

# TriCentric

## E-Tips

## Stretching

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Trigger Point  
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#### Greetings!

As I work with more and more athletes and within my own training, I am constantly reminded of the need to maintain and/or increase flexibility. Here's a quick primer on stretching.

Cheers,

~B

#### Stretching



How often do you stretch? For most of us, the answer is "not enough". Stretching can be confusing. Do a quick Google search and you'll find studies that contradict the last one, leaving us asking more questions about a topic most of us feel we should do... but

why? Stretching increases range of motion by releasing the tension in tight muscles... particularly beneficial around joint areas. What stretching is right for me? It's more productive to be consistent with your stretching than it is to buy into a specific system. However, there are many options and whichever one you choose should fit into your lifestyle and regularly available time. Here are a few best practices and tips to insert in your training program.

- Always stretch a warm muscle! A good warm up is critical to performance including stretching.
- Hold each stretch for 15 to 30 seconds.
- Stretch until you feel a slight pulling in the muscle, but no pain.
- Stretching will be more effective when combined with strengthening your weaker areas
- Use a foam roller; trigger point, PBC tube, etc... for preventative stretching of problematic areas such as your IT Band, calves, hip flexors and quads.

This is not intended to be a complete guide to stretching. I hope this kick starts your desire to address the "small things" on your way to accomplishing your goals and begin or continue to stretch.

Cheers,

~B