



active life
physiotherapy

The truth about stretching...

SUMMARY:

1. Static stretching pre-workout does not appear to reduce injuries and appears to decrease strength and power.
2. A dynamic warm up is important for injury prevention, and dynamic stretches may improve running speed and economy.
3. Regular stretching does improve strength, power and speed and reduces incidence of injuries – specifically muscle-tendon injuries which are the most common type in runners.
4. Stretching does not reduce any delayed onset muscle soreness (DOMS)
5. Pre-workout stretching should be dynamic, post workout static (30 sec or longer) or PNF-type.
6. You should be doing an individualized stretching routine specific to your body type.

<http://www.activelifephysio.ca/media/file/341034/Runners%20stretches.PDF>