

Part 3

Health & Medicine



**ASSIGN
BUSTER**

Improving Flexibility in Each Joint of the Body
Improving Flexibility in Each Joint of the Body
Some of the exercises used in improving the flexibility of body joints include Yoga, Pilates, Swimming and Stationary Rowing. Yoga is great for the movement of muscles and their improvement. Yoga is important for increasing relaxation. There are various schools of yoga, including power yoga, Bikram yoga, and Hatha yoga. These yoga exercises also support the person doing them in terms of breathing, strength training and stretching. Yoga is necessary for these three activities and additional meditation.

Swimming is another exercise that is safe and efficient in improving the flexibilities of all the joints of the body. The swimming exercise lengthens the lower and upper body. The stretching that one does using their arms and legs pushes the swimmer through the water. The safety in the water is high since there is no impact involved. This security reduces the risk of getting injured in the course of swimming, making it a safe and efficient exercise for joint flexibility. It is a necessary activity when one requires stretching shoulder and elbow joints in the arm and muscles and joints of the legs.

The third exercise for improving flexibility in the joints of the body is stationary rowing. This exercise involves making movements with the upper body as if one is rowing a boat. This exercise is a cardiovascular one and extends and contracts all the muscles and joints of the lower and upper body. This training is necessary for improving the knee, shoulder and elbow joints.

The fourth exercise is Pilates. It engages the abdominal muscles and improves the mobility of joints. The shallow and profound breaths that take place during Pilates promote flexibility and relaxation. This exercise is

necessary for improving the range of motion in one's joints (Watkins, 1988).

References

Watkins, R., & Buhler, B. (1988). The water workout recovery program: Safe and painless exercises for treating back pain, muscle tears, tendinitis, sports injuries, and more. Chicago: Contemporary Books.