

Active Stretching

What is Active Stretching?

Active stretching uses your own muscles to provide resistance. With an active stretch, you are moving or contracting one muscle to stretch another without using an external force like equipment or other people required. The basis of active stretching is holding each pose for approximately 15 seconds rather than going through a range of motion like shoulder circles, which is considered a dynamic stretch.

Why do Active Stretching?

It has immediate benefits most individuals are looking for when thinking about stretching. Active stretching releases tension improves muscle extensibility and retrains muscles to fully relax. This allows for a better and more effective stretch over time.

Active stretching does not force you further than your muscles can tolerate. Therefore, the likelihood of injury is extremely low.

Also, it is safe to use prior to or during your workout, unlike other stretches, you will not experience a brief drop in muscle strength and power. Including active stretching in your warm-up may improve performance.

Benefits of active stretching

Stretching can be good for a number of reasons. Here are some active stretching benefits:

- Benefits of active stretching.
- Improves flexibility.
- Improves balance.
- Increases blood flow.
- Improves posture.

How to do active stretching

As active stretching does not involve a partner or any equipment and is easy to do. You can do it anytime, anywhere. Here are a few active stretches you can try:

Hamstrings (upper leg muscles)

1. Lie on the floor and raise your left leg up until you can feel a stretch.
2. Contract your quadriceps (thigh muscles) and hold for 10 to 15 seconds.
3. Relax contraction and lower your leg.
4. Repeat with your right leg.





Triceps (back of your upper arm muscles)

1. Raise your left arm above your head. Bend your left arm so it touches the back of your neck.
2. Contract your biceps (upper arm muscles) until you feel a stretch in your triceps and hold for 10 to 15 seconds.
3. Relax contraction and lower your arm.
4. Repeat with your right arm.



Calf (lower leg)

1. While standing, shift your body weight to your left leg.
2. Lift your toes up on your right foot.
3. Contract your right shin (knee) muscle until you feel a stretch in your calf. Hold for 10 to 15 seconds.
4. Relax contraction and lower your toes.
5. Repeat with your left foot.



References:

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