

Assisted Stretching is the Newest Wellness Trend: Here's What to Know

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Whether you sit at your desk all day, are training for a marathon or have chronic pain, stretching is important for everyone. Stretching keeps the muscles flexible, strong and healthy to maintain range of motion in the joints. Even if you do stretch on a regular basis, it's very common to miss crucial areas or have the wrong form. Having a one-on-one assisted stretch with a professional can help assess deeper problems, improve your performance, decrease muscle pain and improve stress levels.

Muscles need to be stretched to avoid strains and tears, which is why flexologists and physical trainers will tell you that stretching is crucial during our winter months, no matter your age or fitness level.



Below are a few tips from flexologists on stretches to incorporate into your routine between assisted stretching sessions.

Tricep Desk Stretch

Need a break from the computer? Try the tricep desk stretch by raising your arms and bending it so that it reaches your hand on the opposite side. Pull your elbow toward your head with your other hand and hold for 30 seconds, then repeat on the other side.

iPhone Neck Stretch

If you have a habit of staring hunched down at the phone, give your neck a break! Simply relax your neck and lean your head forward while rolling toward one side and holding for a few seconds and repeating on the other side.

Runners Stretch

Before you head out on that jog, take a minute to utilize a park bench or table to stretch your leg. Simply prop your leg up on the side and reach for your toes.

Standing Forward Bend

Unwind at the end of your day by doing a standing forward bend. Keep your feet hip distance apart and bend your knees slightly while folding over. Relax in this pose while doing deep breathing for 10 seconds.

When looking to do an assisted stretch, it's important to make sure you have a trainer who understands the muscular system. Talk to your flexologist about what your stretch goals are and what you hope to get out of your sessions. This will help the flexologist cater the stretch to your body and personal needs. They will then be able to create a customized stretch routine to identify tightness and imbalances in the body.

--Jennifer Gage and Danica O'Leary, Arizona [StretchLab](#) Franchise Owners