



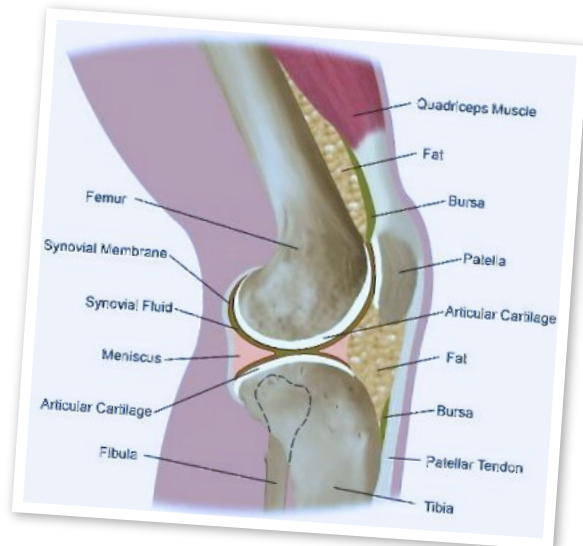
Tip of the Week

Move every joint of the body through its full range every day

Week 4 of 52 – joints

Top Tip Number 4

One way to improve the health of your joints is to ensure you take every joint through its full range of motion everyday. This is because every joint has ligaments, tendons and a joint capsule which are made of a slightly stretchy material called connective tissue. The stretchiness diminishes when we fail to move the joint so if you encourage the flexibility in the joints with gentle stretching this will help to maintain your flexibility and leave you less prone to injury.



*Cross-sectional view of the knee joint from the side.
 Credit: Lucile Packard Children's Hospital*



Ryan Giggs puts his long career down to keeping flexible with yoga.

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