

Static Stretching vs. Dynamic Stretching

Experts agree a warm-up should heat and loosen the body and prepare the mind for action.

Dynamic Stretching: A process for warming up where you are moving and stretching at the same time. Examples include walking lunges, high knees, butt kicks and carioca movements.

Static Stretching: Usually involves moving a limb to the end of its Range of Motion (ROM) and holding the stretched position for 15-60 seconds. Examples include the runners stretch, toe touches, and straddle stretching. This is an effective means to increase ROM (Behm and Chaouachi, 2011).

Dynamic stretching activates, or “turns muscles on,” while static stretching inhibits, or “turns off” muscles.

Static and dynamic stretching are both important and useful exercises, **but should be used based on the outcome desired.**

To increase force and power, **dynamic stretching is recommended before a workout.**

To increase range of motion and minimally reduce muscle soreness, **static stretching is recommended after a workout.** Static stretching helps induce muscle building potential. (Recent research shows that stretching increases the muscle building process your body goes through.) Static stretching improves circulation/blood flow to muscles.

For additional information:

Behm, GD; Chaouachi, A. “A review of the acute effects of static and dynamic stretching on performance”. *Eur J Appl Physiol*. 2011, Vol. 111, p 2633-2651. Retrieved on 1/13/15 from <http://link.springer.com/article/10.1007/s00421-011-1879-2#page-1>

O’Sullivan, K; Murray, E; Sainsbury, D. “The effect of warm-up, static stretching and dynamic stretching on hamstring flexibility in previously injured subjects”. *BMC Musculoskeletal Disorders*. 2009, Vol. 10, p 37. Retrieved on 1/13/15 from <http://www.biomedcentral.com/1471-2474/10/37>

Comana, F. “Debunking Fitness Myths: Stretching”. Retrieved on 1/13/15 from <https://www.acefitness.org/blog/1575/debunking-fitness-myths-stretching>

Check for Understanding

- What is the difference between static and dynamic stretching?
- Why should you do dynamic stretching before a workout and static stretching after a workout?
- List 5 dynamic stretches that you could do before working out.
- List 5 static stretches that you could do after working out.

Coach's Reflection: