Why Muscles Get Tight?
Most Cases You can not Stretch it Away.

Know Your Joints
Muscle and Joint Care Suggestions

Overuse: Overuse typically occurs with faulty movement patterns.

Static Postures: If you stay in one position for a long time, your body might start to feel tight or trigger a need to stretch or move around.

Compression: Compression of a muscle can cause muscle tightness or a need to stretch as well. This is often the case with the hamstrings. We sit on them for long periods of time, and then they start to feel tight as there is perhaps slightly occluded blood flow or altered neural inputs around the muscles.

Injury: Muscles tighten protectively when they feel that something in the body is at danger of being injured. This is where satic stretching come into play.

Stress: Much of the time, the stress can be felt in a particular area of the body, depending on the individual. When stressed muscle are not turned off.

Sleep: Your brain is always sending signals to your muscles and if you lack getting the proper amount of sleep it can disrupt these signals. Not getting enough signals or even too many signals can cause muscle tightness.

Nutrition: Good nutrition impacts overall muscular function.

Dehydration: Leads to the muscles feeling overworked because they need to do the same job on less fuel.

If you find yourself stretching or massaging into an uncomfortable area all the time, then there's probably something else going on.