

Muscular and stato-kinetic functions rehabilitation by means of subaquatic stretching (hydrostretching)

Zoltàn Pàsztay

Physical Education and Sport Faculty, University of Oradea, Romania

Abstract

Stretching is a physical therapeutical way for maintaining the standard parameters of the body functions from a tender to an advanced age. The most important parameter that is influenced by the different techniques of stretching, especially by hydrostretching, is flexibility. This article presents the technique and the effects of hydrostretching on human body (on muscular balance, strength, muscular metabolism and circulation).

Key-words: hydrostretching, flexibility, techniques.

