

Acute Effects Of Static Stretching, Proprioceptive Neuromuscular Facilitation Stretching, And Maximum Voluntary Contractions On Explosive Force ... Research Quarterly For Exercise And Sport [HTML] [Di By Warren Young;Simon Elliott

By Warren Young;Simon Elliott

The Acute Effects of Static Stretching on Speed and Agility Performance Depend on Stretch Duration and Conditioning Level. Avloniti, Alexandra; Chatzinikolaou

http://journals.lww.com/nsca-jscr/Fulltext/publishahead/The_Acute_Effects_of_Static_Stretching_on_Speed.97315.aspx

DISCUSSION : The study has been conducted to reveal the acute effects of static stretching, dynamic WU exercises and high volume upper extremity plyometric

<http://www.jssm.org/vol11/n4/4/v11n4-4text.php>

Static stretching involves slowly Effects of acute exercise on mood and Kellis E. Effects of two 4-week proprioceptive neuromuscular facilitation

http://journals.lww.com/acsm-msse/Fulltext/2011/07000/Quantity_and_Quality_of_Exercise_for_Developing.26.aspx

Abstract. Recent studies have questioned the benefits of static stretching in the sports warm-up. The purpose of our research was to examine the acute effect of

<http://thesportjournal.org/article/effect-of-dynamic-versus-static-stretching-in-the-warm-up-on-hamstring-flexibility/>

The negative effects of SS are attributed to Coburn J., Beck T. (2005) The acute effects of static stretching on peak torque, mean power output

<http://www.jssm.org/research.php?id=jssm-13-403.xml>

Abstract. Objective: To examine the acute effects of static stretching and its duration on maximal muscular performance. Data Sources: PRISMA guidelines for reviews

<http://www.medscape.com/viewarticle/777155>

The purpose of this study was to examine the acute effects of static stretching on peak torque (PT), the joint angle at PT, mean power output (MP), electromyographic

<http://link.springer.com/article/10.1007%2Fs00421-004-1199-x>

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Research Quarterly for Exercise and Sport Acute Effects of Static Stretching, and Maximum Voluntary Contractions on Explosive Force Production and

<http://www.tandfonline.com/toc/urqe20/72/3>

Acute Effects of Static Stretching, Proprioceptive Neuromuscular Facilitation Stretching, and Maximum Voluntary Contractions on Explosive Force Research Quarterly

<http://www.amazon.com/Stretching-Proprioceptive-Neuromuscular-Facilitation-Contractions/dp/B0009FGMEY>

1. J Strength Cond Res. 2013 Apr;27(4):973-7. doi: 10.1519/JSC.0b013e318260b7ce. Acute effect of passive static stretching on lower-body strength in moderately
<http://www.ncbi.nlm.nih.gov/pubmed/22692125>

Abstract. Background and Purpose: Balance is an important part of everyday life for all individuals with many body systems interacting to achieve optimal balance.
<http://digitalscholarship.unlv.edu/thesesdissertations/1306/>

The aim of the present study was to examine whether the duration of acute static stretching is responsible for losses Acute effects of static stretching on peak
<http://www.sciencedirect.com/science/article/pii/S1360859205000495>

Static stretching is a type of stretch whereby a person stretches the multiple stretching exercises should be used to gain the full effects of stretching.
<http://en.wikipedia.org/wiki/Stretching>

N.A., & Yusof, A. (2011). Acute Effect of Static and Dynamic Stretching on Hip Dynamic Range of Motion During Instep Kicking in Professional Soccer Players.

<http://www.therapeuticassociates.com/events/dynamic-flexibility-versus-static-stretching-for-warm-up/>

Abstract: Abstract This work discusses the design and control approach of a 3 DOF waist joint for the " iCub" humanoid robot." iCub" is a child like crawling robot

http://www.academia.edu/2733108/Performance_Assessment_of_a_3_DOF_Differential_Based_Waist_joint_for_the

Abstract Background. Static stretching (SS) with hip flexion and knee extension is often used to stretch the hamstrings. However, it is unclear whether there are the

<http://www.sciencedirect.com/science/article/pii/S1356689X15000247>

Warren Young, Simon Elliott, Acute Maximum Voluntary Contractions on Explosive Force Production and Jumping Performance, Research Quarterly for Exercise and Sport

<http://onlinelibrary.wiley.com/doi/10.1111/j.1600-0838.1998.tb00171.x/citedby>

Title: Acute Effects of Upper Extremity Static Stretching and Dynamic Warm-up Protocols on Range of Motion, Strength, and Power Output: Status: Unpublished

<http://d-scholarship.pitt.edu/8331/>

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<https://www.scribd.com/doc/157923364/Spine-in-Sports>

Sports Injuries - Mechanisms, Prevention and Proprioceptive Neuromuscular Facilitation may lessen the effects of acute pain during exercise

<https://www.scribd.com/doc/36005808/Sports-Injuries-Mechanisms-Prevention-and-Treatment-2nd-Ed-F-Fu-D-Stone-Lippincott-1994-WW>

Acute Effects of Dynamic Stretching, Static Stretching, and Light Aerobic Activity on Muscular Performance in Women. Curry, Brad S; Chengkalath, Devendra; Crouch

http://journals.lww.com/nsca-jscr/Abstract/2009/09000/Acute_Effects_of_Dynamic_Stretching_Static.26.aspx

Computerised Dynography in Hemiparesis: Case study. Uploaded by Deepak Anap. gait line, histogram, force gait line, force graphic, Research Interests:

http://www.academia.edu/8168716/Computerised_Dynography_in_Hemiparesis_Case_study

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