Elderly
Hyperflexible
Athletes
Injured
Post Natal
Inflexible
Pre Natal
Hypermobile
Office workers
Everyone!

purestretch
Elderly

As muscles age, they begin to shrink and lose mass. The size of the muscle fibres decrease and the water content of tendons decrease thus making the tissues stiffer. This is also the case with cartilage which provides cushioning between bones. With less water, the cartilage becomes more susceptible to stress and the ligaments become less elastic, reducing flexibility. Due to these changes in tendons and ligaments the flexibility will decrease and joint motion becomes more restricted.
Purestretch is a very popular class with the older groups. Stretching is an excellent way to maintain joint flexibility in a safe and non-strenuous environment. Be aware of the limitations of the older groups and accommodate the class structure for them. Consider joint problems, balance and sore knees. Often some find it difficult to kneel, have alternative poses and be prepared.
Hyperflexible

Being too flexible can be a bad thing. If you stretch your muscles too far you will affect its function of stabilising the skeleton. An overstretched muscle is not a toned one and it is not doing its job. This could lead to future problems to your clients well-being. Having an individual with hyperflexibility in your class may encourage others to push themselves past their safe limits to match the hyperflexible participant. Equally, the hyperflexible participant may enjoy being the “best” in the class and this will need to be monitored closely.
Hypermobile

Joints have two functions- mobility and stability. If the mobility is in excess as in hyper-mobile elbows, knees etc. then this is a threat to the stability of the joint. If this the case, encourage your hyper-mobile clients to add strength to their fitness programme and discourage them from locking their joints. However, if a joint is hypermobile, then the surrounding muscles can become tight as they try to stabilise the hypermobile joint. In this case, a gentle stretch is a good thing to ease the these muscles- without completely removing the stabilisation around the joint.
Pre Natal

We would strongly advise a pregnant lady not to attend a purestretch class. If there are prenatal yoga and/or pilates classes running in your area- recommend these to your client.

There are many factors to consider if a pregnant lady were to attend your class including.....
Flexibility
During pregnancy, women are more vulnerable to joint and ligament injury because the body produces relaxin, a hormone that loosens joints and ligaments in preparation for the birth. With this in mind, stretching may not be the best option.

Balance
Some women lose their balance later on in pregnancy as the baby grows and their centre of gravity shifts, which could make some of the purestretch moves difficult and potentially dangerous.

Position of the Pose
Any deep twisting poses can put pressure on the abdomen. In addition, you would need to avoid supine stretches as it can reduce blood flow to the uterus. You would also need to consider that your client would not be able to lie on her stomach and in some cases being on all fours could be uncomfortable if they are suffering from carpal tunnel.
Post- Natal

• It is best to wait **at least** 6 weeks after giving birth before taking part in purestretch.

• Make sure that your client has had her post-natal check and has been given the all clear from her health-care professional to participate in physical activity.

• There may be certain poses like inversions which could cause discomfort and prolonged bleeding, be aware of this and have alternatives to hand.

• If your client is breastfeeding she may find it uncomfortable to lie on her front
Stretch..
3 months after giving birth the muscles, ligaments and joints are still soft from the pregnancy and birth, so be very aware of the client not overstretching.

Strength..
Core strength exercises should start gently with pelvic tilts and isometric contractions and, in time, should gradually progress to stronger exercises.