

## F.I.T.T.-P Principle for Flexibility Program Design

<b>F</b> requency	Frequency can range from 2 to 7 days per week. Time and desire are common factors that determine frequency of stretching. Restricted (tighter) areas may require higher frequency to create greater weekly stretching volume. Volume can also be increased via additional sets.
<b>I</b> ntensity	The intensity of a stretch may vary based on an individual's tolerance of discomfort. The general recommendation is to stretch to the point of mild or moderate discomfort, equivalent to ~4 to 6 on a 1 to 10 discomfort scale.
<b>T</b> ime (Duration)	The time, or duration of a stretch can range from 20 seconds to greater than a minute and depends on the goal (i.e., maintain or improve joint range of motion) or type of stretch. See below for more information.
<b>T</b> ype	Common types of stretching include passive, active, proprioceptive neuromuscular facilitation (PNF), and dynamic. While all types of stretching improve joint range of motion when performed properly, PNF stretching has been shown to be the most effective primarily because progression is built into this type of stretch.
<b>P</b> rogression	Progression is only indicated at areas where movement restriction exists.

### Additional Information:

- The intent of the prescription is to create flexibility-balance around each major joint.
- ***Normalcy, restrictions, and hypermobility are optimally determined via an assessment at each major joint. (see: [www.researchgate.net/publication/338018598](http://www.researchgate.net/publication/338018598))***
- Areas which are normal need only maintain normalcy rather than progression in range of motion.
- Increasing range of motion in hypermobile areas is contraindicated due to the possibility of increasing risk of instability and/or injury.
- The purpose of progression in restricted areas is to increase joint range of motion toward the normal range. This requires the individual to initially stretch to the first end range, hold that stretch for 10 to 30 seconds while relaxing into the stretch, and then stretch further into a new end range, holding for an additional 10 to 30 seconds.
- Progression occurs with adequate frequency, volume, intensity, and duration, combined with finding a new end range, all of which create a stimulus whereby joint range of motion is increased.