

## The Effects of Stretching on the Risk of Injury

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Stretching is possibly the most frequently recommended routine by sports trainers and sports medicine professionals. According to researchers stretching exercises originate from the thought that stretching could improve performance and help prevent injuries. Despite the frequent application of stretching as a form of injury prevention, the issue whether flexibility itself can reduce injury incidence has received relatively little experimental consideration. In actuality, stretching exercises may at times be the cause of muscular injuries. A prescription of stretching exercises is not based on scientific evidence and no conclusive judgment can be made on the relationship between stretching and injuries. Although many may believe supposedly flexibility and/or joint laxity can reduce injury incidence, many researchers argue it can actually increase the risk of injury. While the application of stretching is widely used, research documenting its possible benefits is limited. The author will present research studies on the effects of stretching and injury and explain the possible physiological reasons as to why stretching may not reduce the risk of injuries. The presenter will be concluding that whether the subjects participate in a stretching program or not does not appear to be associated with the risk of injury. Based on these findings of previous studies, a future well-controlled training study should be conducted to examine the relationship between stretching and injury risk.