

Stretching Issues & Techniques Quiz

1. Not every student needs to increase their range of motion. Explain the vitally important objective of working with students to address their particular needs.

2. Very flexible students may need to guard against pursuing “flexibility for its own sake.” How might these students redirect their focus during stretching?

3. Name six signs that could indicate overstretching.

4. What condition makes students more prone to overstretching?

5. Jill Miller has been transparent about the issues resulting from her history of overstretching. What happened from overstretching and what was her diagnosis?

6. What are some stretching practices that do NOT improve flexibility?

7. Name two safe and effective strategies for improving flexibility

8. What specific stretching techniques may improve flexibility?

9. How is it possible that mindfulness contributes to effective stretching?

10. Provide three key teachings related to mindfulness during stretching.

11. Although doing a vinyasa or short static hold of a pose can warm you up and make it easier to stretch, why isn't this enough to improve flexibility?

12. Why are long holds necessary for addressing postural tension and making flexibility gains?

13. Describe progressive deepening techniques.

14. What other expert recommendations — that are often naturally accomplished in a well-rounded asana practice — will contribute to effective stretching?

15. In addition to stretching, myofascial release may be a necessary and effective practice. What are some examples of myofascial release techniques?

16. Is myofascial release recommended before, during or after your regular practice?