



STRETCHING DO'S AND DON'TS

TASK: Teach your element why and when to stretch.

CONDITIONS: Discussion – Question based

STANDARDS: Understand why and when to stretch.



STRETCHING DO'S AND DON'TS

Is stretching good for....

(Ask Soldiers for their perspective and then discuss.)

Injury prevention? NOT REALLY

Stretching BEFORE the muscles are warmed-up can actually increase your risk of injury.

Increasing range of motion? ABSOLUTELY!

There is strong evidence to show that stretching will improve muscle range of motion.



STRETCHING DO'S AND DON'TS

(DISCUSSION) Ask Soldiers if Stretching and Warm-up are the same thing or different.

STRETCHING is *NOT THE SAME* as a WARM-UP

A proper warm-up is a 5-10 minute dynamic activity using large muscle groups to increase blood flow and prepare the body for more intense/specific activities. (high knees, side-straddle hop, skipping, light jog)

Stretching is slow, static “pull” on a muscle or muscle group to effect a change in the muscle length, and is best performed AFTER a completing a warm-up.



STRETCHING DO'S AND DON'TS

HOW and WHEN to Stretch:

1. Stretch every day AFTER a 5-10min warm-up
2. You should feel a slight “pull”, NOT PAIN
3. Do not bounce!
4. Hold for 30 seconds
5. Perform BOTH sides (R and L)
6. Stretch all major muscle groups (at minimum)
7. Customize: if you have an injury, you may have to stretch an area more or less frequently