



MOBILITY AND STRETCHING

Why is it so important?

MOBILITY EXERCISES AIM TO:

- Prepare the joints for the full range of movement by increasing the production of synovial fluid. The fluid lubricates the joints, so it eases a progressively bigger range of movements as you increase the mobility.
- Prepare the joints for stress by increasing the production of synovial fluid, by making it available to the cartilage of the joints for absorption. This improves the cartilage's ability to tolerate stress (for cushioning or shock absorption).
- Provide long term benefits to the cartilage by increased availability of synovial fluid.
- Increase the delivery of nutrients such as fuel and hormones to the muscles.
- Increase muscle temperature from blood flow and movement. This enables the muscle fibres and connective tissues to increase and decrease length more easily.
- Promote focus on an effective full range of movement so that later activities are performed effectively.
- Reduce the risk of injury.

POST TRAINING STRETCHING AIMS TO:

- Maintain an individual's normal range of movement following training.
- Help relieve muscle tension following training.
- Aid relaxation and recovery.
- Act as a muscle flush to disperse any lactic acid still left after the cool down.
- Prevent injury.
- Improve an individual's flexibility and full functional range of movement following training.
- Improve performance in all activities by ensuring ease of movement.