



GO ASK YOUR HAMSTRINGS

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In Applied Functional Science we really first try to ask how a given joint or muscle has to work in that athlete's sport rather than just stretching any old way possible that "feels good".

- o SO LET'S LOOK AT THE LACROSS EXAMPLE I USED ON THE RADIO SHOW.
 - The ball is down off to your right side. You take a stick and reach down for it on the ground. STOP!
 - ...ok, so this is where you ask those hamstrings what they need...go ahead, nobody's watching - you can pretend, and don't forget to ASK!
 - Here's what the HAMSTRINGS have to say....I am lengthening in three directions - forward with my R leg out in front of me, "top-down + bottom-up" - meaning that stretch is being induced by the leg being out in front but also from the body above bending over, I'm also lengthening in the side to side and twisting directions too. And, don't forget that I am contracting at the same time to hold you up! No relaxing here.
 - So at Peak Performance we often do dynamic stretching, that utilizes maybe a common standing hamstring stretch position but then adds in the combination of side to side and twisting motions to fully engage the entire hamstring group and prepare it for all those demands it told us about.

GET YOUR PEAK PERFORMANCE PERSONALIZED!

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