



Thecasesolutions.com Super-Flexibility for Real-Time Adaptation: Perspectives from Silicon Valley





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Flexibility

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- Flexibility is the measure of the range of movement (ROM) in a series of joints achieved through a momentary effort (Canadian Fitness Professionals Inc., 2012)
- There are 3 different types of flexibility:

Dynamic Flexibility

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- The ability to perform dynamic movements
- Uses momentum to propel the muscle into an extended range of motion.
- Footballers, Basketball or athletics athletes.



Static-Active Flexibility

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- The ability to stretch muscles while the body is at rest.
- An extended position is maintained
- Example: Lifting the leg and keeping it high without any external support. Calf stretches and hamstring stretches.



Static Passive Flexibility

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- Similar to dynamic stretching, however in static-passive stretching you hold the stretch.
- Only uses the weight of one's body, and the support of one's limbs or some other apparatus such as the wall or floor or other object.



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Flexibility training is the most undervalued component of training. Muscles and joints play an integral part in many athletic movements.

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Then why should we stretch?

Benefits to Flexibility Training

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Enhances

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Increases suppleness
due to stimulation of
the production of
chemicals which
lubricate connective
tissues.