

Stretching 101

Presented by **Agility Physical Therapy & Sports Performance**



There are three basic methods of properly stretching soft tissue to improve mobility (range of motion) with the ultimate goal of preventing injuries. The consensus in the literature is that there is NO CONSENSUS as to which is THE BEST way to stretch. Ultimately, it comes down to what works for each individual. With that said, here are recommendations based on clinical experience:

#1 Pre-Running: Active Dynamic Stretches

Moving your muscles through full, exaggerated ranges that mimic running motions.

Example: Leg swings; Walking lunge – tripod; Heel – butt kicks

Recommendations: As many as it takes to “feel loose”

#2 Immediate Post-Running: Static Dynamic Stretches

A static or stationary stretch position is held using the force of an opposing muscle group while taking the muscle through the entire range of motion.

Example: Calf raises – Heel drops; Active hamstring stretch.

Recommendations:

- Hold for 1-2 seconds
- Repeat 20-30 times
- Never stretch into a painful range

#3 Post-Exercise: Static Passive Stretches

While in a relaxed position, using your own body weight to hold the stretch at end range for a period of time.

Example:

Heel cords (Knee straight and bent)

Hamstrings

Hip flexors

IT Band

Quadriceps

Hip lateral rotators (piriformis)

Recommendations:

- Low load and prolonged
- Warm-up first
- Hold 30 sec.
- Repeat 3 times
- Pain-free stretch

Active Dynamic Stretches

Leg Swings (Front—Back)



Leg Swings (Side—Side)



Walking Lunges w/ Tripod



Position #1



Position #2



Position #3

Heel—Butt Kicks in Tripod



Static Dynamic Stretches

Calf Raises—Heel Drops



Finish



Position #1

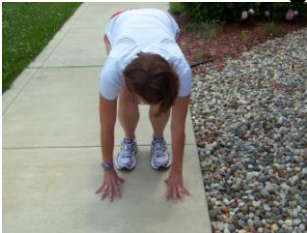


Position #2

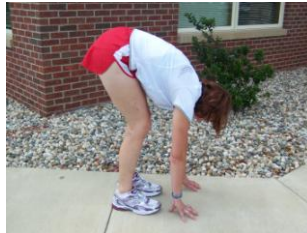


Position #3

Active Hamstring Stretch



Start: Squat Position



Finish: Extend Knees

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