

Stretching Pros and Cons

Picture This

ACUTE EFFECTS OF STATIC STRETCHING ON MUSCLE STRENGTH & POWER

An attempt to clarify previous caveats

Over the last two decades, static-stretching has been considered harmful to subsequent strength & power performances. But recent evidence suggests that:

SHORT-DURATION STATIC-STRETCHING

(≤ 60 s per-muscle group)



1 Trivially impairs strength & power activities ($\Delta 1-2\%$) when performed alone or within a full warm-up routine

2 May even reduce the injury risk during high-intensity activities (e.g., sprinting & change of direction) when included in a full warm-up routine

3 Doesn't affect neuromuscular activation & musculotendinous stiffness



VS

LONGER-DURATIONS STATIC-STRETCHING

(>60s per-muscle group)

1 Appear to induce substantial declines in strength & power performances ($\Delta 4.0-7.5\%$)

2 May impair neuromuscular activation & musculotendinous stiffness



CONCLUSIONS

1 Short-duration static-stretching should be included during warm-up before recreational sports activities

2 However, it has to be applied with caution in elite athletes, due to its negligible but still prevalent negative effects on subsequent strength & power performances, which could have an impact on performance during competition



Source: <https://ylmsportscience.com>