Exercise Therapy

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Isometric Stretching: Definition, Techniques, Benefits and Precautions

Explore isometric stretching, including its definition, procedure, muscle contraction techniques, benefits, physiological effects, indications, contraindications and precautions in physiotherapy.

Definition

Isometric stretching is a type of static stretching in which the muscle is lengthened and then contracted isometrically against resistance, without producing joint movement.

Benefits

1. Improves Flexibility: Increases muscle flexibility and extensibility.
2. Increases Range of Motion: Promotes greater joint mobility.
3. Reduces Muscle Tightness: Helps reduce muscle stiffness.
4. Promotes Neuromuscular Relaxation: May facilitate muscle relaxation through autogenic inhibition.
5. Improves Muscle Strength: Develops strength through isometric contraction.
6. Enhances Stretch Tolerance: Improves tolerance to muscle elongation.
7. Maintains Muscle Activation: Combines muscle contraction with stretching.
8. Improves Functional Mobility: Supports movements requiring adequate flexibility.

Uses

1. To improve flexibility in tight muscles.
2. To increase restricted joint range of motion.
3. To manage muscle tightness and shortened soft tissues.
4. During rehabilitation programmes to improve mobility.
5. To improve flexibility when combined with strengthening exercises.
6. To address muscle shortening associated with prolonged immobilization.

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