

Stretching for Pole Flexibility Week 2

Other Stretching Techniques

Isometric Stretching Technique- This type of stretching involves taking a stretch to your edge (also known as your stretch reflex) and then contracting the muscles while holding the stretch. By exercising your muscles in this way you tire them out quicker than when you are waiting for them to relax and as you know tired muscles have no choice but to relax and when this happens you can stretch further. This is a great way to gain flexibility AND gain strength. (Have you noticed that when doing the splits on the floor you are much “closer” to getting them than when you are doing a standing split?)

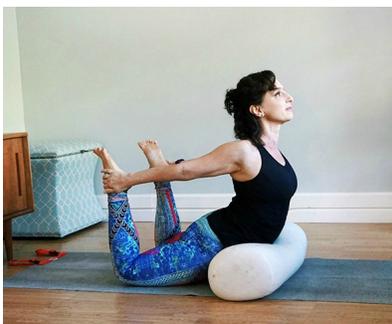
Nerve Flossing or Gliding Technique- Nerves and muscles react very differently to prolonged passive/static stretch. Muscles tend to like it and typically relax over time (as mentioned last week), which results in a deeper stretch. However, nerves HATE prolonged passive stretch and tend to get even more irritated if they are pushed to end range capacity (their edge) for too long- this means your flexibility may ACTUALLY get worse. Instead of stretching from both ends simultaneously, nerves prefer to be *finessed* a bit more. This means that to adequately address nerve mobility, you need to put one end of the nerve on TENSION, while the opposite end is on SLACK. Then, reverse it- you literally “floss” the nerve back and forth to “loosen” it up.

Week 2 Stretches



Shoulder Stretch:

Using a strap, lift arms up and over your head, lower arms behind your back, repeat the movement forward and backwards. Adjust the distance between your hands as necessary. Draw your low ribs in as keep your chest open and lifted.



Back Stretch:

Supported Bow Pose- place bolster under your hips to help lift your upper body. Reach back with your arms to grab for your ankles. Knees and ankles are hip distance apart, ankles are engaged. Crown of head and sternum is lifting, as your buttock flesh is reaching for the back of your knees. Try to keep your glute muscles relaxed. Press your feet into your hands to lift your chest higher. Move in and out of the stretch several times before trying to take this to your edge.



Side Splits Stretch:

Low Lunge- Front knee tracks over the 2nd and 3rd toe, knee is aligned over the ankle. Hips are square and pressing forward. Frontal hip bones are lifting towards your low ribs. Back knee, shin and top of foot are pressing down. Hands can be used for support or balance. You may also pick up the back foot or do lizard.



Middle Splits Stretch:

Straddle up the wall- From a legs up the wall position, open up your legs and allow gravity help you stretch. Be sure to keep your knees and toes pointing in the direction of your head. Feet can be pointed or flexed. Ankle weights can be worn to increase the stretch.

Week 2 Chart

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Shoulders							
Back							
Side Splits							
(Left Side) (Right Side)							
Middle Splits							