

Passive Stretching

What is Passive Stretching?

Passive stretching uses other forces to stretch your muscles, rather than your own capability. With a passive stretch you stay in one position for a set time and are able to relax your body while a partner, or accessory increases the stretch by putting external pressure on your body. The basis of passive stretching is once you have reached your limit or place of tension, you hold this position for up to 1 minute.

Why do Passive Stretching?

Its benefits extend to individuals who may not be able to stretch on their own. Passive stretching can improve flexibility, range of motion, and mobility. It improves your performance while lowering your risk of injury. Additionally, it can also stimulate muscle growth and prevent muscle weakness.

Benefits of passive stretching

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

- Relieve stress.
- Increase flexibility.
- Overcome mobility limitations.
- Stimulate muscle growth.

How to do passive stretching

Passive stretches can work many different muscles. Here are a few active stretches you can try:

Standing quadriceps stretch

1. Place your left hand against a chair or wall to help with balance.
2. Stand on your left leg.
3. Bend your right knee to bring the heel of your foot toward your buttocks.
4. Reach your right hand, a towel, or a strap around your right ankle.
5. Gently pull your foot toward your body.
6. At the same time, press your foot against the resistance.
7. Hold this position for up to 1 minute, breathing normally.
8. Slowly release the right leg and repeat the steps using the left leg.





Doorway stretch

1. Stand in a doorway.
2. Bend your elbows at a 90-degree angle, with your palms facing forward.
3. Press your palms into the doorframe.
4. Step forward with your left foot as you stretch your shoulders and chest.
5. Hold this position for up to 1 minute.
6. Step back.
7. Repeat with your opposite foot forward.
8. Do this stretch 2 to 3 times on each side.



Neck stretch

1. Bend your head forward and slightly to the right.

2. With your right hand, gently pull your head downward. You'll feel a nice, easy stretch along the back left side of your neck.
3. Hold for about 30 seconds.
4. Repeat on the opposite side.



References:

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