



ARE YOU RIGID?

Get Flexible: Assisted Stretching

The advanced report on why you feel locked up — and what actually restores range of motion.

You already saw the basics. Here's what's underneath: why stiffness builds, and the difference between stretching alone and stretching right.

1 Why muscles tighten and joints lose range of motion over time

Joints that move through their full range regularly stay lubricated and mobile. Joints that don't — from sitting, one-sided habits, or old injuries — gradually lose that range as the surrounding tissue adapts to the smaller, more limited movement it's actually being asked to do.

2 The difference between stretching on your own vs. assisted stretching

Solo stretching is limited by your own strength and nervous system's protective reflexes — you can only pull a muscle so far before your body resists. A practitioner can guide the joint through a deeper, controlled range while your muscles stay relaxed, reaching positions you couldn't safely get to alone.

3 How fascial restrictions create full-body stiffness

Fascia, the connective tissue wrapping your muscles, can develop adhesions that restrict movement in ways that don't show up as a single tight spot — they show up as generalized stiffness. That's part of why stretching one muscle in isolation often doesn't resolve a feeling of being “locked up.”

4 A simple flexibility self-test you can do right now

Stand and reach down toward your toes without forcing it. Fingertips to shin: significantly restricted hamstring flexibility. To ankle: below average. To floor: average to good. This isn't diagnostic, but it's a fast, honest gauge of where you're starting from.

5 How chiropractic care combined with stretching unlocks mobility

Stretching addresses the muscle; adjustments address the joint. When a joint isn't moving correctly, the muscles around it tighten to protect it — so stretching alone can loosen the muscle temporarily while the underlying joint restriction pulls it right back. Addressing both is what makes results last.

DR. STROTHER'S PROTOCOL

This week's mobility check

1. Do the toe-reach self-test and note where you land
2. Pick one tight area and stretch it for 60-90 seconds daily
3. Notice which stiffness returns fastest — that's often a joint issue, not a muscle one

YOUR ADVANCED REPORT OFFER

Feel what an assisted stretch actually does.

Redeem your promo code for your first Assisted Stretching Session — a guided, deeper stretch than you can get to on your own.

STRETCH60

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