



## WHAT'S THAT...MAYBE I SHOULDN'T STRETCHING?

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**Hold on...that's not a carte blanche statement to be the chief excuse of all of you who hate stretching!**

- o WHAT I'M REFERRING TO IS THE IDEA THAT SOME SPORTS, FOR EXAMPLE
  - Baseball pitchers
  - Swimmers
  - Volleyball hitters, among others...

are of movements that are already at or near an end range...and, may even be occurring at very high speeds in some cases. The front chest/shoulder area (eg. with a typical pectoralis major chest stretch against the wall, in a corner, or from a teammate pulling your arm back) oftentimes shouldn't be stretched out further in those cases due to the risk of creating tissues that are too long or stretched. That could lead to worse performance and greater risk of injury! Not exactly "what the doctor ordered"

**GET YOUR PEAK PERFORMANCE PERSONALIZED!**

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