



# Science of Flexibility

*Michael J. Alter*

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## **Science of Flexibility** Michael J. Alter

Based upon the latest research in the topic of flexibility, this revised and updated edition includes five new chapters. These chapters cover the hypermobility of joints; joint manipulation and chiropractic adjustment; controversial stretches; the relationship of stretching and special populations; and the functionality of stretching and flexibility for specific sports and health conditions. The first few chapters cover factors that limit flexibility, such as the titin filament in muscle, plasticity in the spinal cord's neural circuits, and the influence of circadian cycles. The remaining chapters discuss how such limiting factors can be modified to enhance joint range of motion. These chapters feature a variety of techniques to enhance flexibility throughout the body.

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