

Mayo Clinic Minute

The benefits of stretching

VIDEO	AUDIO
	If you're not stretching after a workout, you're missing a key benefit of exercise.
Title: Glenn Shi, M.D. Orthopedic Surgery Mayo Clinic	"You should include stretching to your normal exercise routine for three main reasons. The first reason is that it can increase your range of motion in your joints."
Graphic: Benefits Increase range of motion Improve performance Reduce risk of injury	And orthopedic surgeon Dr. Glenn Shi says stretching can potentially improve athletic performance and dramatically reduce the risk of injury.
Glenn Shi, M.D.	"Post-workout stretches are very important because your muscles, at that time, are warm, and they're very responsive to stretching."
Graphic: Hold for about 30 sec. Don't bounce Stop if there's pain	Dr. Shi says you should hold stretches for around 30 seconds. Keep them gentle and slow, and avoid bouncing. And stop if there's pain.
	Stretches like this one for quads should create a sense of tension and stress across the muscle but no intense pain.
Glenn Shi, M.D.	"When you're at a point where it's becoming painful, you can actually cause damage to the muscles as well as the ligaments."
Glenn Shi, M.D.	"Improving your flexibility after the workout can take as little as five to 10 minutes; however, it will pay dividends down the road."
	For the Mayo Clinic News Network, I'm Jeff Olsen.