

Proper Stretching

Recommended Pre and Post Sporting Event

- Stretch all major muscle groups.
- Do static and/or dynamic stretching.
- Preferably 5-7 days/week (2-3 days minimum)

Dynamic stretching appears more beneficial before doing strength/power/speed/agility sports.

Static stretching is typically not as helpful for endurance sports.

Better to stretch after muscles have been warmed up (to the point of perspiration) and can best be done during the cool down phase.