Stretching, What’s it All About?

Stretch: “A passive or active extension of a limb or the trunk.”¹

4 different types:

- **Static Stretching:** “Often referred to as a passive or slow type of stretching,”² and involves holding a stretch in a challenging position for 10 to 30 seconds. This is the most common form of stretching.

- **Dynamic Stretching:** Most types of this stretching involve moving through a progressive, continuous movement.³ Dynamic stretching often involves sports-specific movements and is used in sports training.

- **PNF (Proprioceptive Neuromuscular Facilitation):** Often requires an athletic trainer, or someone well educated in this type of stretching. It involves both stretching and contraction of the muscle that is being stretched (can be done actively or passively).⁴

- **Ballistic Stretching:** This type of stretching involves “repetitive bouncing throughout the stretch, using the body’s momentum as a way to force it beyond its normal range of motion.”⁵ This type of stretching is rarely recommended anymore and can cause injury.