Static vs. Dynamic Stretching

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What does it mean to stretch?

• Performing a therapeutic maneuver that increases mobility of soft tissues

• Improves ROM by elongating specific muscle structures
Frequency?

- Cause of immobility
- Severity of the contracture
- Patients age
- Patients health status
- Medications
Types of stretching

STATIC

Vs.

DYNAMIC
Static

- Performed manually or actively
- Move the involved body segment slightly beyond available ROM and hold.
- Focuses more on one specific muscle (muscle group)
Static (cont)

- Early stages
- Done while body at rest
- Proper techniques?
- One might feel?
- Having doubts?
Examples
Static (cont)

Devices
- Straps
- Therabands
- Belts
- Prostretch
- Mechanical
Dynamic

- Performed actively and independently
- Is a forceful, rapid, intermittent stretch
- Normally hits a variety of muscles
Dynamic (cont)

- Usually recommended for young individuals or athletes
- Increases ROM, blood flow, and oxygen
- Improves performance
- Reduces risk of injury
- Last phases of rehab
Dynamic (cont)

- Proper technique?
- Are they able?
- PNF, Ballistic
- Factors?
Examples
Case Study

- The effects of warm up stretch protocols
- 97 players assigned to 4 groups
- Active static group decreased 5%
- Active dynamic improved 8%
- Other two groups minimum change
- My input?
Case Study 2

- Dynamic vs. Static Stretching warm-up: the effect of power and agility on performance
- 30 cadets assigned to 3 groups
- Dynamic warm-up increased in all 3 tests
- Static and no warm-up group showed no improvement except sw in 5 step jump
Assesments