



Dynamic & Static Stretching

Static and dynamic are two stretching techniques that can help you maintain flexibility or prepare your body for a vigorous activity and help it recover. The main differences between the two are in how and when you perform them.

Dynamic Stretching Explained

Dynamic stretches repeatedly move your joints and muscles through a full range of motion, which helps to improve your range of motion and reduce injury. Movements are controlled and deliberate and are meant to mimic the movements your joints and muscles go through during a specific sport or activity. Dynamic stretches are not held and are typically repeated 10-12 times.

When to use them:

Prior to physical activity (during warm-up)

Static Stretching Explained

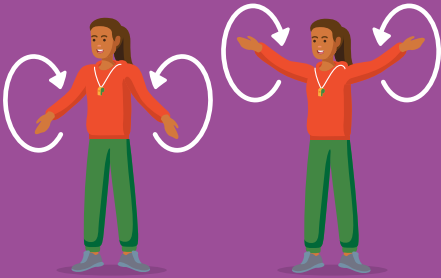
Static stretches involve stretching your muscle to a point where you feel a slight discomfort (but not pain) and then held with no movement for a period of time. Stretches are usually held for 15-60 seconds, and repeated 2-4 times. Static stretches help to increase flexibility and reduce muscle soreness following physical activity.

When to use them:

After physical activity (during cool down)

Dynamic Stretching Examples

Standing Arm Circles



Do several circles to the front and back. Wake up those shoulders and arms.

Walking High Kicks/ Soldier March



Start your kicks low. As you do more you'll be able to kick a little higher.

Butt Kicks



Can be done while jogging or standing still. Kick to the back.

Repeat stretches on each side.

Static Stretching Examples

Piriformis Stretch



Lie on your back and cross one foot over your opposite knee and pull your thigh toward you chest until you feel a stretch in your buttocks.

Cross Body Shoulder Stretch



Standing tall, grab one arm above your elbow with your opposite hand, and pull it across your body toward your chest until you feel a stretch in your shoulder. Make sure to keep your elbow below shoulder height.

Repeat stretches on each side.

Hamstring Stretch



Lie on your back with both legs fully stretched out. Hold the back of your knee with both hands, pull the leg up toward the chest, and slowly straighten the knee until it feels as though it is stretching.

References: Human Kinetics (2018) "Static Stretching vs Dynamic Stretching"