



## Significance and Consequences of Stretching with the Proper Technique to Avoid Injury during Workout

Kommu Santhosh\*

Department of Biotechnology, Kakatiya University, Warangal, India

### Introduction

You may know how important exercise is, but what about stretching? Is stretching an afterthought in your workout routine? Not so easy, my friends.

Stretching will help you improve your joint range of motion, athletic ability, and injury prevention.

The findings of studies on the effects of stretching have been mixed. Stretching does not reduce muscle soreness after exercise, according to some study, and stretching the muscle and keeping the stretch immediately before a sprint can slightly worsen results, according to others.

Stretching, on the other hand, has been shown to increase flexibility and, as a result, joint range of motion.

Better flexibility will help you: improve your physical performance; reduce your risk of injury; help your joints function in their full range of motion; and enable your muscles to work more efficiently.

Stretching improves blood flow to the muscles as well. Stretching before or after reaching the trail, ballet floor, or soccer field may become a pleasurable routine.

Before you start stretching, make sure you're doing it correctly and securely. Although stretching can be done at any time and in any place, proper technique is essential. Stretching inappropriately can actually be detrimental to your health.

### Tips to Keep Stretching Safe

- Do not use stretching as a warm-up. If you stretch cold muscles, you risk injuring yourself. Warm up for five to ten minutes with low-intensity walking, jogging, or biking before stretching. Stretching after a workout, when your muscles are warm, is even easier. If you're doing a high-intensity workout like sprinting or track and field, skip the stretching. According to some studies, stretching before an event can actually reduce efficiency. Stretching right before an occurrence has also been shown to reduce hamstring power. Try doing a "dynamic warmup" as well. A dynamic warmup entails beginning with slow, low-intensity movements that are close to those used in your sport or physical activity, then gradually increasing the pace and intensity as you warm up.
- Make an effort to achieve symmetry. Flexibility is a genetic trait that differs from person to person. Instead of aiming for the versatility of a dancer or gymnast, concentrate on achieving equal flexibility on both sides of the body (especially if you have a history of a previous injury). Flexibility that isn't fair on both sides could put you at risk of injury.
- Concentrate on the main muscle classes. Stretch the calves, thighs, hips, lower back, spine, and shoulders, among other major muscle groups. Make sure you stretch all sides of your body. And, stretch the muscles and joints that you use on a regular basis.

- Avoid bouncing. Stretch in a steady, non-bouncing motion. Bouncing while stretching can cause muscle injury and lead to muscle tightness.
- Maintain your stretch. Breathe normally and keep each stretch for about 30 seconds; in troubled places, hold for up to 60 seconds.
- Don't go for the hurt. When stretching, you should expect to feel tension rather than pain. You've gone too far if it hurts. Keep the stretch until you've backed off to the point where you don't feel any discomfort.
- Make stretches that are unique to your sport. Stretching the muscles used the most in your sport or exercise, according to some research, is beneficial. Stretch your hamstrings if you play soccer, for example, so you're more susceptible to hamstring strains.
- Maintain your stretching routine. Stretching can take a long time. Stretching regularly, at least two to three days a week, can have the most benefits.
- If you don't stretch on a regular basis, you risk missing out on the future benefits. If stretching helped you improve your range of motion, it's possible that if you avoid stretching, your range of motion would decrease.
- Incorporate movement into the stretching routine. Gentle movements like tai chi and yoga will help you become more flexible in particular movements. These types of exercises can also help older adults avoid falling.

Remember the "dynamic warmup": If you're going to perform a specific exercise, such as kicking a soccer ball or performing a kick in martial arts, begin slowly and at a low intensity in order to get muscles used to it. Then gradually increase your pace.

You will need to change the stretching exercises if you have a chronic illness or an injury. For example, if you already have a sore muscle, stretching it might make it worse. If you have any health issues, talk to your doctor or physical therapist about the best way to stretch.

Also, only because you're stretching doesn't mean you won't get hurt. Stretching, for example, would not protect you from an overuse injury.

\*Corresponding author: Kommu Santhosh, Department of Biotechnology, Kakatiya University, Warangal, Hyderabad, India, Tel: 040-47482235; E-mail: [sarakommusanthosh@hotmail.com](mailto:sarakommusanthosh@hotmail.com)

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