

Understanding the Benefits of Dynamic and Static Stretching

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Abstract: *Many people know that exercise is an essential part of healthy living, but do you consider stretching as part of your exercise routine? You may also wonder when you even know that Stretching should be a part of your daily routine, whether you exercise or not. This Informative Article aims to provide a simple guideline to understanding the dynamic and static stretching and the benefits of both of them.*

Keywords: flexibility, injuries, prevent, exercising, movement

1. Introduction

Stretching is a form of exercise in which a specific muscle or tendon is deliberately flexed or stretched in order to improve the muscles felt elasticity and achieve a comfortable muscle tone.

2. Why stretching is important?

Stretching exercises encourage lengthening of the muscles and their associated tendons. They counteract the shortening and tightening of muscles that can occur immediately after vigorous exercise, and as a product of aging and inactivity.

Without Stretching, the muscles shorten and may become tight. Then, when you call on the muscles for activity, they are weak and unable to extend all the way. That puts you at risk for joint problems, and muscle damage.

3. Benefits of stretching

There are many benefits of stretching such as:

- Stretching improves your range of movement (motion).
- Keep your muscles long and lean.
- Increase the blood flow to your muscles.
- Helps to heal and prevent back pain.
- Stretching may keep your muscles healthy and improve your joints stability.
- Stretching allows you to release tension, it is an extremely effective way of stress relief.

4. Do you really need to stretch before and after exercise?

The most asked questions by most physically active people, do we really need to stretch before and after exercise? Which technique of stretching is best to use before and after exercising – static stretching or the dynamic one?

Both of stretching techniques can help you maintain flexibility or prepare your body for vigorous activity and help it recover.

The main differences between the two are in how and when

you perform them.

5. Dynamic stretching

Dynamic stretches are most effective before an activity or exercise, you don't need to hold the stretch for a period of time, and you repeatedly move your joints and muscles through a full range of motion.

It helps to prepare your body for the specific movements, increase body temperature, and allow your muscles to move more efficiently.

6. Static Stretching

A static stretch involves stretching your muscle to a point where you feel slight discomfort, but not to the point where you feel pain. In that case, you need to hold the stretch for 15 to 30 seconds.

It's useful to perform static stretches after an activity when your muscles are still warm. Static stretching helps your muscles to recover after doing physical activity or exercising.

7. What if you are not physically active, do you need to conduct stretching?

In fact, we all need to stretch in order to protect our mobility and independence. The more you stretch the stronger and healthier your muscles become.

Whether physically active or not, everyone can benefit from stretching.

8. Recommendations

- It may be useful to activate your muscles before exercising by conducting the dynamic stretching as part of your regular warm-up.
- Static stretching involves stretching a body part to its farthest position by holding it for 15-30 seconds. It does not involve bouncing or rapid movements, just a mild, painless pulling sensation. The best time to conduct the static stretching is after finishing your activity or exercise

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session.

- If you have a chronic condition or an injury, you may need to adjust your stretching techniques.

9. Conclusions

There are many benefits to stretching regularly is sound important for preventing injuries. It may help to increase your flexibility, reduce stress and body aches, and improve your posture.

Stretching should be a part of your daily routine, whether you exercise or not. You can stretch anytime, anywhere, so go ahead and get stretching. Your body will thank you

10. Disclaimer

This information is not meant to replace the advice of a medical professional and should not be interpreted as a clinical practice guideline.

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Author Profile



Dr. Mohammed Shosha A sports scientist, researcher, and author with many years of experience in the Sports field. He was born in Germany in 1984. He holds a Ph.D. degree in Physical Education in addition to several professional and scientific certificates from Germany, Egypt, United States, Switzerland, Australia, and the United Kingdom. Since 2019 he is a member of the lifelong learning community at Oxford University and member of the American Congress of Rehabilitation Medicine ACRM.