

Module 2: Physical Training Fitness Principles


Topic 5 Content: Approaches to Stretching

Introduction

Approaches to Stretching

- Dynamic Stretching
- Static Stretching
- PNF Stretching
- Ballistic Stretching

Introduction



There are several different approaches to stretching. Some types of stretching involve no moving and require you to hold the stretch at a comfortable position for a predetermined amount of time. Other stretching takes place while you are moving. A third type of stretching takes place when you force your muscles past their normal range of motion. In this interactivity, click each tab to learn about the various approaches to stretching.

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Dynamic Stretching

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Dynamic Stretching



Dynamic stretching is stretching while moving. You may see many athletes do this type of stretching before and after competition. Many of these stretches look similar to the motions that athletes do during competition. By stretching out your muscles through these similar movements, the body becomes used to the movement and is less likely to sustain injury. Before you begin a workout, try some dynamic stretching.

Dynamic Stretching

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Static Stretching

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Static Stretching



Static stretching is stretching while you are at rest, or not moving. A static stretch involves a slow, gentle stretch of the muscles to the point of resistance and discomfort and is then held in a lengthened position. For the best results, hold the stretch for ten to thirty seconds and repeat about three times. Static stretching is one of the safest approaches to stretching.

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PNF Stretching

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PNF Stretching



Proprioceptive neuromuscular facilitation stretching, or PNF stretching, is most often used in a clinical environment as part of a rehabilitation program. PNF stretching can increase range of motion by incorporating the stretching and contracting of a targeted muscle group. This type of stretching may include static stretches, in which the targeted muscle group is stretched under tension, or passive stretches, in which another individual or a machine assists in stretching the muscle.

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Ballistic Stretching

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Ballistic Stretching



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