

BENEFITS OF STRETCHING

Disclaimer: the following information is to be used as a guide, not to replace medical advice. It is still advised to consult with your personal physician before starting a new routine.



Stretching & scoliosis:

Typically with scoliosis, muscles on one side of the spine become too tight while muscles on the other side become weaker. The tight muscles need to be stretched, lengthened, and relaxed. It is important to keep the spine and surrounding muscles as loose as possible. The following are overall benefits of stretching, some of which can still apply to individuals with scoliosis.



IMPROVED POSTURE

Tight muscles typically pull other muscles into an unnatural position. Example: rounded shoulders can be caused by tight pecs. Keeping muscles loose and lengthened keeps your spine and muscles in proper alignment/posture.

INCREASED RANGE OF MOTION AND FLEXIBILITY

Tight muscles can affect the range of motion of joints such as the hips or shoulders. Keeping your muscles loose also keeps them lengthened which in turn improves joint function and mobility. Ex: increased range of motion can aid in movements such as lifting arms overhead or bending down.



INCREASED ACTIVITY PERFORMANCE

When muscles are loose, they are fully able to contract and release which allows muscles to work at their max capacity. This principle can be applied to everyday activities such as increasing the ability to reach, bend, and lift without increased pain.

INCREASED ENERGY/MOOD

Stretching aids in the release of endorphins (the happy hormone) which can increase one's mood and energy. In addition, releasing physical tension from the body can also relieve mental stress and calm the mind and body. Tip: if you need a midday pick-me-up, try stretching for a few minutes to give you a boost of energy.

INCREASED CIRCULATION

Stretching can increase blood flow to muscles which can reduce muscle soreness and increase muscle recovery after a workout.



DECREASED MUSCLE ACHES

When your muscles are loose and lengthened from stretching, it leads to decreased muscle aches and muscle spasms.



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References:

- Global Physical Therapy and Spine Specialist. (2018, April 10). *The amazing benefits of stretching*. <https://globalptandspinespecialists.com/the-amazing-benefits-of-stretching/#:~:text=Stretching Improves Your Posture&text=It is important to keep,tend to have better posture>
- Lower Back Pain Answers. (n.d.). *Benefits of stretching to relieve back pain and body pain*. <https://www.lower-back-pain-answers.com/benefits-of-stretching.html>

