

## Stretching and Range of Motion

Stretching is very important to children whose muscles and bones are in a growth process. The proper muscle length is necessary for many functional activities. For example, if a child's hamstrings are tight forcing their knees to always be in a bent position, this can prevent the child from standing upright and maintaining proper posture and gait. Hamstring tightness can also prevent a child from being able to sit independently on the floor. Stretching this muscle will give the child more freedom of movement, allowing these activities to become possible. Stretching is also important to prevent the development of contractures, which could require surgical intervention.

Euro-Pēds uses different stretching techniques dependent upon the child's participation level and degree of muscle tightness. We use stretching techniques that have been shown in the literature to be effective in increasing range of motion and providing lasting results. **Please see research for additional information.**

\*Stretching needs to be combined with strengthening to ensure a lasting result

