

# 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

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Extremity Static Stretching and Dynamic Warm-up Protocols on Range of Motion, Strength, and Power Output: Status: Unpublished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

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>

Ronica Martinez 7 Does stretching help prevent injuries? 97 to the quality of sport and exercise medicine research exercise (static

<http://www.doc4net.com/doc/1177327408177>

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

<http://www.tandfonline.com/doi/abs/10.1080/02701367.2001.10608960>

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>

Acute effects of static stretching on muscle strength. Study aim: To assess the effects of static passive maximal stretching on muscle performance in order to clarify

<http://www.degruyter.com/view/j/bhk.2009.1.issue--1/v10101-009-0013-y/v10101-009-0013-y.xml>

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>

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/>

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>

Title A review of the acute effects of static and dynamic stretching on performance Journal European Journal of Applied Physiology Volume 111, Issue 11 , pp 2633-2651

<http://link.springer.com/article/10.1007/s00421-011-1879-2>

Recommended Citation. Fairall, Ryan R., "Acute effects of self-myofascial release and static stretching on shoulder range of motion and performance in overhead  
<http://scholarship.shu.edu/dissertations/2023/>

acute effects of self-myofascial release and static stretching on shoulder range of motion and performance in overhead athletes with glenohumeral internal rotation  
<http://scholarship.shu.edu/cgi/viewcontent.cgi?article=3048&context=dissertations>

This study examined the short-term effects of warm-up, static stretching and dynamic stretching on hamstring Stout JR: Acute effects of static versus dynamic  
<http://www.biomedcentral.com/1471-2474/10/37>

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>

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>

### 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 Acute Effect of Static Stretching of Quadriceps, Hamstrings and Gastrocnemius Muscles on Knee Joint Position Sense in Football Players  
[http://www.academia.edu/11408071/The\\_Acute\\_Effect\\_of\\_Static\\_Stretching\\_of\\_Quadriceps\\_Hamstrings\\_and\\_Gastrocnemius\\_Muscles\\_on\\_Knee\\_Joint\\_Position\\_Sense\\_in\\_Football\\_Players](http://www.academia.edu/11408071/The_Acute_Effect_of_Static_Stretching_of_Quadriceps_Hamstrings_and_Gastrocnemius_Muscles_on_Knee_Joint_Position_Sense_in_Football_Players)

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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](http://www.academia.edu/8168716/Computerised_Dynography_in_Hemiparesis_Case_study)  
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<http://www.amazon.com/Stretching-Proprioceptive-Neuromuscular-Facilitation-Contractions/dp/B0009FGMEY>  
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](http://journals.lww.com/nsca-jscr/Abstract/2009/09000/Acute_Effects_of_Dynamic_Stretching_Static.26.aspx)  
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<http://www.amazon.com/Stretching-Proprioceptive-Neuromuscular-Facilitation-Contractions/dp/B0009FGMEY>

Acute effects of static stretching on peak torque and mean power output in National Collegiate Athletic Association Division I women s basketball players.  
<http://issuu.com/mlbpitching/docs/effects-of-acute-static-stretching-of-the-throwing>

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