**Flexibility and Wellness**

Back pain is one of the most common complaints received by Dr. Jefferson at Holistic Wellness Solutions 558 B Denbigh Blvd, Newport News, VA 23608. Scholars describe the lower back pain as a common occurrence in our society today, the risk increasing with old age. However, the occurrence of nonspecific lower back pain (LBP) among adolescents is also increasing steadily due to psychological factors, intensive sports, sedentary lifestyles, and genetics (Greenberg, Dintiman, & Oakes, 2004). Another complaint encountered by the practitioner is a tear or discomfort of the hamstring muscles during exercise, and negative attitude by the clients, some of these claiming the workout is too boring and difficult. This is especially the case when the flexibility of the hips and the hamstring is low, this amongst the bulk people, primarily because muscle bulk affects the range of motion (ROM). In the case where the patient is bored, the practitioner recommended the use of varying stretching techniques. Methods including dynamic stretching such as the use of high knee lift such as those used in sports, the two-person Proprioceptive Neuromuscular Facilitation (PNF) stretching involving the contraction and relaxation of antagonist and agonist muscles in stretching of arm hamstring and that of the legs are advocated, these making the stretching period more interesting. Patients with lower back pains were advised to try the sit-and-reach technique regularly, to increase the flexibility and thus relieve the pain (Pillsbury, Oria, & Pate, 2013). Ballistic stretching involving bobbing or bouncing at the point of discomfort and extreme ROM was also recommended in cases of hamstring discomforts. The methods suggested by the practitioner gave me an insight on what I require for my stretching regime. I will primarily incorporate the hamstring stretch muscle for my running exercises with my friends using the hold-relax technique. Whenever I have a hamstring discomfort on my leg, I will combine the bobbing and bouncing methods to relieve the stress, but doing this exercise with caution to avoid soft-tissue injury (Ravichandran, Janakiraman, Sundaram, Fisseha, & Yitayeh, 2017). I will also incorporate the sit and reach technique for relieving of low-back pain, and to prevent suffering from LBP

**References**

Greenberg, J. S., Dintiman, G. B., & Oakes, B. M. (2004). Physical fitness and wellness: Changing the way you look, feel, and perform. Human Kinetics. Pillsbury, L., Oria, M., & Pate, R. (Eds.). (2013). Fitness measures and health outcomes in youth. National Academies Press.

Ravichandran, H., Janakiraman, B., Sundaram, S., Fisseha, B., & Yitayeh, A. (2017).

Active release technique in hamstrings strain: Rehabilitation and return to play–a case study. Archives of Medicine and Health Sciences, 5(1), 71.