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Why stretch is beneficial to general public health?

As health sciences are improving, the Quality of Our Life (QOL) also improves. Thus, people are living longer. Based on WHO, between 2015 and 2050, the proportion of the world's population over 60 years will nearly double from 12% to 22%. Therefore, it is important for us to have solutions to improve quality of life rather than capable of living longer. Dr.stretch provides a technique call core balance stretch that was used to be available to professional athletes only, is now available to the general public (from young to old). This technique is not only non-invasive, having long lasting result and capable to improve problems quickly, but is also to prevent injuries from occurring. Our aim is to use stretch to improve flexibility and to prevent injury from happening, so that a better Quality of Our Life (QOL) is able to achieve. When muscle fibers are tangled (causes tiredness, fatigues, injury etc.), we use our method call shaking and moving to untangled muscle fibers before stretching the muscle to increase the range of motion. This method changes muscle memory, to teach the muscle to know its original state. As muscle memory occurs, it also creates a habitual movement. Habitual movement takes minimum 21 days to form and at least 66 days to create a habit, therefore if wrong habitual movements are not corrected, bad posture occurs and these creates limited range of movements which leads to body aches and bad postures. The conclusion is that we are able to provide solutions to improve a better living and longer life span for everyone through stretch.

Biography

Lai Chin Loon Alan has completed his Bachelor of Science in Exercise and Health Sciences and Graduate Diploma in Exercise Rehabilitation from University of Western Australia. He is the Director of Fubic Singapore Pte Ltd, Dr.stretch, a health service industry.

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