MOUMENT IN THE FORM OF STRETCHING

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Abstract

Sport under all its forms is a fundamental notion of our daily life having in the core of action the human being upon which it has effects both from biological, propellent and social point of view. In this paperwork we draw our attention over the stretching as the form of movement that can be practiced by any social category at any age.

Stretching is a method based on muscles mobility training by stretching them in a natural way through the isolation of a group of muscles and keeping them in the set position.

Daily practicing of a moderate physical activity is one of the simplest way of health improving and maintaining a good physical shape.

Keywords: sport, stretching, mobility, muscle.


1. Introduction.

Sport under all its forms is a fundamental notion of our daily life having in the core of action the human being upon which it has effects both from biological, propellent and social point of view. The three aspects which it actions upon have as common denominator, the health strengthening, the work capacity development, improving the resistance to disease and day-by-day stress. There are also changes in forming and developing the individual personality features such as: courage, self-organizing capacity, easier social integration, attention, thinking, spirit of observation a.s.o.

In this paperwork we draw our attention over the stretching as the form of movement that can be practiced by any social category at any age.

2. Content.

Stretching is a method based on muscles mobility training by stretching them in a natural way through the isolation of a group of muscles and keeping them in the set position. It derives from yoga, more precisely from hatha yoga, although it was discovered in United States from where it was highly speed spreaded all over the world.

Stretching has a high degree of ease so that it can be practiced by anyone, anywhere anytime, the greatest advantage of this exercise being the result almost immediately.

Although it is a technique which performing is simple and accessible, it should be practiced by respecting certain rules and principles due to the fact that mispracticing can lead to muscle contractions and even accidents.
3. Effects.

The positive effects that stretching has over the entire body in every way are subject to:

- Reducing the muscle tension thereby facilitating the relaxation;
- Improving the muscle mobility and elasticity;
- Increasing the muscle coordination;
- Reducing the risk of accidents;
- Optimizing the physical and mental condition;
- Releaves the muscle pains;
- At the joints level plays role in: boost lubrication of joints, soften the degenerative diseases;
- Reducing the blood pressure;
- Stimulating the blood circulation;
- Improving the breathing.

Accessibility of the stretching exercises recommend this movement method to all persons of different age, sex and category, to whom it may wish to:

1. Improve the flexibility with the support of muscle stretching and joints mobility.
2. Combat the sedentary lifestyle by preparing the body for a more intense physical activity.
3. Obtain wellness, making a pleasant and quiet activity.
4. Have problems of body posture.
5. Eliminate the daily stress.
6. Practice physical activity but do not have location and equipment for more complex exercises.
7. To achieve a preliminary warming for performers (athlets).


In general, stretching is performed under different forms but as a basic rule, is based on five procedures:

A. Passive chin-up and keeping – it is done in two persons and is based on succession of contraction muscle phase (6 sec.) with the passive muscle stretching (54 sec.). This method can not be performed by beginners without supervising and direction, it is often used in the different branches of performing sport.

B. Method P.N.F. (Proprioceptive Neuromuscular Facilitation). It is a more complex stretching that needs two persons and involves five stages:

   a) A muscle group is stretched at maximum level.
   b) Keeping the stretching 6 sec. (isometrics).
   c) Muscle relieving for 4 sec.
d) Then stretching again the muscle.

e) Keeping the stretching for 10 sec.

This succession is made for minimum 3 times. It is often used to improve the muscle reflex.

C. Swinging and keeping the position. It is a very accessible method and it means to swing an arm or a leg followed by keeping for 6 seconds in the extreme position.

D. Relaxing method. It is based on stretching of a joint for minimum one minute while the muscle is relaxing slowly. It is focused upon achieving both the muscle stretching capacity and the inhibition of stretching reflex.

E. Extended stretching. It means the stretching of a joint to the maximum point for one minute and does not need muscle de-contraction during the stretching.

By practicing stretching on regular basis following the basic rules, the individual’s breath is also improved by its awareness and improving the function of respiratory muscles. The controlled breathing should accompany each type of stretching exercise taking into consideration the own capacity of chest expansion during inspiration and the awareness of crunch contraction during breathing.

To practice such kind of movement - stretching - certain indications must be observed in order to achieve the expected results:
- To do the stretching of major muscle groups
- To know in detail the exercises technique
- To practice the exercises on regular basis in order to get the results
- Stretching to be done gradually and continuously to get the expected effects
- To respect the movement limit in order to avoid the extreme pain

Practicing stretching should be a pleasant activity that has to have positive effects upon the body. It can be practiced also in couple or can be used different objects like chair, towel, weights that maximize the exercise effects.

Subject to the equipment, it is not necessary a special one but just an outfit that give you the freedom of movement and for ground exercises, a small cushion or a pillow.

The stretching sessions start also with a light warming like any kind of physical activity. Cardio and neuromuscle systems should be stimulated as well as all metabolic mechanisms that produce energy. This stage prepares the body for the next activity so that this activity to be done under optimal conditions with no risk of accidents or of any injury. The warming can take place in two phases:
1. Aerobic activity gradually increasing while the muscles used during the workout are activated (put into motion).
2. Flexibility and mobility exercises for stretching the main muscles that will be used in exercises and for turning joints.

5. Conclusions

The exercises should be approached following a logic order, therefore it is indicated as priority the cervical and dorsal area, buns muscles, calf and arms muscles then pectoral muscles. One has to take into account that none of the muscles can be workout by it self.
Stretching are an important antidote for stress and other civilisation deseases, both active and accessible for all. They are among the most important means to balance the human body, eliminate inner tensions and raise the body’s adaptive possibilities.

REFERENCES

