RAPID SPORT FITNESS APRIL 2025

RAPID CHRONICLE

This month, we celebrate 8 years of RSF with new pilot programs, spotlight powerful client stories, and explore hyperflexibility in sport—plus insights on recovery, rehab, and performance from the RSF team.

WELCOME TO OUR

Monthly Newsletter

RAPID CHRONICLE

APRIL 2025

Founder's Note

Hello All,

As we come to the end of the first quarter of 2025—ssssshh, I know, three months have gone by so quickly—but no pressure, when we're doing what we love at RSF, and that is serving you to the best of our abilities.

We are now working on some exciting projects in the coming weeks.

To celebrate our 8 years at RSF, we will be hosting an "RSF Week," during which we will offer two new services entirely free of cost to our clients' parents and young children:

Geriatric Population for our Senior Stars: Ages 55+ to ensure they stay active with safety protocols in place and guided fitness routines at our centers.
Little Champs: For the children of our clients, ages 2-6 years, to come have fun, enjoy movement, and learn sports skills. We all know the impact sports can have on a child's life and what it brings.
These will also serve as pilot programs to assess the possibility of adding them as full-time offerings, so we look forward to your feedback as well. Additionally, we will have a meet and greet with sports and fun at our Jayamahal facility planned really soon, and an invite will be sent across to all of you as we wish to engage, play, and have some serious fun together.

Looking forward to this and more...

Cheers,
Chelston

ATHLETE SPOTLIGHT

SIDDHARTH SIKCHI

> In 10 years of trying different fitness routines in BLR, RSF is the first fitness centre I've regularly attended. In the last 18 months, I've felt fitter, stronger, and enjoyed learning about how different exercises impact my body as the team takes the effort to educate you about everything. Sessions are never boring and the small-group training approach ensures that you meet like-minded folks too. 10/10 would blindly recommend RSF to anyone!

ATHLETE SPOTLIGHT

apoorv.dave13

When I first walked into RSF @rapidsportfitness , I was in pain (my right hip)—pain I didn't even realize was chronic. I didn't know what chronic pain was or how to manage it. But Naveen took the time to explain it to me and, more importantly, reassured me that it's okay to live with it.

He is super passionate about what he does and that is what makes him, him. His approach is too classic and full of empathy but at the same time he is brutally honest.

With his guidance, patience, and (seriously effective) needling skills, I've gotten stronger and feel more in control of my body. i couldn't have done it without his professional help! Forever grateful. 🙌💙

So if you are in Bangalore and you are in pain, go see this human at @rapidsportfitness He has helped people come out of their pain after 20 years.
No joke.

Hyperflexibility in Sport

HYPERFLEXIBILITY: UNDERSTANDING, ASSESSING, AND MANAGING JOINT HYPERMOBILITY

Hyperflexibility, also known as joint hypermobility, refers to an increased range of motion in the joints beyond normal limits. Some people are naturally more flexible due to genetic factors, while others develop it through activities like dance, gymnastics, or yoga. While flexibility can be beneficial in certain sports, excessive joint movement can lead to instability and injuries.

Come with us as we explore hyper flexibility, its risks, how it affects movement, how to measure it using the
Beighton Score, and ways to manage and strengthen hypermobile joints.

The Relationship Between Hyperflexibility and Injuries

Advantages of Hyperflexibility

Increased Range of Motion: Beneficial for activities like gymnastics, dance, and martial arts.
Better Agility and Movement Efficiency: In some sports, hyperflexibility can allow for greater adaptability in movements.

Disadvantages of Hyperflexibility

Joint Instability: Hypermobility often comes with weaker connective tissues, making the joints more susceptible to dislocations, sprains, and subluxations (partial dislocations).
Altered Movement Mechanics: Overly flexible joints may lead to improper alignment and abnormal movement
patterns, increasing strain on muscles and ligaments.

I**ncreased Injury Risk:** Studies show that individuals with hypermobility are at a higher risk for ACL tears, shoulder dislocations, and chronic pain syndromes like hypermobility spectrum disorder (HSD)
Early-Onset Osteoarthritis: Increased movement in joints without adequate muscle control can lead to joint wear and tear over time, increasing the risk of arthritis.

How to Assess Hyperflexibility: The Beighton Score

The Beighton Score is a simple test used to assess joint hypermobility. It consists of five tests, scoring up to 9 points:

- **Little Finger Hyperextension:** Can your pinky bend backward beyond 90 degrees? (1 point per hand)
- **Thumb to Forearm:** Can you touch your thumb to your forearm? (1 point per hand)
- **Elbow Hyperextension:** Does your elbow bend backward beyond 10 degrees? (1 point per elbow)
- **Knee Hyperextension:** Does your knee bend backward beyond 10 degrees? (1 point per knee)
- **Forward Bend:** Can you place your palms flat on the floor without bending your knees? (1 point)

If an individual scores high and experiences frequent joint pain, fatigue, or instability, they may need further evaluation for Hypermobility Spectrum Disorder (HSD).

Managing and Strengthening Hypermobile Joints

People with hyperflexibility must focus on joint stability, muscle strength, and proper movement control to prevent injuries.

Strength Training for Stability
Focus on isometric exercises (e.g., planks, wall sits) to strengthen muscles without excessive joint movement. Target deep stabilizing muscles around the shoulders, knees, and core.
Examples: Squats, deadlifts, resistance band exercises.

Proprioceptive and Balance Training
Proprioception is the body's ability to sense joint position. Balance and coordination exercises help improve joint control.
Examples: Single-leg balance, Bosu ball exercises, and controlled movement drills.

Controlled Stretching
Avoid overstretching hypermobile joints as it can lead to instability. Prioritize dynamic stretching over static stretching.
Examples: Controlled leg swings, mobility drills, and yoga with a focus on stability.

Bracing and Taping
In some cases, kinesiology taping or braces can provide external support to unstable joints. Commonly used for knees, ankles, and shoulders to prevent excessive movement.

Lifestyle Modifications and Recovery
Adequate rest and recovery are crucial for preventing joint overuse injuries. Maintain a healthy diet rich in collagen, vitamin C, and omega-3 fatty acids to support connective tissue health. Hydration and anti-inflammatory foods help reduce joint pain.

Conclusion

While hyperflexibility can be advantageous in certain sports, excessive joint movement without proper control can
increase injury risk. By assessing hypermobility using the Beighton Score and incorporating strength training,
proprioceptive exercises, and controlled stretching, individuals can improve joint stability and prevent injuries.
If you experience joint pain or instability, consult a healthcare professional for a proper assessment and
personalized rehabilitation plan.

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RAPID SPORT FITNESS

SERVICES

ATHLETE PERFORMANCE

YOUTH ATHLETE PERFORMANCE

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PHYSIOTHERAPY

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