

## **Ballistic Stretching**

### **What is Ballistic Stretching?**

Ballistic Stretching is an intense stretching method that uses bouncing movements to push the body beyond its normal range of motion. With the ballistic method muscles are stretched much farther and faster. Because it requires extra force, muscles and tendons are extended through a larger range of movement. Muscles have inside sensors that can determine how far or hard they are stretching. If a sensor deems too much tension is being applied, it will send a signal for the muscle to pull back to protect the joint from injury. The force of movement during a ballistic stretch bypass these sensors and lets the muscles stretch more than they generally would.

### **Why do Ballistic Stretching?**

The primary purpose of ballistic stretching is to improve flexibility and range of motion. When done correctly, it can also be used as a form of active recovery following strenuous exercise. This form of stretching pushes the muscles to lengthen beyond their usual range of motion, which can increase flexibility.

For athletes such as dancers, football players, martial artists, or basketball players, ballistic stretching can help enhance their range of motion, which may be valuable for their performance. For example, an athlete may use ballistic stretching to jump higher or kick with more force.

### **Benefits of Ballistic Stretching**

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

- Stretching muscle beyond standard stretching techniques
- Improved tendon elasticity
- Less soreness than static stretching
- Increased levels of blood circulation

### **How to do Ballistic Stretching**

Ballistic stretches can work many different muscles. Here are a few ballistic stretches you can try:

#### **Squat Therapy**

1. Stand with your feet shoulder-width apart and your hands behind your head.
2. From here, lower your body into a squatting position.
3. Once you reach the bottom of the squat, explode upward as quickly as possible.
4. When you reach the top of the squat, allow your body to “bounce” into a deeper squatting position.
5. Repeat this movement for 10-20 repetitions.



### Sitting Toe Stretch

1. To do this stretch, sit on the ground with your legs straight out in front of you.
2. Reach forward and grab your toes, then pull your toes toward your body as far as you can.
3. From here, explosively push your body upward, using your toes for leverage.



### Runners Lunge

1. To do this stretch, start in a standing position with your feet together.
2. From here, take a large step forward with one leg and lower your body into a lunge position.
3. When you reach the bottom of the lunge, explosively push your body upward, using your front leg for leverage.
4. When you reach the top of the stretch, allow your body to “bounce” into a deeper lunge position.
5. Repeat this movement for 5-10 repetitions on each leg.



## References:

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