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Fitness Experts Recommend New Way to Stretch That Might Actually Improve Athletic Ability

Coaches and athletes are warming up to dynamic stretching

Philadelphia, PA – *February 27, 2009* – The old “stretch and hold” days of warming up before physical activity are over. Fitness experts, coaches and athletes are now warming up with dynamic stretching, which is the use of motion while stretching to warm up the muscles. Experts say that when utilized correctly, dynamic stretching improves balance, flexibility and overall muscle strength.

The fitness and physical therapy experts at Excel Physical Therapy and Fitness, an out-patient physical therapy clinic with eight locations throughout the Delaware Valley, have been touting the benefits of dynamic stretching for years and incorporate the technique into all of their rehabilitation and fitness programs.

“Dynamic stretching better loosens muscles and tendons giving more range of motion and power, and therefore prevents injury,” says Excel physical therapist Cam McCormack, MSPT. “Dynamic Stretching activates the muscles and in less time compared to normal, static stretching.”

When done correctly, dynamic stretching better prepares athletes for competitive activity by properly warming and loosening the muscles. This is in contrast to static stretching that actually does the opposite and makes the muscle tighter, increasing the chance of injury during physical activity.

“It is incredibly important that athletes of all levels and ages properly warm up to prevent injury, whether they are running a marathon, playing tee ball or a round of golf” says Cam. “At Excel we use these stretches to give patients and athletes a fun and quick way to ready their muscles for any activity.”

For more information regarding Dynamic Stretching, please call Excel Physical Therapy and Fitness at 1.866.88 EXCEL.

About Excel Physical Therapy and Fitness

Excel Physical Therapy and Fitness has been rehabilitating patients for over 15 years and provides physical therapy and fitness programs dedicated to improving patient’s quality of life. Excel is the largest privately owned physical therapy practice in the Delaware Valley and has eight locations throughout the region. In 2006 Excel was awarded the *Real Small Business Award for Customer Service* from the Center City Proprietors Association. For more information on Excel please call 1.866.88 EXCEL or visit www.excelphysicaltherapy.com.

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