

## How Can I Use Stretching To Reduce Pain



**Nachmias**  
**Chiropractic**

Chiropractic treatments always include advice on stretching exercises. Stretching is a great way to keep muscles and joints relaxed, mobile and feeling well. Stretching is also simple, requires no special equipment and can be done almost anywhere at any time for free. Stretching can be a **great help to reduce pain** and improve mobility.

**For general, daily stretching, here are some key reminders:**

- **Pain is not gain:** Only stretch to the point of feeling a gentle tightness in the muscle, and then hold that position. If you feeling pain, back off. The whole notion of “no pain, no gain” does not apply to stretching. If it’s still painful, even after backing off, then maybe you should go and get it checked out.
- **Hold it:** Hold the stretch for 20-30 seconds (and don’t bounce). Bouncing triggers a reflex (the stretch/myotatic reflex) within the muscle which causes it to contract and tighten up, which is counterproductive to the stretch.
- **Make stretching a habit:** Consistency is the key to getting the full benefit of stretching. Nachmias Chiropractic recommends you to try and stretch about three times throughout the day. It doesn’t need to be your entire body. Pick a couple of ‘problem areas’ or tight spots, where you feel tension building up and focus on them.

In the next post we are going to give you examples of some good and simple stretching exercises. Until then, you're always welcome to book an appointment with Dr. Adam at Nachmias Chiropractic.

Call any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

Or book your appointment online here:

<http://calldradam.com/contact/book-online/>

**Welcome!**