Flexibility
Indicates the relative ROM allowed at a joint

- Lack of flexibility inhibits work and decreases athletic performance
- Without flexibility, no movement at joint
- Maintaining flexibility minimizes aches and pains of aging
- Flexibility is joint specific

Limiting factors of flexibility
- Shapes of articulating bone surfaces
- Intervening muscle or fatty tissue
- Tight ligaments and muscles
- Fluid content of cartilage
- Activity – active more flexibility
- Age – increases to adulthood, then decreases
- Temperature

Measurement
- Goniometer – measures joint angle
- Flexometer – measures joint angle through ROM
- Sit & Reach test – limitations
- Stretching – static and ballistic

Static Stretch advantages
- Less danger of exceeding the extensibility limits of tissues
- Energy requirements are lower
- Offer temp. relief from DOMS
- Hold stretch 15-30 seconds, repeat

RISK FACTORS for Heart Disease
- Uncontrollable
  - Age
  - Gender
  - Race
  - Family History
• Controllable
  – Lipid levels (TC, LDL, HDL, TG)
  – Blood Pressure
  – Smoking
  – Diabetes
  – Sedentary lifestyle
  – Obesity