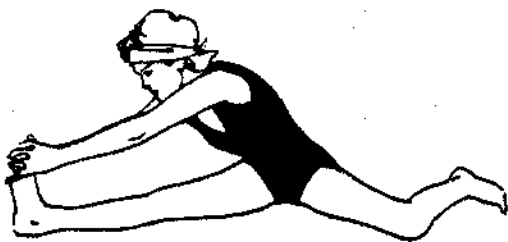


WARNING! These Exercises Can Be Harmful To Your Health.

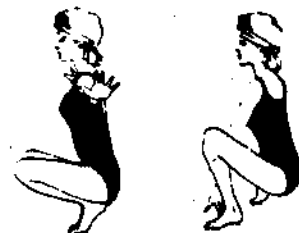


Hurdler's stretch. Because of the explosion of running, this is probably the most frequently performed stretch exercise. But it stretches the muscles and ligaments in the groin region farther than they were normally intended to go. This can lead to—or make you more vulnerable to—a chronic groin pull. The hurdler's stretch also stretches the ligament (as well as the cartilage) on the inner side of the knee. (Ligaments tend to resist jerks or snaps but succumb to prolonged pressure. Over a long period of time, overstretching this ligament may lead to a knee problem.)

In older athletes, hurdler's stretch frequently causes back pain by stretching the sciatic nerve. Many people who relate their back pain to jogging and running should instead blame the stretch exercise they do before running.



Sit and reach. This posture stretches the posterior longitudinal ligament beyond its normal anatomical bounds, and puts a great deal of stress on the sciatic nerve. Stretching either or both of these structures is a common cause of back pain and sciatica.



Duck walk and deep knee bend.

The deep knee bend position that is assumed in order to perform the duck walk is very harmful for the knee cartilage, especially the lateral meniscus. It is possible, simply by performing this maneuver, to tear the lateral meniscus.

Toe touching. This stretching exercise is one of the most common cause of back pain in runners, because it puts undue stress on one of the main supporting ligaments in the spine, the posterior longitudinal ligament. It is also possible to injure a disc by putting your spine in this dangerous position.



Knee stretch. Another popular "dislocation activity" is the knee stretch. If you look at the angle of the lower leg, in the illustration, you see that it clearly exceeds the actual skeletal range of motion of the knee. This distortion can produce a stretching of the patellar ligament of the knee and also strain the collateral ligament due to the obvious twisting. There is no value in stretching a joint beyond its normal range of motion: only harm can result.

STEPHEN G. GREEN D.C.
SUITE # 3, 11 WEBSTER AVE.
GOSHEN, NY 10924
TEL. (845) 294-9990