

# Is stretching a pain?

# We can help!

**PHYSIOTHERAPY  
MASSAGE  
FITNESS  
738-8299**



3636 Westfield Road  
humanperformancecentre.ca

As an RMT I feel it is important to give remedial exercises because massage therapy does not stop at the clinic, it is important for the client/patient to engage in promoting their own health and wellness.

I am often asked “why are my muscles so tight and sore?” and I often respond with “you need to stretch”. I understand that most of us find stretching to be boring and tedious but it is necessary to maintain good posture and range of motion. Pain should not be associated with stretching, the movement should be gentle and slow, each stretch should be held for a minimum of 30 seconds.



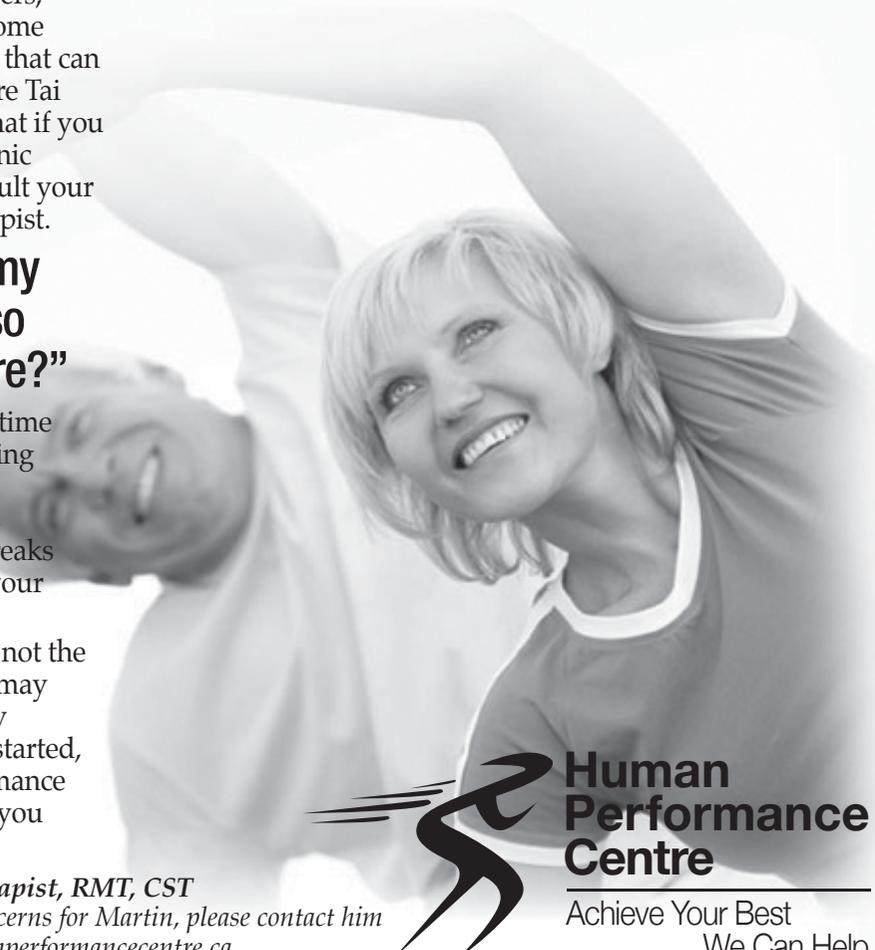
It is good to stretch muscles that you use regularly for example neck, shoulders, back, hips and legs, some non-evasive activities that can help with flexibility are Tai Chi and Yoga. Note that if you have an acute or chronic condition please consult your doctor or Physiotherapist.

## “Why are my muscles so tight and sore?”

When can you find time to stretch? Try stretching while watching your favorite T.V. program, during commercial breaks or when listening to your favorite playlist.

Because everyone is not the same physically, you may need massage therapy assistance to get you started, at the Human Performance Centre... we can help you achieve your best.

*Martin Salkey, Massage Therapist, RMT, CST*  
If you have any questions or concerns for Martin, please contact him directly at [salkey.martin@humanperformancecentre.ca](mailto:salkey.martin@humanperformancecentre.ca).



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Achieve Your Best  
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