

EDUCATION CORNER



from **Andrew Kleinsasser**

*Strength and Conditioning Coach/Movement Specialist
B.Kin., CFSC, FRCms, KinStretch*

How KinStretch Benefits You.

KinStretch is much more than stretching. Rather than being an alternative to other forms of exercise, mobility, or flexibility programs, KinStretch is a system that prepares you for all these other things. KinStretch will help ensure that your joints can handle the movements and exercises involved in these activities. It will also help maintain and improve joint function for overall well-being and longevity.

FACT: The joints of a human body have very poor blood supply if they are left immobile. In order for the joint to get nutrients, you must move, and move a lot in order to maintain joint health. This could be difficult for many due to occupation or lifestyle. Think of the average person who works 9-5, sits in the car while driving, sits at home for dinner, and sits on the couch while watching TV. Some people do find time during their busy day to exercise, but this does not guarantee a particular local joint motion because they are performing compound movements for exercise.



Dr. Andreo Spina leading a seminar at STRIVE in October 2015

We at Strive recognized this problem and brought you, the client, a solution to address this deficiency. The solution – KinStretch!

KinStretch is a group class that helps to promote better joint health, mobility, flexibility, and movement variability needed for the demands of life. The class focuses on giving your body the mobility to enhance your movement patterns in order to do all the stuff you want to do, and decreases the risk of injury at the same time. How does this class accomplish all these benefits?

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Lets look at the definitions of words like flexibility and mobility to have a greater understanding of what we are getting. **Flexibility** refers to the passive (through gravity) range one can achieve in a joint. **Mobility** is the usable active range that one possess at a certain joint, this means flexibility plus muscular control. Finally, **movement variability** is a term used to describe the normal variations of movements over multiple repetitions of a task.

Now that we know the terminology, let's look at how they can be accomplished. Flexibility is gained in KinStretch by either elongating the tissue, or releasing tightness of the particular muscle or joint tissue being stretched. This is achieved by performing active controlled contractions of the muscles being stretched, and loading the tissue via internal means. This also aids in the process of achieving mobility by training the nervous system how to gain the ability to control the passive ranges. As more passive ranges are opened up, more mobility becomes available.

Having more mobility and flexibility are the direct reason as to why Kinstretch benefits joint health and longevity and reduces the risk of injury. Every single joint in your body has fluid in and surrounding it. This fluid keeps the joint healthy, moving fluidly and provides much needed nutrients. The more fluid that can reach every part of the joint the healthier it can be! Therefore by achieving more passive range and active control of the joint means you can reach more of the joint thus keeping it healthy for longer.



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The decrease in risk of injury is accomplished by gaining greater movement variability, and being free of joint restriction. If the joint does not move independently, and this particular joint is involved in an exercise, then the movement will occur from another area of the body. This is called compensation. In other words, the adjacent muscles and joints have to work harder for the movement to occur, which eventually leads to injury.

So, who is KinStretch for? Just about everyone! A young athlete, or an 81 year old; either way, if you have joints, you need them to work well.

If you have any further questions about KINSTRETCH,
please feel free to contact Andrew at andrew@unitedtherapies.ca