

# How You Can Improve Flexibility Long-Term



Hi,

Thanks for requesting this download to help you learn how you can improve your flexibility long term.

Stretching has been taunted for as long as I can remember as a way to improve flexibility. I have worked in the field of physical therapy for over 20 years, then stepped into PT business ownership only to see a cycle of injury and re-injury occur over and over again, until people like you went for surgery, then I found that after surgery, my patients had surgery until it left them weak and frustrated.

I noticed that we needed to do treatment differently in order to help people get out of the vicious cycle that was causing them to have to stop living their lives the way they wanted.

I worked with a PT, Stacey Harris, PT, COMT who did treatment differently. She challenged me daily in my treatment and testing. I have learned so much from her as well as other holistic care providers. I researched daily and focused my time on listening to my clients and what they were looking for. I founded a completely different way to test and treat and with the help of other professionals stepped away from PT treatment altogether, to offer Stretch Mobility Coaching Services.

I can now provide testing more proactively and my treatment programs are built to help you regain mobility in your joints, recondition muscles that are damaged through disuse, aging, injury, or disease, and now teach PTA's nationwide to become certified stretch mobility coaches.

I hope you find this download helpful for you and if you can, please share it with your friends and family to help me reach more people and keep our society moving without limits.

- Kim Nartker



## How Can You Improve Your Flexibility Long-Term



Flexibility or lack of flexibility is a signal from our body. This signal is a distress sign causing our muscles, and fascia to hold tight. This signal to hold, causes the muscle to become deconditioned, affecting joint mobility, and muscle strength, and can lead to degenerative changes as we get older.

These degenerative changes can completely alter the health and wellness of your neuromuscular system and have been found as the primary cause that leads many to orthopedic surgeries like hip replacements, knee replacements, tears, and strains.

We have been taught over the years to **stretch** to regain lost flexibility. However, **stretching has been found to be temporary** unless stretching is performed over long periods of time to healthy muscles, consistently. Many people experience tightness that leads to poor flexibility, and stretching does not provide the long-term benefits that most taunt it to achieve because pain and tightness are game changers that alter the healthy state of a muscle, joint and our nervous system.

There are many reasons for poor flexibility. Disuse, Aging, injury, and disease are the main reasons. When it comes to seeking care that provides long-term relief from flexibility problems, many never find a practitioner who will provide them with lasting relief.

To gain lasting relief from tightness and poor flexibility, you will need to find and address the direct cause of your flexibility problem.

This can be tricky. You see if you feel the need to stretch this is your body's first signal that your joints and muscles are in an unhealthy state. This is why many of us seek care from a stretch specialist, but find your tightness is never truly resolved. This type of care must be ongoing for you to maintain your current level of flexibility and it NEVER resolves your symptom of tightness long term. Why is that?

Stretching or assisted stretching center's are popping up nationwide. This seems like a logical choice for you right? You're tight, and they stretch you, sounds like a win, win, right?

Let's see..... These studios were created to maintain healthy flexibility, but are becoming popular because they state they can provide a better stretch than you can provide yourself. This resonates with you, because the stretching you are doing, may not feel like its working, so seeking care that provides a deeper stretch seems like a logical next step.

These assisted stretching studios are really good at providing assistance with learning stretches and providing 25-minute and 50-minute stretch sessions. You may even feel an improvement in energy, flexibility, and even pain. The problem with this care model is that in order to continue reaping the benefits of **stretching**, you will need to continue to go in for 2 x a week for the rest of your life.

That could be a hefty investment into keeping you moving, costing \$2000-\$3000/k every year. Yikes. There has to be a better way.

Finally, there is a better way.....

Before I get into how you can gain long-term benefits, I would like to talk a little bit more about how we lose flexibility and what is really happening to your body.

## Causes of tightness and poor flexibility.

1. **Disuse:** Many of us play sports as children. Grow up, go to school, get into our careers, then maybe start taking care and maybe raising a family. We are not really provided with an owner's manual on what we should be doing in those younger years. Many of us don't have time to work out anymore, and some may feel very awkward in a gym setting or working out at all. So we put it off. During this time we lose skeletal muscle mass which leads to tightness and flexibility problems.



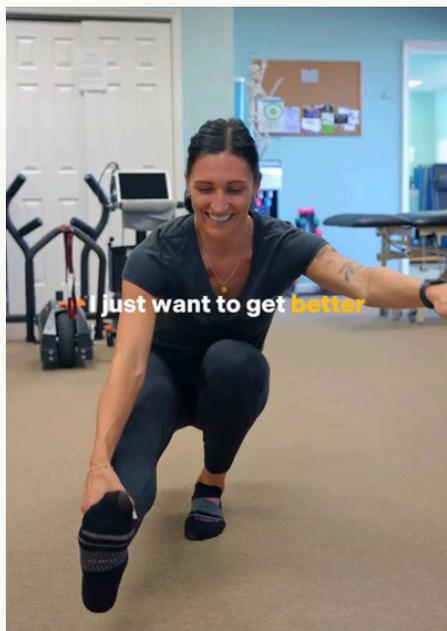
2. **Aging:** Aging plays a huge role in the loss of flexibility. The cause is more complex than just not using the muscles. This cause leads to changes in the muscles, changes in hormones, and changes in the cells. With aging, the body no longer metabolizes nutrients like it did in our younger years and our gut microbiome is altered. Many people who experience flexibility concerns fall into the disuse cause and the aging cause. Making flexibility requires more skill and understanding.

3. **Injury and disease** are also causes of poor flexibility. These causes are more complex and require more skilled care and consideration to improve flexibility long term.

Once the body has changed from the causes of tightness or poor flexibility, it can be harder to make long-term gains, until these areas have been addressed. It is more complex than this of course, you see, once tightness has been initiated, the body starts to compensate. This compensation leads to injuries, and ultimately pain. This process is called the deconditioning circle. We call it a deconditioning cycle. This cycle starts with flexibility and then leads to pain and compensation, which leads to degenerative changes. Many of you experience the degenerative changes around 35 or 40 years of age. Degeneration is categorized as arthritis. For the sake of this download, I will not be breaking down the many forms of arthritis. Feel free to research that topic or reach out to your doctor to learn more about that topic.

Getting back to how you gain long-term relief from tightness. There is NO SINGLE quick solution. Once the body has started to become deconditioned, to gain long-term relief, there is only 1 provider that specializes in reconditioning after your body has initiated this circle. ( or cycle).





Stretch Mobility Coaches are specialists in testing and treatment when your body is in an active deconditioning circle (cycle). Our treatment approach, tests to find out where your flexibility problems are stemming from, this is found by attending a Stretch Mobility Coach Consultation. During this consultation, you will receive joint testing, and testing to determine the health and wellness of your muscles.

You will be provided with treatment during your consultation and this starts the healing process. You will then receive recommendations on what successful treatment looks like for you. How is a Stretch Mobility Coach different? When you experience pain and tightness this is a GAME CHANGER. Pain and tightness are signals that cause you to feel like you need to pop a joint or you need to stretch. This feeling is a signal that only a Stretch Mobility Coach can test. When testing is performed, then a SMC can build a program that reconditions your joint mobility and improves the health of your deconditioned muscles.

Stretch Mobility Coach programs are comprehensive and find and address the reason behind your flexibility problem. Treatment typically is 2x a week until flexibility is restored. No more daily stretching and no more 2x a week stretching. This also gives you back time in your daily routine, time that daily stretching is taking away from you.

If you are ready to resolve your tightness long-term, visit our website to find a coach near you.

[Click HERE to Find a Coach Near You](#)