Research Outline

Introduction

1. Stretching has been a typical part of warm-up routines for years.
2. Studies have occurred to test whether static stretching is beneficial.
3. Results are showing that you should not static stretch but there are other alternatives.
4. THESIS: Static stretching should not occur before a runner works out because it does not decrease the chance for injury, has negative effects upon running economy, and decreases muscle power.
5. Concession Paragraph – Runners should static stretch.
6. Runners that have used static stretching as part of their warm-up routine should continue to use it.
7. “A sudden change in warm-up routine can lead to significant injury”(Carrand, Gallagher, and Vardiman).
8. Runners who lack flexibility can become injured.
9. “Limited flexibility has been show to decrease functional ability and predispose a person to injuries”(Carrand, Gallagher, and Vardiman).
10. Stretching has a positive psychological effect – runners feel better.
11. “People would do stretches thinking that if they had good range of motion they would feel good and not get injured” while running (“Should you stretch”).
12. Stretching does not decrease chance for injury.
13. Running injuries occur at the same rate in runners who do static stretch as well as runners who do not.
14. A study was done with two groups – one who stretched and one that did not – they followed a running regimen for a 3 month period – 16% of runners in both groups sustained injuries.
15. “Static stretching had proved to be a wash in terms of protecting against injury; it neither prevented nor induced injury when compared to not stretching before running”(Reynolds).
16. Many runners remain firmly attached to static stretching because they have been doing it for so long.
    1. It took researchers more than two years to coax enough runners to join and complete the study(Reynolds).
17. You should not abruptly change your warm-up routine, but should gradually change to a more dynamic warm-up if you use static stretching.
18. Most elite athletes are using dynamic stretching (exercises that increase the joints range of motion via constant movement) after an easy warm-up jog and some increased intensity accelerations.
19. Even though the data shows that injuries occur at the same rate for static and dynamic stretching, dynamic stretching offers other benefits and static stretching does not.
    1. When you stretch through movement, you involve the brain much more, teaching proprioception and control, as well as improving flexibility (Reynolds).
20. Static Stretching has negative effects on running economy.