



QUEENSLAND  
PHYSIOTHERAPY

# The Importance of Flexibility

The definition of flexibility is simply “**The ability to move joints effectively through a complete range of motion.**” We’re not talking about being able to put your leg behind your head, or touch your toes, but having functional and effortless movement. Too many people we see come through our doors **aren’t flexible enough.** Read on to see how **we can help you** get your movement back and prevent incidence of injury.



## *Why you need flexibility!*

Each individual joint in the body is designed to work in unison with another, especially during compound movements like everyday activities. When the flexibility of one joint is poor, another compensates to achieve the same range of motion.

When stiffness affects a region of the body, more energy is required to create movement. This changes loading patterns and alters normal biomechanics, making the movement feel restricted, rigorous and uncomfortable. In response, we tend to avoid these movements and positions altogether, further fueling the problem. Whether the issue is reduced flexibility in the joint itself or the surrounding tissue, the principle remains the same.

Poor flexibility compounded over many years, combined with joint compensation and altered biomechanics will commonly lead to overload of tissues and joints, increasing the risk of injury.

## *How can physiotherapy help?*

Physiotherapists are well trained to choose tailored treatment techniques to improve your flexibility and combat your injury. This may include joint mobilisation, deep tissue release, trigger point therapy, dry needling, and passive ranging. Your therapist might also prescribe some mobility exercises for you to perform at home.

## *What to expect in your session...*

You may experience some discomfort, referred pain or clicking/cracking, depending on your therapist’s choice of treatment. Your therapist will choose a depth of pressure appropriate for your condition, however it is always helpful to vocalise what you are feeling during your treatment, especially if the pain becomes too uncomfortable to tolerate.



## It's all about maintenance

The movements you do (or lack of) throughout your daily routine have a big impact over time. Integrating regular, focused mobility sessions into your exercise regime and daily routine is vital to maintaining the health of your joints and flexibility. For many, the excuse "I don't have time" is commonly used. Realistically, a brief routine of 4 stretches and poses is all you need. Each stretch performed for 1 minute will take you no longer than 5 minutes per day. Look after your body and make your health a priority. You'll be thankful in the long run!

## Try these at home Cat Camel



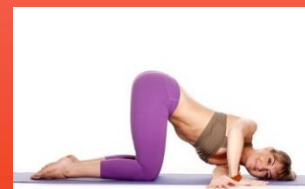
## Cobra Pose



## Lumbar Twist



## Thread the Needle



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