

Proper Stretching Protocol

Most health professionals, coaches and athletic trainers agree that flexibility is an integral component to conditioning and injury prevention program. The question is what is the best type of stretching and when is the best time to do them?

There are 2 main types of stretching. Static and Dynamic.

STATIC STRETCHING

- Elongating a muscle to tolerance and sustaining the position for a length of 30 seconds
- This form of stretching does improve flexibility the fastest, but will decrease muscle activation and should not be performed before a game or key practice
- This is the best form of stretching for a child or adult to increase flexibility of tight muscles and is done on a regular basis and away from the practice field

DYNAMIC STRETCHING

- Allows the muscle being stretched to elongate while moving the joint through its normal range of motion
- Will increase the temperature of the muscle which will increase the oxygen transported to the muscle
- Allows for faster nerve impulse and stronger muscle contraction
- Prepares muscles, ligaments and joints for the upcoming event or task to be performed
- Should be part of the warm up prior to game or practice
- Examples include arm swings, leg circles, flex bands, high knee marching, skips

Research suggest dynamic stretching as a pre-practice or pre-game warm up and static stretching post game, post workout or off days. Lou Rossi, DC and Matt Trnka, PT are both certified by the National Strength and Condition Association. They are sports rehab specialists with goals of helping injured athletes regain functional strength, power and speed. Parents and Coaches can call for free injury prevention and sports performance enhancement clinic for your team.

Call Centerpointe Chiropractic and Physical Therapy at 330-723-2225.