretch - stretch your arms to the sides. Do your partner stand behind you and gently pull your arms back behind your body. Partner helped Permanent Hamstring Stretch - Place your foot on your partner's shoulder and then your partner slowly lift his body. Partner helped Groin Stretch - Sit on the floor and stretch your legs as much as possible. Do your partner sit face to you and get him to put his feet on his ankles. Then make him slowly push his feet even wider. Partner Help Back Stretch Partner Help Legs Splits - This partner helped stretch help improve the height of your round home kicking. Partner Help Sitting Hamstring Stretch Training Video for Partner Help Pulls When I was young and thought about flexibility, it would conjure up images in my mind of Jean-Claude Van Damme doing center disintegrates between two chairs. I was obsessed with this, so I practiced this version of flexibility until I was able to actually make Van Damme disintegrate between two chairs. That was a long time ago. There is no way I can come close to this feat, or at least waiting to ever walk again. As I'm aged, not only have I lost my once impressive range of motion (ROM), I've also learned that flexibility is much more than the ability to be incredibly bendy. I also had a share of partners who helped me with my stretching. Between my brothers who would push me into splits with me legs elevated to school textbooks and my martial arts brothers putting me in a stretch called a row of boats, there is little that I would recommend from my early experience as a partner helped by stretching. I often teach workshops on partner helped stretching without resemblance to the stretches I experienced growing up. In these workshops, we discuss muscle stretch, legality, hand position, optimal ROM, general compensation, end resistance barriers, and show show nuance on how to predominantly stretch specific muscles. We also practice three different versions of partner-assisted stretching: static stretching, neuromuscular contract-relaxation, and neuromuscular contract-relaxation with antagonistic contracting. The National Academy of Sports Medicine (NASM) defines flexibility as the ability of the human motion system (HMS) to have optimal ROM, as well as neuromuscular control throughout the ROM to prevent injury and improve functional efficiency (effective movement with minimal HMS stress). As a young martial artist, I was able to use my ROM to show off, but it didn't necessarily have nerve control throughout this ROM. Once you go beyond the ROM that you can control the joint is in a position to increase the injury. For our clients, we use evaluations to objectively identify stiff muscles before implementing a partner to aid static or neuromuscular stretching, and I do not recommend stretching muscles that are not defined as short and stiff. I live in New York State, where stretching is considered an exercise. So as a personal trainer, I can legally stretch my clients here. I haven't checked all the states, but that seems to be the case for many. My suggestion is to find out if the sprain falls under the category of exercise or therapy in your state. At any time the coach puts his hands on the client it can increase the responsibility if the client gets injured. With what's said, I rarely stretch upper body muscles like jabs, lats, and even rarer necks. Normally, I often only teach students how to stretch their clients' legs. The position of the hand is important for the comfort of the client and the way you portray yourself as a professional. The goal is not to waste time on what is right or wrong when it comes to misconduct. I want coaches to know that hand positions should not be inappropriate, to be perceived as inappropriate. This may have less to do with how the customer feels and more to do with how others see you. I can only suggest doing what needs to be done to get the best plot, always knowing that misconduct is a liability, even if there is no misconduct. Stretch marks beware! When we take a joint client through ROM it is important to have an idea of what the perfect ROM of this joint is. I don't think it's necessary for coaches to pull out the goniometer and measure the exact degrees, but they need to have an idea and a link to something that's really tight. Once you take the joint in the final range there will be a resistance barrier. It doesn't even have to provide that much of a stretch for the customer in order to be a stop point. Customers can often say: Push, he can go further, but there is a shift in the hips while helping the hamstring stretch. It is important that the position is strictly limited to a stretched muscle and not to focus on the focus Get a leg on. It is also important to move slowly into the stretch as some people will easily move through the ROM, but they will feel the intensity from the stretch that has been uns verified. When I present the workshop, we explore how to execute a partner helped by a static stretching who takes the joint to his first resistance barrier without compensation and keeping it there for at least 30 seconds. To increase the ROM you would then move the joint passively into a new range and end the feel. This can be done three times before a break may be required (and appreciated by the customer). This is a good form of corrective flexibility and relatively easy to implement and still get positive results. Another form of partner-aid stretching is a type of neuromuscular stretching called contract relaxation. It's like a static stretch in that you take the joint to the first resistance barrier without compensating and holding it. Then you ask the customer to push very gently (25% or less intensity) against the stretch for 7 to 15 seconds. For example, if you were stretching their calves you would use their calf muscles stretched gently to push against the stretch. Once they release the pressure, you will passively take them to the new ROM. The third type of partner stretching aid we explore is contract-relaxation with antagonistic abbreviation. The only difference is, once the customer pushes against you, instead of passively moving them to a new ROM, you would ask them for help in actively moving to a new ROM. It is very important to teach your clients how to stretch on their own so that they do not depend on you as their only means of flexibility. Partner help stretching is not necessary, but ultimately customers enjoy it and they can benefit from it. This can be a good and welcomed treat after a well-thought-out and executed workout. There aren't many quality partner courses helped by stretching, so I encourage you to look for them to help you with practical application. This way you can offer your customers a safe, efficient and enjoyable stretching routine. Want you to have the best flexibility? Well, grab your fit bud and get to that partner stretches from trainer Shay Costaby and yoga instructor Barry Ennis (all photos of Jesse DeYoung). Shay is a bi-coastal fitness professional and personality, and Barry's fit experience has been featured in magazines like Shape, Men's Fitness and Yoga Life, and he is modeled on leading brands and publications. Not only do these partner stretches help you improve your flexibility, but they also just feel damn good! Benefits partner stretchingHelps improve flexibility (increases range of motion)Helps in correct posture by lengthening the stiff muscles that pull bodies from their intended positionpotent reduce injury trauma Muscles to work before activity will increase blood supply and nutrients for muscles, thus possibly reducing muscle soreness In a short period of time (10 to 15 minutes) stretching can calm the mind, provide a mental break and give your body the ability to recharge As a stretch with PartnerRe to communicate clearly with each other. Do your partner tell you if you have stretched them far enough and if they can be stretched further after holding for a few seconds. Avoid talking while stretching so that your partner can focus on breathing and relaxing. Your partner, Stretch OneHave, is lying on your back in front of you. Now take their right foot (this is the one on the left) and start expanding its overhead. Keeping the right knee on the inside of the foot on the ground, locking his right ankle over his leg on the ground. Don't let it come off the ground. Take your hands to your heel while keeping your own spine in a good neutral position. Click on the base of the heel to bend the leg (bring it into the L shape). Keep doing this and pressing your foot to your head. Allow your partner to communicate when they have been stretched far enough. Make sure the leg in the hands is straight without bending the knee. Hold for 30 seconds and then move to the other side. Partner Stretch TwoTake your partner's right leg again and cross it over the body, allowing the knee to bend as they pull it to the armpit. It's complicated. Step left foot against their left hip (it's a bit like Twister isn't it?) to keep it locked up to match the rest of their body. Now take your right shin for the bend of your right knee. Walk right foot up as far as their armpits as is convenient for them. Take your left hand and gently press on your right shoulder to prevent it from lifting from the ground. In the meantime, press their right knee down with your right hand to increase the turn through the spine. Be sure to tell you how far to stretch, and keep your own spine neutral. Hold for 30 seconds; go to the other side. The partner stretch threeFrom is essentially the same position as walking the right shin to your partner's right ankle. Your shin should put pressure on your Achilles tendon. Straighten your leg all over your body, making sure both of their shoulders remain on the ground. Work to help them keep both hips on the ground as much as possible. Keep your legs bent (in the shape of an L) and parallel to the floor. Keep your foot straight and start walking towards their head as far as they can go comfortably. Hold for 30 seconds and switch to the other side! Partner Stretch FourTake with your partner's right foot in both hands. Step with your right foot on the inside of the left thigh just above the knee to lock your leg in a position consistent with the rest of their body. Take their right leg left ankle and place your ankle on the base of the shin. Holding your foot straight, slowly walking your foot at an angle to the head. Make sure they keep both legs straight and both shoulders and hips on the ground. They bend the right leg and keep it parallel to the ground. Hold for 30 seconds and then repeat on the opposite side. Side note: Stretches 1-4 can be comfortably done with one hand and then repeated on the other side. The Stretch 5Have partner your partner is lying on your back and bring the soles of your feet in front of them about 18 inches from the groin. Knee down and clamp your knees on either side of their legs to keep them together and in place. Press your knees to the floor very carefully. Make sure they are not arching their low back off the floor. Hold on for 30 seconds. Stretch 6Take partner with your partner's right foot and place it on your left pec. Take their left ankle and cross it through your right knee. Gently use your body weight to press your right leg to your chest. At the same time grab their left knee and gently pull it towards you. Hold for 30 seconds and repeat on the other side. Partner Stretch 7Have your partner place both feet on the ground with your knees in the air. Make them bring their feet all the way together. Knee down on the right side to keep their right knee pointing straight up, using the hips as support. Now take their left foot and walk away from you to have them left. Their knee should start to go where their leg used to be. Gently press the left knee with your right hand, pressing against the left hip bone with your left hand, so that they do not rise from the ground. Hold for 30 seconds and repeat on the other side. Partner Stretch 8Have is your partner to come on your back. Grab your left knee (finally it's easy to see which one it is!) and lift it up. Tap with your left foot to your left buttock. At the same time, use your left hand to gently press your left low back to make sure their hips don't rise from the ground. Hold for 30 seconds and repeat on the other side. (You can get a workout on this so keep your body aligned properly!) Now, your friend stretch you! O! partner assisted stretching pdf. benefits of partner assisted stretching. can partner assisted stretching cause injury

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