

Due to repetitive stretching, both deliberate and from repetitive movements, your muscles and ligaments can become too long and weak. This creates joint instability as joints can now move beyond normal ranges of motion. This can be advantageous for certain sports like gymnastics and dance as well as recreational activities like yoga. The postural control problem with this is when excessive flexibility is not accompanied by strength causing repetitive insult to the structures and compensatory muscle recruitment trying to provide stability.

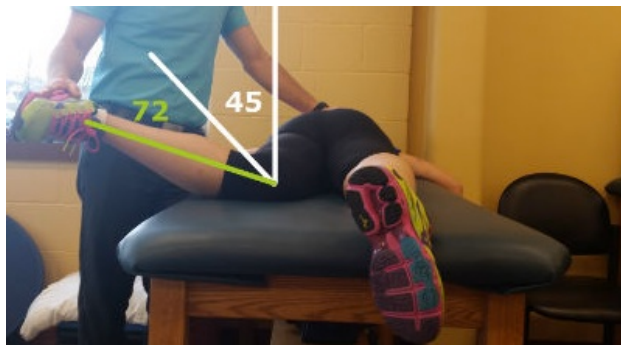
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Signs of instability:

Increased back arch:



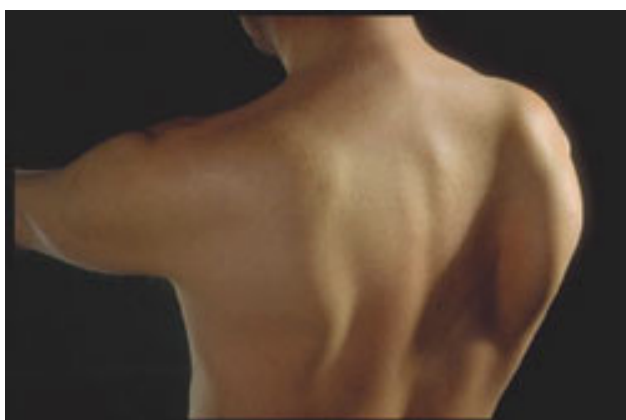
Increased hip flexibility:



Increased knee extension:



Shoulder blade winging:



Having your knee and foot face in two different directions:



Lateral strength deficits:



Spinal curvature:

