

Exercise Therapy

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Stretching Technique

Definition of Stretching

According to Kisner, Colby, and Borstad (2018), A sustained or intermittent external, end-range stretch force, applied with overpressure and by manual contact or a mechanical device, elongates a shortened muscle tendon unit and periarticular connective tissues by moving a restricted joint just past the available ROM. If the patient is as relaxed as possible, it is called passive stretching. If the patient assists in moving the joint through a greater range, it is called assisted stretching.

According to Lederman (2014), stretching is the behaviour adopted by an individual to recover, increase, or maintain range of movement. It may be performed actively, passively, independently, or with the assistance of another person.

According to Warneke et al. (2025), stretching involves techniques that elongate soft tissues to improve range of motion. Static stretching involves maintaining a position in which stretch sensation or passive resistance is experienced, whereas dynamic stretching involves repeated movements that elongate soft tissues without a static holding phase.

References

1. Kisner C, Colby LA, Borstad J. Therapeutic Exercise: Foundations and Techniques. 7th ed. Philadelphia: F.A. Davis; 2018. Chapter 4: Stretching for Improved Mobility.
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