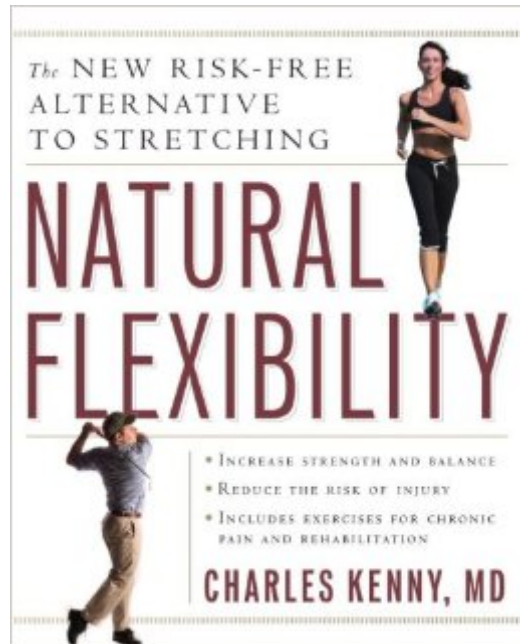


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# Natural Flexibility: The New Risk-Free Alternative To Stretching



## Synopsis

Natural Flexibility, a new title by Dr. Charles Kenny, introduces progressive sequential isometrics (PSI for short), a new alternative to traditional stretching, which combines principles of Pilates, Martial Arts, Dance, and Gymnastics into a work-out that allows you to strengthen your body and increase your flexibility simultaneously. Traditional stretching has come under scrutiny recently as a possible contributor to injury in athletes. While regular, passive stretching pulls at your tendons and joints in an effort to increase your range of motion, PSI, as outlined in Natural Flexibility actually strengthens your entire range of motion as it expands it, thereby preventing injury and strengthening performance simultaneously. Progressive sequential isometric exercise provides an alternative warm-up system for athletes and dancers that strengthens and reinforces your body as you prepare for activity. Natural Flexibility provides exercise and warm-ups for numerous activities, including:

- The Six-Minute Warm-Up: this provides a natural, fast, and safe method for athletes to warm up before any competition or physical activity.
- Wake-up Body Movements: these provide an energizing and invigorating work out first thing in the morning.
- Clock Stepping: a simple exercise that can improve your ability to balance and prevent slips and falls.
- When You're Sore: exercises to explore your body when you are stiff or sore, to determine if it is safe to continue working out.
- Your Chiropractor in Your Pocket: an easy way to relieve back pain in just a few minutes a day, or even on demand.

The exercise and activities outlined in Natural Flexibility are accessible to all, not just athletes, and provide a simple way for anyone to increase their level of fitness in a safe and healthy manner, without the risks inherent to traditional stretching.

## Book Information

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## Customer Reviews

This book is NOT about increasing or improving your flexibility. I just want to make that perfectly clear, as neither the author nor the 5 star reviews here actually clarify that point. The good stuff: the wake-up routine in this book is nice, and works. I generally am sluggish when I get out of bed, and one hamstring or the other generally complains when I first start moving around. Doing the 'wake-up' routine from this book actually took care of both problems, quickly and easily. Ridiculously easily, in fact. So, for the price of about 2-3 extra minutes in bed, I now enjoy much more comfort, better posture and more energy to start my day. All good. The bad stuff: I couldn't actually find anything in the references to support the claim that these ideas would improve flexibility. Then I re-read the introduction, and I realized the author goes to great lengths to bash traditional stretching ideas but never seems to make the claim that these 'PSI' techniques improve range of motion. Now, I believe there is a good bit of science that shows a correlation between stretching and injury (is that poorly performed stretching? stretching of already damaged tissues? I don't know), and I'm okay with giving up traditional stretching as it doesn't seem to be improving my range of motion either. But, if I actually want my athletic performance to improve through greater flexibility, this book isn't helpful. Also the author points out that his techniques are not a 'warm-up' routine either. Bottom line: if you suffer from poor mobility and want to find a zero-impact routine to get your blood moving each day and to improve your balance, go ahead and grab this book.

As someone who exercises on a regular basis and who incorporates flexibility training as a usual part of my routine, mostly through yoga but also through other programs, I was very interested in this book. The author, Dr. Charles Kenny, brings impressive credentials to his method, which forms the title of this book, Natural Flexibility. The foundation of Dr. Kenny's technique is progressive sequential isometric exercise, or what he terms PSI (pronounced "sigh"). Ultimate PSI is his method of developing Natural Flexibility at the extreme limit of range of motion, ideal for enhancing peak performance in athletes. Unfortunately, the exercises in Dr. Kenny's Natural Flexibility program are actually rather tedious, as the movements are overly repetitive in nature and do not necessarily feel pleasant to perform. I was most interested in was Section III, Assessing and Alleviating Pain, but again, this proved to be a disappointment as well. Dr. Kenny provides guidelines for self-diagnosing your pain, but both the movements themselves and the signs that you are looking for are so subtle that this process is not at all as simple as he makes it sound. Furthermore, the final chapter, "Your Chiropractor in Your Pocket," was also fairly disappointing: it was no more than a repetition of some of the exercises contained earlier in the book as well as some run-of-the mill, common-knowledge

back care advice (e.g., sleep with a pillow between your knees, don't twist your back when you bend down, etc.). My own stretching routines often include an isometric element like Dr. Kenny recommends. Therefore, I was completely open to Dr. Kenny's method at the start; I only became more skeptical as it became more clear that Dr.

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