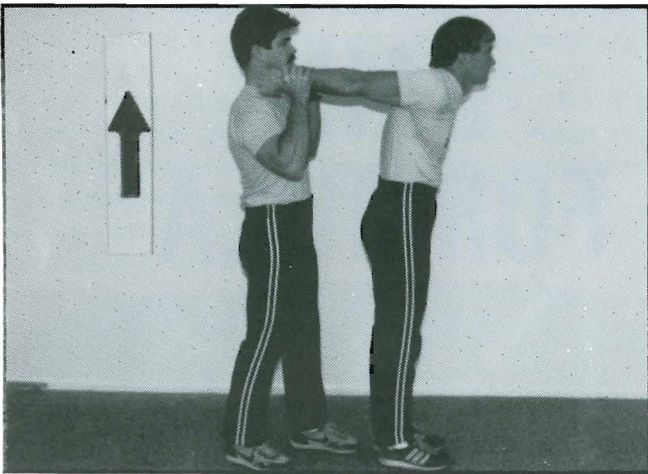


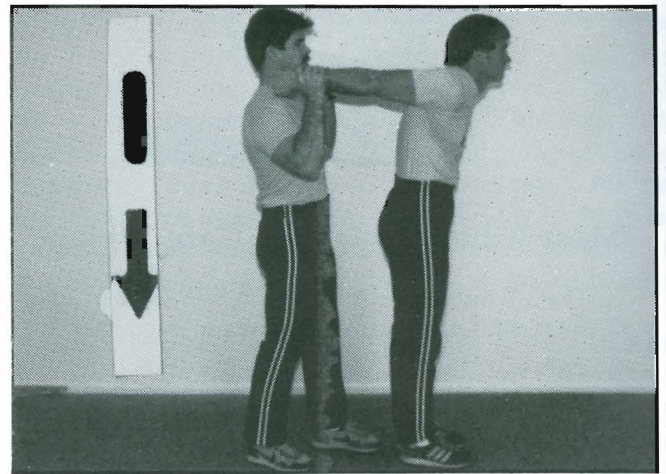
BFS FLEXIBILITY

Part 3 In a Series

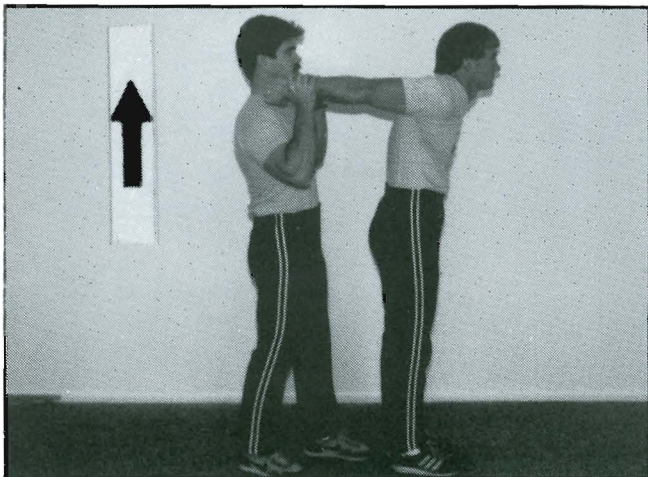
by
Bob Rowbotham



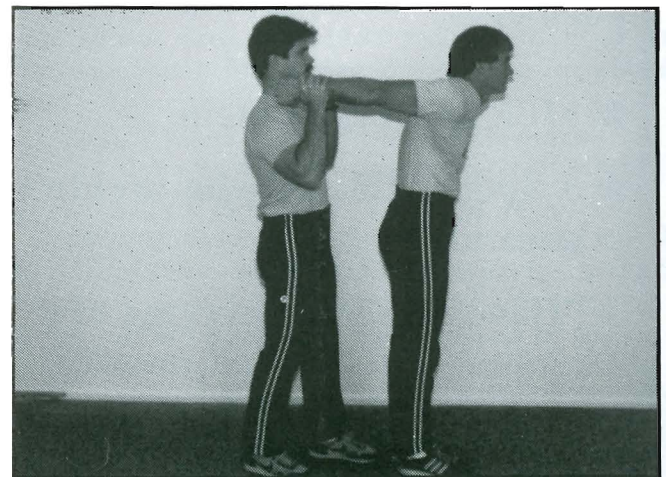
Passive Pre-Stretch



Maximum Isometric Contraction Held 5 Seconds



Relaxation Phase 5 Second Period



Passive Static Flexibility Maneuver Relaxed Position Held Minimum of 10 Seconds

PNF STRETCHING

Many times I have been asked what is PNF Stretching and is it really a better stretching technique? PNF stands for Proprioceptive Neuromuscular Facilitation and PNF Stretching techniques are definitely more effective in developing joint range of motion than Static Stretching. There are however some disadvantages: it does take more time and it takes greater supervision.

There are 3 PNF Stretching techniques that you can choose from: hold-relax, contract-relax, and slow-reversal-hold-relax. There is no significant difference between the 3 PNF techniques in respect to developing joint range of motion.

The following is the procedure using the hold-relax technique:

1. Passive Pre-Stretch: The athlete will have his partner apply pressure, very gently, to the joint being stretched until he tells him to stop.

2. Maximum Isometric Contraction of the Muscle Being

Stretched: Held for at least 6 seconds. The athlete will contract the muscle being stretched and hold it for at least 6 seconds. The partner will keep the position held steady so that an isometric exercise can take place.

3. Relaxation Phase: During this period of 5 seconds the athlete attempts to relax while the muscle is being passively stretched to a new position. The partner applies pressure to move the body part until the athlete indicates tension. At this point the position is held.

4. After steps 2 & 3, repeat steps 2 & 3 twice, and then proceed to step 5. Do not repeat steps if time is to be reduced. For best results, however, do at least 3 repetitions at steps 2 & 3 before performing step 5.

5. Passive Static Flexibility Maneuver: Final position held a minimum of 10 seconds. This position is assisted by a partner and should be held for at least 10 seconds. The athlete needs to relax as much as possible.

The following pictures illustrate the proper procedure using the hold relax technique when stretching the shoulder.