



Is It Taut or Tight?

do you really know what you're feeling?



Tight

Tight muscles are in a shortened position. this is usually from being over worked.



Taut

Taut muscles are in an overstretched position naturally. They feel like they're tight because they don't have any slack. .

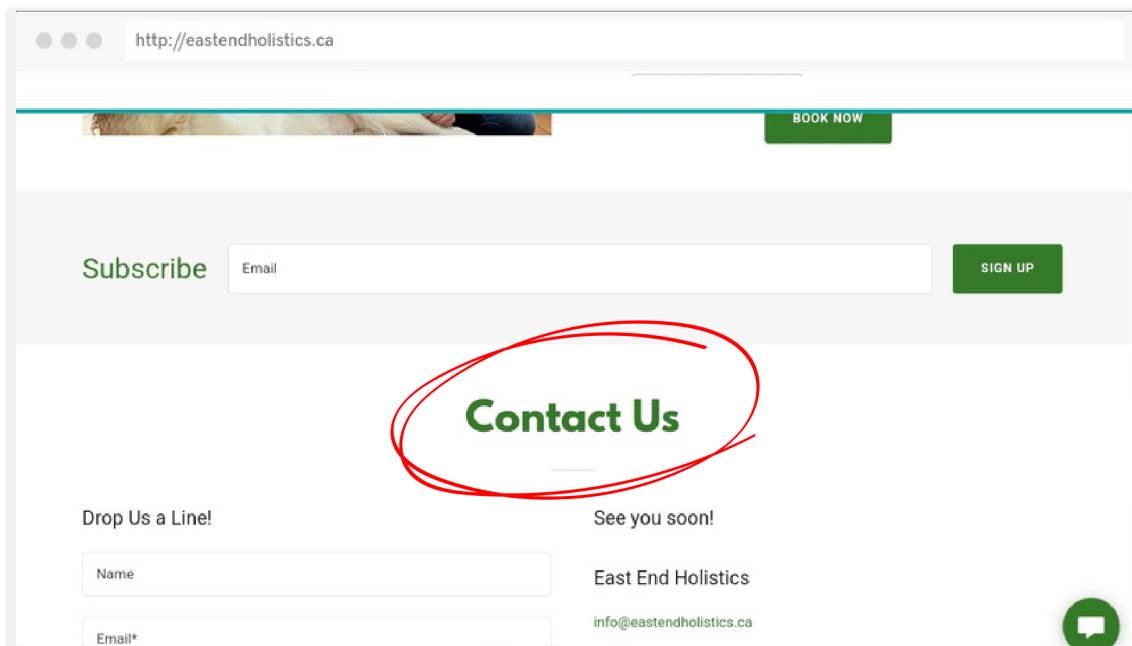
How it Affects us

When muscles are tight, sometimes it is difficult to get adequate blood flow to the area. This prevents the removal of lactic acid which often results in muscle "knots"

When overstretched, the muscle sometimes tenses or cramps in order to protect itself from being stretched further and resulting in injury

Commonly Affected Muscles

- Upper Traps
- Levator Scapula
- Sternocleidomastoid
- Pectoralis Muscles
- Hip Flexors
- Quadriceps
- Calves
- Lumbar Spinal Erectors
- Suboccipital Muscles
- Rhomboids
- Middle/Lower Traps
- Rectus Abdominis
- Hamstrings
- Teres Minor
- Infrapinatus



Still Have Questions?

Send me a quick email and I'll get back to you ASAP.

