

Dynamic versus static stretching in the sports warm-up

Submission date 01/02/2010	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 09/02/2010	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 09/02/2010	Condition category Signs and Symptoms	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Dr Gayle Silveira Rebello

Contact details
Unit 4, 5 Adelaide Terrace
Edwardstown
South Australia
Australia
5039
+61 (0)4 3172 1469
gaylerebello@yahoo.com

Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
N/A

Study information

Scientific Title

Dynamic stretching in the warm-up enhances both static and dynamic hamstring flexibility while static stretching only impacts static flexibility: a randomised controlled trial

Study objectives

1. Static flexibility measurements will not correlate with dynamic hamstring flexibility measures
2. Static stretching exercises will only improve static flexibility and will have no impact on dynamic hamstring flexibility
3. Dynamic stretching exercises will improve dynamic flexibility and will have no impact on static flexibility
4. The intervention treatments will be gender dependent, i.e., females will achieve greater changes in hamstring flexibility following each of the stretching intervention

Ethics approval required

Old ethics approval format

Ethics approval(s)

Committee for Ethics in Human Research approved from 8th December 2004 until 8th December 2006 (ref: CEHR 04-94)

Study design

Randomised cross-over controlled trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Other

Study type(s)

Treatment

Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

Health condition(s) or problem(s) studied

Hamstring flexibility/hip flexion range of motion

Interventions

The final sample consisted of 12 students of which five females and seven males served as participants.

Participants (n = 12) were randomly assigned to three intervention treatments of 225 seconds on separate days in a cross-over study design:

Treatment 1: No stretching
Treatment 2: Static stretching
Treatment 3: Dynamic stretching

Each participant presented for testing for a duration of approximately 15 minutes on a designated day - once every week for three weeks (three sessions in total).

Intervention Type

Other

Phase

Not Applicable

Primary outcome measure

Change in hamstring flexibility (hip ROM in degrees) after each intervention (Treatment 1, 2 , 3) from pre-test to post-test

Secondary outcome measures

No secondary outcome measures

Overall study start date

01/01/2005

Completion date

01/07/2006

Eligibility

Key inclusion criteria

1. Drawn from a variety of sporting backgrounds which predominantly involved the lower body
2. Trained lightly for a minimum of three times a week
3. Did not use any routine muscle flexibility training in their regular training program of their specific sport
4. Free of any bony or soft tissue injury to the spine and lower limbs, and no history of the same in the past one year
5. Adults (aged 18 years and over), either sex

Participant type(s)

Patient

Age group

Adult

Lower age limit

18 Years

Sex

Both

Target number of participants

Key exclusion criteria

1. Those who had an designated period of stretching in daily warm-up routine
2. History of lower limb/lumbosacral spine injury in the last year
3. Inability to be present for testing sessions every week

Date of first enrolment

01/01/2005

Date of final enrolment

01/07/2006

Locations**Countries of recruitment**

Australia

Study participating centre

Unit 4, 5 Adelaide Terrace

South Australia

Australia

5039

Sponsor information**Organisation**

Individual Sponsor (Australia)

Sponsor details

c/o Gayle Silveira Rebello

Unit 4, 5 Adelaide Terrace

Edwardstown

South Australia

Australia

5039

+61 (0)4 3172 1469

gaylerebello@yahoo.com

Sponsor type

Other

Funder(s)

Funder type

Other

Funder Name

Investigator initiated and funded (Australia)

Results and Publications

Publication and dissemination plan

Not provided at time of registration

Intention to publish date**Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration