

# The Gospel of Stretching

What long supple muscles do for you.

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## What is muscle and its movement?

Muscle action creates movement in the body.

Contraction of muscle applies force to the bones of the body over the fulcrum of our joints.

This contraction comes from the smallest part of the muscle, the motor unit, changing length.

Put together a few billion of these motors and you have huge power.

## Power

The more cells you have available to contract the more power you have.

The greater the total distance that the muscle can contract the more power you have.

More oxygen and nutrients reaching the cells equals more power.

Don't let tension rob you of energy and your power potential.

## Performance

Smoothly contracting muscle, uninterrupted by scar tissue or adhesions, creates strong controlled movement.

The ability to neurologically reach and recruit as many muscle fibers as possible leads to a balanced workload for the muscle fibers.

Full access to the muscles of the body creates powerful efficient movement.

Don't let scar tissue slow you down.

## Body Truths

1. You only move as far as the shortest or most damaged fiber in a muscle.
2. Scar tissue can be refined.
3. Lengthening muscles reduces joint compression and degeneration.
4. Freeing adhesions will increase circulation and thereby performance and power.
5. Free moving muscle will distribute work-loads more efficiently and quickly.
6. Supple muscles allow for optimal immune system function.
7. Stretching muscles to change mechanical functionality will increase body awareness and performance.
8. Practicing movement at super slow speeds will allow the brain increase neurological connectivity. Grace

**Breathe**

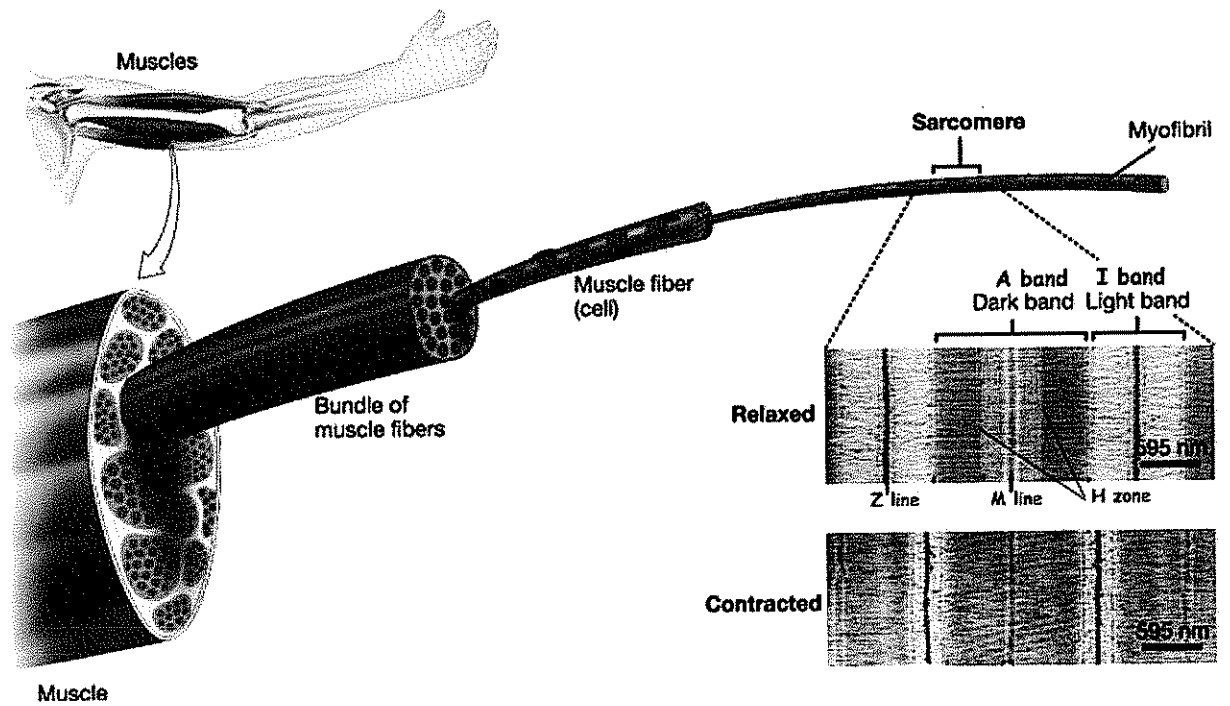
**Move**

**Stretch**

**Live**

# Muscles

## The Inside View



## Power Movers

