



Balance & Motion

MASSAGE THERAPY

Dynamic Stretch

Dynamic Stretch or dynamic movement is stretching with movement as opposed to static stretch, which is held in a specific position for 20-30 seconds. Dynamic movement engages both the muscle you want to stretch and its antagonists (opposing muscles) and its synergists (muscles that support it). This helps to teach the muscles to work properly together rather than isolating one singular muscle in a stretched hold.

Dynamic stretch can be done in intervals of 10-30 second or longer. It can be used as a warm up or a cool down activity. There is no need to be warm before doing the activity. It's good to use it several times a day to break up repetitive strain positions or movements such as sitting or standing for prolonged periods.

The movements should be done with control and purpose. Use your muscles properly to control the movement rather than simply allowing gravity or inertia to move for you.

Head

1. Front to back
2. Look left/look right
3. Side to side

Shoulders

1. Shoulder rolls front/back
2. Arm circumduction front/back – start small and then big
3. Pec major – hands together in front of you then open arms wide and close again
4. Wings – arms along sides and raise up over head
5. Rotator cuff rotations – reach for top of shoulder blade and bottom of shoulder blade
6. Shoulder shrugs – up and down

Low Back

1. Forward bend – hands to floor; back bend – move hips forward
2. Seated or standing – side bend right; side bend left
3. Seated or standing – rotate right, rotate left
4. Hip hiker – lying on back shift one foot towards front wall then other foot.

Hips

- 1) Bent knee up/straight leg back
- 2) Straight leg up/straight leg back
- 3) Straight leg side to side
- 4) Bent knee side to side
- 5) Inner thighs – shift side to side – leaning back, leaning forward, leaning way forward.

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