



## Sore after stretching

Stretching is one of the five components of fitness that should be included your regular workout routine, according to the American College of Sports Medicine. Stretching improves flexibility, which is the ability to move a joint through its full range of motion. It can reduce pain, increase movement and decrease risk of injury if done properly. However, it can leave your muscles feeling sore if you do not follow certain guidelines. Overstretching is exactly what it sounds like -- you have stretched the muscle beyond what is normal and caused damage to the fibers. This can be caused by too much intensity or pain during a stretch, holding a stretch too long or even improper form during the stretch. Just as with resistance training and cardiovascular exercise, duration, intensity and form are all important during a flexibility session. You want to improve your range of motion and not compromise the health of your joints or muscles. When to Stretch There are two major forms of stretching -- dynamic and static. Dynamic stretching is a rhythmic movement that prepares your body for activity and warms up the joints. This type of stretching is done in a controlled manner and before you begin your chosen activity. Static stretching is done in a controlled manner and before you begin your chosen activity. muscles are warm. Either one of these can cause muscle soreness, but static stretching can cause more laxity in your joints. The American College of Sports Medicine advises static stretching at least two days per week, but it can be done at the end of every exercise session. The intensity should be moderate, in which you should feel the pull that is uncomfortable but not painful. Hold the stretches and slowly release. You can repeat the stretches two to five times. Considerations Your health and activity level should be taken into consideration when performing stretches. If you have a chronic muscle condition such as arthritis, take care when stretching Flexibility is important, but it is easy to overstretch and increase your pain. If you are exercising a lot and stretching more than you normally would, all of this can cause microscopic damage to the muscle, making you feel sore. Ease back on your workouts and stretching to allow muscles time to heal. Proceed with caution when stretching sore muscles. Image Credit: grinvalds/iStock/GettyImages Stretching is supposed to protect you from injury, right? Well, not always — especially if you don't take precautions. If you've recently had a painful flexibility-training session, pushing too hard while you're still sore from stretching can actually make things worse. Slightly tight muscles may loosen after additional, gentle stretching. Often, however, "working through the pain" will only make strained muscles worse. Understand the Dangers of Stretching Stretching cold muscles can pull or strain them. Under normal circumstances, these strained muscles worse. extending your body into various poses can re-strain the muscles. In effect, you risk increasing, rather than easing, the pain through stretching, even when your muscles are warmed up, you may need help with your technique. Don't be afraid to contact a trainer for stretching advice or a medical professional to evaluate whether you have a serious injury. Stretching during a muscle cramp can also do some serious damage. When muscles go into spasm, the fibers in muscle fibers. Feel the Pull — Not the Burn It's not always easy to know if you're too sore from stretching (or from some other kind of muscle strain or joint pain) to risk flexibility work. That's why there's nothing wrong with trying to stretch cautiously. If you feel pain from stretching right away, discontinue your flexibility session. Otherwise, reach into the stretch as far as you can before it stops feeling like a slightly uncomfortable. Hold yourself in that position for about 15 to 30 seconds; then slowly go back to your original position. Repeat a few times, unless you start to cramp or feel pain. Avoid Stretching Mistakes Along with making sure not to push to the point of pain when you're stretching muscles, there are some other stretching mind. Following them may help you lessen your current pain, as well as to avoid future overstrain. Perhaps the biggest myth that still persists with less-experienced athletes is that stretching should precede any vigorous activity. In reality, the best way to warm up cold muscles, you risk pulling or straining them. Other potential dangers of stretching involve "bouncing" movements. This type of flexibility work, known as ballistic stretching, has its share of advocates in the pro athlete world. But for most people, it's far better to ease into your stretch; then gently release. Another common mistake is to consistently favor one side of your body. That can leave your other muscles and joints more vulnerable to injury. Use Stretching Preventively If you're feeling only mildly sore after recent painful flexibility training, careful stretching may actually ease discomfort. Static stretching corrects the tightness that comes from improper posture while sitting. It also increases range of motion, making it less likely that you'll be injured during a future workout session or active day outside. To do static stretching properly, warm up the muscles you'll be stretching first. Next, reach into your first stretch two or three times before moving on to another flexibility move. Maybe. I am not sure what you mean by "dynamic stretching" but if you mean bouncing while stretching in any form, then don't do it. You muscles tendons and ligaments have a range of stretch, they tear. The goal is to go to or near that limit for just 30 seconds or so, then rest and let your body adapt during which time it will increase its flexibility. You know where that limit is because you can feel that tension increase as you approach it. When you can't stretch any further, you're at it. Going beyond this point by bouncing is just a form of throwing your body in a direction which forces the attached muscles tendons and ligaments to extend past that point. Now they're tearing. That's possibly what you're feeling and why. The response to stretching range for 30-45 seconds. That's it. You do not have to exceed it, you gain no benefit from exceeding it, and you risk micro-injury and the cumulative effects of such injury by exceeding it. You have to be consistent and work hard for many things in fitness. Flexibility isn't one of those things. To get flexible, you just have to be consistent. Every day, for 30-60 seconds max, stretch until you start to feel a slight clearly non-painful tension that is nevertheless more than you feel otherwise, stay there for 45 seconds or so and that's it, you're done. Changes will happen with all possible speed following that simple and easy regime. HTH Dear Sorely in need of an answer, With the start of any new physical activity regimen, there's a chance of becoming sore. Before making a decision about whether or not to continue stretching, it's a good idea to assess your pain levels. If what you're experiencing is either a mild burning-like sensation while you're stretching or a generalized ache in the hours or days following the activity, it might be okay to keep going, in moderation. If you find that you're feeling sharp pain, swelling, or bruising, among other symptoms, it may be good to give your body a break and if needed, getting it checked out. Read on for more detail about assessing your pain levels and whether to continue stretching. The sore or generalized achy feeling you get following physical activity is often referred to as delayed onset muscle soreness (DOMS). It usually happens when you start a new physical activity regimen or increase the time or intensity of the activity. This results in microscopic damage to muscle fibers which causes the soreness. DOMS typically lasts three to five days with the first two days being more painful, and in most cases doesn't require medical treatment. You might find some relief with rest, ice packs, over-the-counter painkillers, or a massage That being said, you certainly don't want to cause more harm than good. Allowing a day of rest between stretching and yoga activities can help your muscles that aren't sore. If, however, you're experiencing sharp pain that prevents you from moving, lasts more than a few days, or is coupled with bruising, nausea, vomiting, or fevers and chills, it might be time to stop the activity and talk with your health care provider. These symptoms may be a sign of an injury that requires medical attention. You may also find it helpful to reflect on your goals. Are you eager to see results from your physical activity? Do you find it to be an enjoyable activity? The answers to these questions may help you determine how and when you'd seek additional support so you can safely achieve your goals. As your body recovers from the soreness, consider checking on your form. Working with a certified personal trainer or physical therapist may be able to help you with proper stretching, or gauging as some may call it, is one of those things that people either really like or dislike; there's no in-between. It is one of those things that people either really like or dislike; there's no in-between. It is one of those things that people either really like or dislike; there's no in-between. an aesthetic body modification that is usually associated with western punk rock bands. Yet, it also has a cultural significance that dates back to King Tutankhamun, Easter Island heads, Buddha, Aztecs, and Mayans. Whether it is to look rebellious, announce becoming a woman, highlight one's beauty, or signify royalty, people across different cultures and eras have stretched and will continue stretching, which is the most common methods such as tapering, which is the most common methods such as tapering, which is the most common method. Other methods such as tapering, which is the most common method. Tapering is a method of stretching your ears using a taper, being a long conical tool with a gradual lessening in thickness. Tapers are either made of acrylic or steel; acrylic is more affordable, while steel is safer. The popularity of tapering stems from its gradual process of enlarging the ear lobe and its suitability for beginners. It is best to stick with the most common method to avoid problems that other methods may cause. What Do You Need? Tapers of the desired sizePlugs Warm Compress on the pierced ear lobe and cleaning the ear and taper thoroughly. Next, apply a lubricant such as Jojoba or vitamin E oils to the pierced area and taper. Then, slide the thinner side of the taper gently until the proper size, which is one size up at a time. Finally, put the plugs on the thicker side of the taper. A slight feeling of discomfort or a tiny sting is normal. What is not normal is extreme pain, bleeding, or skin turning white around the taper, which could mean you're over stretching or stretching too quickly, which could result in "blowouts" that we will explain. If extreme pain and bleeding persist, you should see a doctor. What Is a Blowout Ear? A blowout is what everyone is worried about getting when they stretch their ears. It is an undesirable result of stretching too fast and too much or not giving your skin a chance to heal in between stretches. Since ear stretching is a gradual and slow process that needs from 4 to 6 weeks before increasing the size, being too harsh or quick is a recipe for disaster. Why? Because this pressure twists the stretched hole inside out and leaves an ugly ring of scar tissue that forms behind the piercing. It is a form of inflammation that needs attention and treatment before causing more complications such as lobe tears and infections. How Do I Soothe My Ears After Stretching? Treating your ears. For blowouts, you should downsize by two or three sizes to give your ear a proper chance to heal and relieve the pressure. Another treatment is dunking your irritated ear lobe two to three times a day in a solution of 1/8 to 1/4 teaspoon of non-iodized sea salt and one cup of warm distilled or bottled water. Don't clean your ears with rubbing alcohol or hydrogen peroxide because they can dry out your ears. Keep alcohol to sterilizing your tools before lubricating them. In addition, you want to give your blown-out ear a week or two to heal before jumping into the next step, which is consistent massaging. You massage your stretched ear, whether it's healthy for maintenance or blown-out as treatment, for five to ten minutes every night using your lubricant of choice, ideally vitamin E oil, after taking out the plugs. The point of massage is to break down any scar tissue formed from ear stretching. We also recommend tucking the blowouts, meaning putting your plugs back in from the front after you lubricate your ears. Finally, remember to wait four to six weeks before going up a size and never skip sizes. Frequently Asked Questions: How Long Does the Pain Last After Stretching Your Ears? The mild pain or discomfort lasts for a few days up to two weeks, which is expected from any body modification. This discomfort may include itching or swelling. However, if your stretched ears still experience severity or persistence in pain after two weeks, this may be a sign of serious damage to the skin cells. Also, watch out for infected ear stretching, which you detect through seeing yellow or green discharge, fever, or swollen lymph nodes. Contacting a professional in these cases is a must. Can I Reverse Ear Stretching?Before you start to stretchin surgery. The point of no return in ear lobe sizes changes from one person to another because some people stretch their lobes to larger sizes, and they still shrink, while others are stuck in pretty minimal sizes. You can shrink the size of the holes gradually. Next you gently remove them and wipe your lobes with water. Then, massage your ears with a lubricant consistently for months until they close. Can I Wear Tapers as jewelry? You may be tempted to use tapers as jewelry? However, most of them are meant to be stretching tools, not everyday jewelry, because they may put uneven pressure on your stretched ear, especially the larger ones. If you're not sure about the type of your taper and whether you can use it for anything besides stretching, consult a professional. Wrapping UpWe hope that we helped minimize your possibility of soreness, infections, or bleeding after ear stretching by educating you on the subject. To ensure that you got the message right, let's go through the highlights one more time. Tapering, the most popular method, is done by gently inserting a sterilized taper into a moisturized ear lobe. Proper aftercare and treating any potential blowouts can be done by consistent massaging, soaking ear lobes in a sea salt solution, and downsizing when necessary. Don't forget to wait up to six weeks before going up a size.Last but not least, whenever you're unsure, consulting a professional always helps.

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