



Gymnasts: Flexibility vs Strength

And the winner is....

Mike Napierala PT, SCS, CSCS, FAFS, NG360
PEAK PERFORMANCE, Physical Therapy/Sports Training
April 13, 2013

Flexibility vs Strength o Who wins?

A gymnast, like the 8 yr old in that parent's email question, is the perfect example in sports of the old battle between Flexibility and Strength.

- Which is more important?
- Which one should I focus training on more?
- Which muscles need flexibility?
- Which muscles need strength?
- Etc, etc....

All great questions but here's the truth for this gymnast, and for most all athletes out there:

WHAT YOU NEED IS MOSTABILITY!

What the heck is MOSTABILITY you say?

- Coined by Gary Gray, PT – the “Father of Function” in the Rehab and Sports Training worlds
- MOSTABILITY = Motion + Stability
 - Extreme or Unchecked Motion = INSTABILITY (wet noodle effect)
 - Extreme or Unchecked Stability = FROZEN JOINTS (statue effect)

All athletes, and especially this 8 yr old gymnast - as she performs backhandsprings and other tumbling moves, require a delicate balance of Motion (flexibility) + Stability (strength)



161 East Commercial St
East Rochester, NY 14445
WWW.PEAKPTROCHESTER.COM
PHONE: 585-218-0240 FAX: 585-218-0245

It's the Ying and Yang of the body in athletics. You CANNOT rely on just one or the other! They are in a constant dance with each other within the body, flowing and varying in just the right amounts (hopefully)...sometimes one more dominant than the other, but at other times both standing tall and proud, and feeling important and needed at the very same moment!

Remember

**Athletes are constantly required to have flexibility
at the same time they require strength!
And the winner is.....MOSTABILITY**

DOES YOUR ATHLETE HAVE THEIR "MOSTABILITY"?

The information provided is intended for general informational and educational purposes only. It is not intended to substitute for professional advice from a healthcare provider or to be considered provision or practice of physical therapy. You should always directly seek advice from a qualified healthcare professional if you are experiencing signs or symptoms of injury, illness, or disease. . While Peak Performance Physical Therapy/Peak Performance Sports Training makes every attempt to provide accurate and reliable information, the owners/employees/heirs do not represent, warrant, endorse, approve or certify any information displayed, uploaded, downloaded or distributed on its behalf nor does it guarantee the accuracy, efficacy, completeness or timeliness of these educational materials. You hereby represent and warrant that you are at least 18 years of age and have legal capacity to use this website and materials contained therein. Under no circumstances will Peak Performance Physical Therapy/Peak Performance Sports Training, its owners/employees/heirs be liable for any damage caused by reliance upon information provided on or through this website. Use of this information is voluntary and is done at your own risk The Game of Life-- Play It