

HOW HOOS SHOULD BE STRETCHING



EXPLOSIVE EXERCISE

- About to sprint, jump, or cut? For best results, you need a compliant muscle tendon unit, which means you need to WARM UP!
- More compliant muscle tendon unit = more energy released and absorbed = increased performance ¹
- Static stretching is NOT recommended - it can actually hurt performance in a phenomenon known as “stretch-induced strength loss” ²
- DYNAMIC STRETCHING is recommended for you to perform your best ¹

LIGHT OR LONG DISTANCE EXERCISE

- About to go for a jog? A bike ride? Then you DON'T really need to warm up
- Passive exercise doesn't require the same muscle tendon compliancy
- While you can jump right into your workout, it often just feels good to loosen up with a little stretching ¹
- Static & Dynamic can get your joints moving and wake up those muscles - the choice is yours! ²



GENERAL FLEXIBILITY

- Want to finally touch your toes? Then get stretching everyday, consistency is key!
- Once a day + everyday = increase muscle extensibility and range of motion
- STATIC stretching is the way to go - hold for 15 - 30 seconds, repeat 2 - 4 times ²



DID YOU KNOW?

Muscle “tightness” is actually a temporary phenomenon known as “creep.” After that long car ride your leg muscles are going to feel kind of tight and that's because that long period of sitting actually temporarily shortened those muscles! After a little light stretching they'll return to normal ³



INJURY PREVENTION

Stretching = decrease tendon stiffness = less load across muscle tendon-unit = decrease likelihood of getting injured during explosive exercise ¹



KEEP IN MIND...

Stretching and results are also based on the individual so while these are the best guidelines, it will still vary person to person and you have to find what works for you!



LEARN MORE

HSS - Hospital for Special Surgery Website
Stretching Tips for Athletes
https://www.hss.edu/conditions_stretching-tips-athletes-dynamic-static.asp

VeryWellFit
Stretching and Flexibility Exercises for Athletes
<https://www.verywellfit.com/stretching-and-flexibility-exercises-for-athletes-3120286>

12MinuteAthlete
10 Essential Stretches for Athletes
<https://www.12minuteathlete.com/stretching-for-athletes/>



QUESTIONS?

See your sport athletic trainer or reach out to professionals in the Kinesiology Department

Need help getting started on your own? Try downloading the “Performance Stretching” app



1. Witvrouw, E., Mahieu, N., Danneels, L., & Mcnair, P. (2004). Stretching and Injury Prevention. Sports Medicine, 34(7), 443-449. doi:10.2165/00007256-200434070-00003

2. Page, P., PT, PhD, ATC, CSCS, FACSM. (2012). Current Concepts In Muscle Stretching For Exercise And Rehabilitation. International Journal of Sports Physical Therapy, 1-23. Retrieved April 15, 2018, from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3273886/#_ffn_secititle.

3. Hart, J. PhD (2018, March 30). Personal Interview.



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