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Passive vs. Dynamic: The Ideal Stretch

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IDEAS. INSIGHT. IMAGINATION.

Jackson Brownstein

**Passive vs.
Dynamic: The
Ideal Stretch**

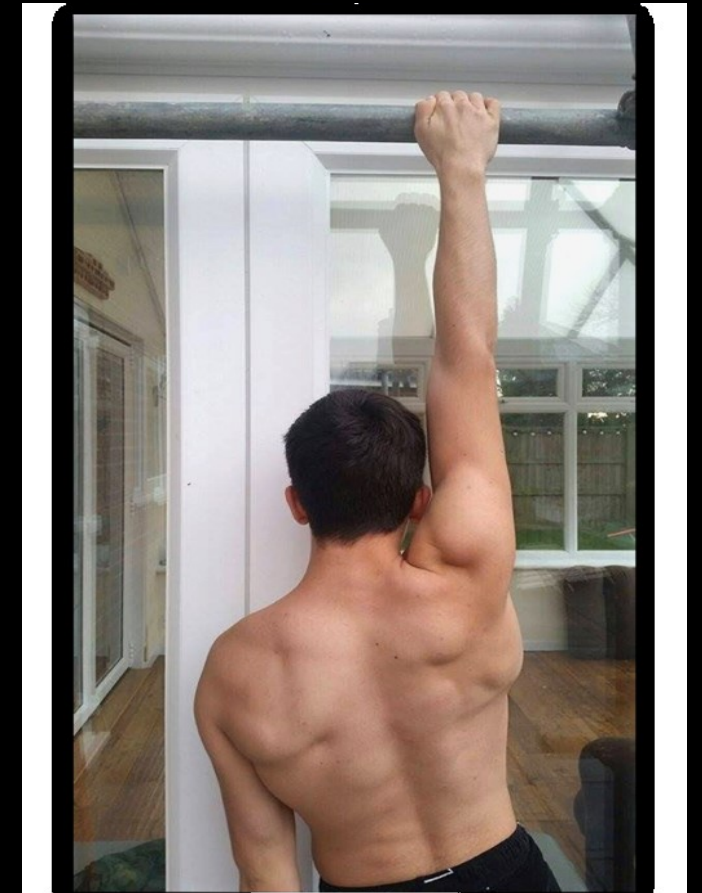
Why Overhead Athletes?



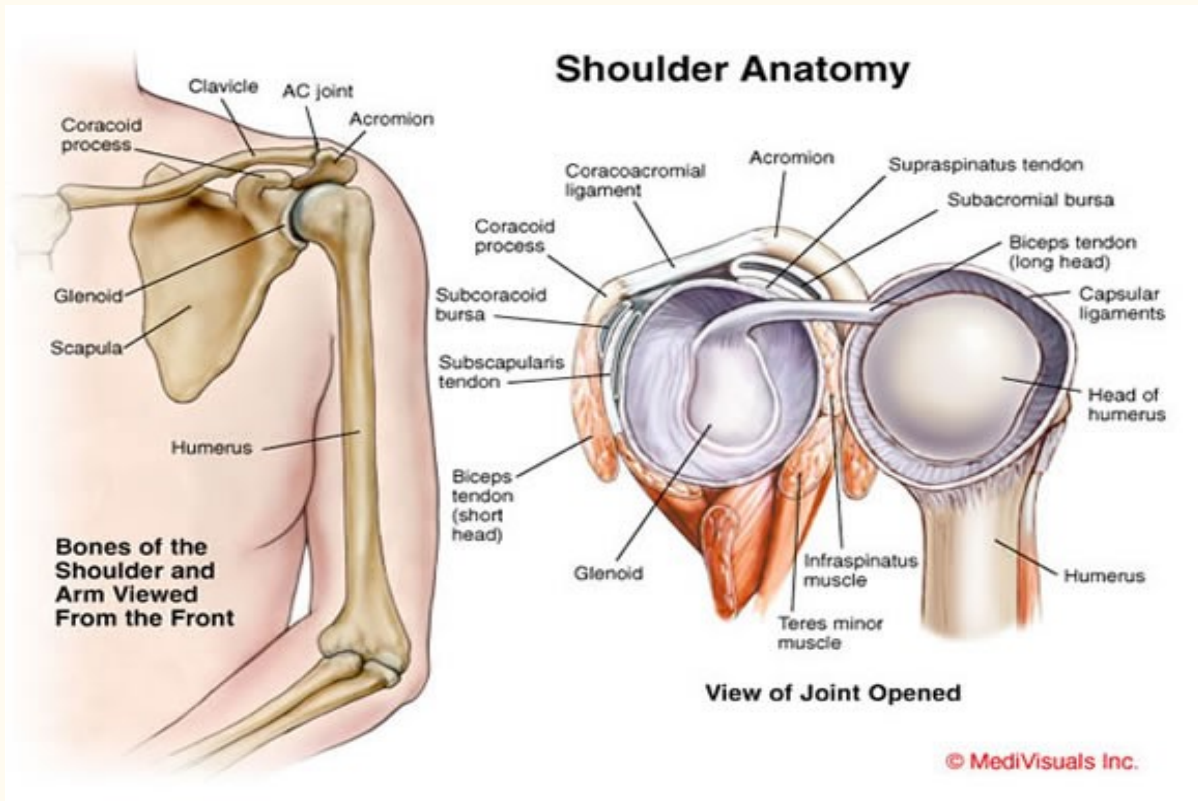
Why does it matter?

Force generation
exceeds > 800 N

Arm accelerates
— 6100-9000 deg/s



The Testing



- 36 collegiate athletes.
- GH internal and external rot over 1 hr.

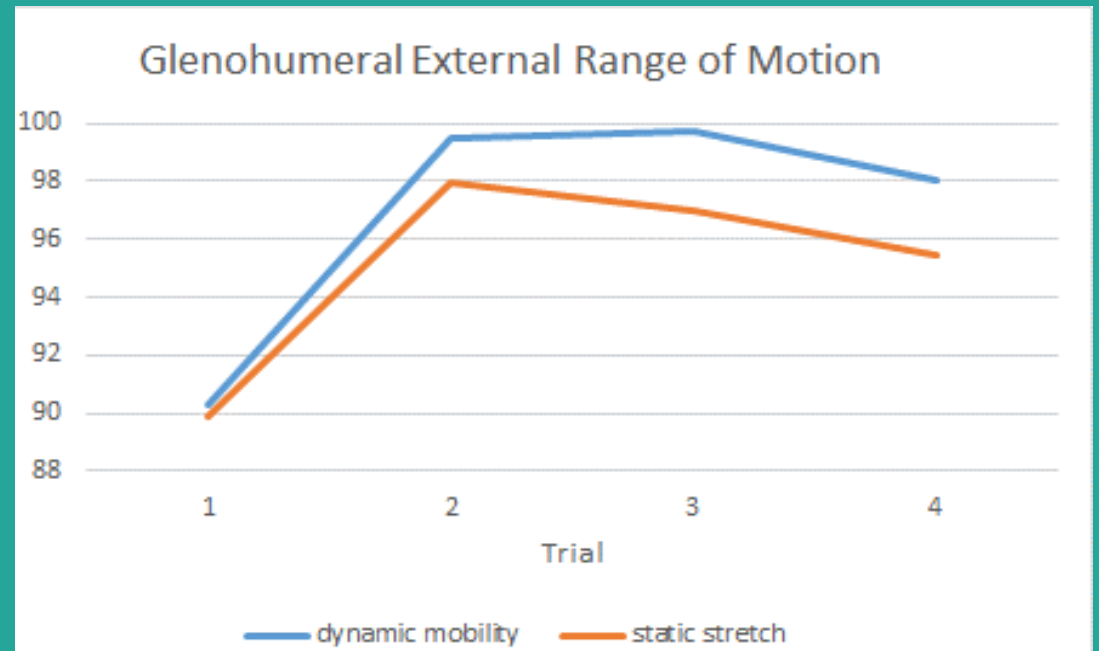
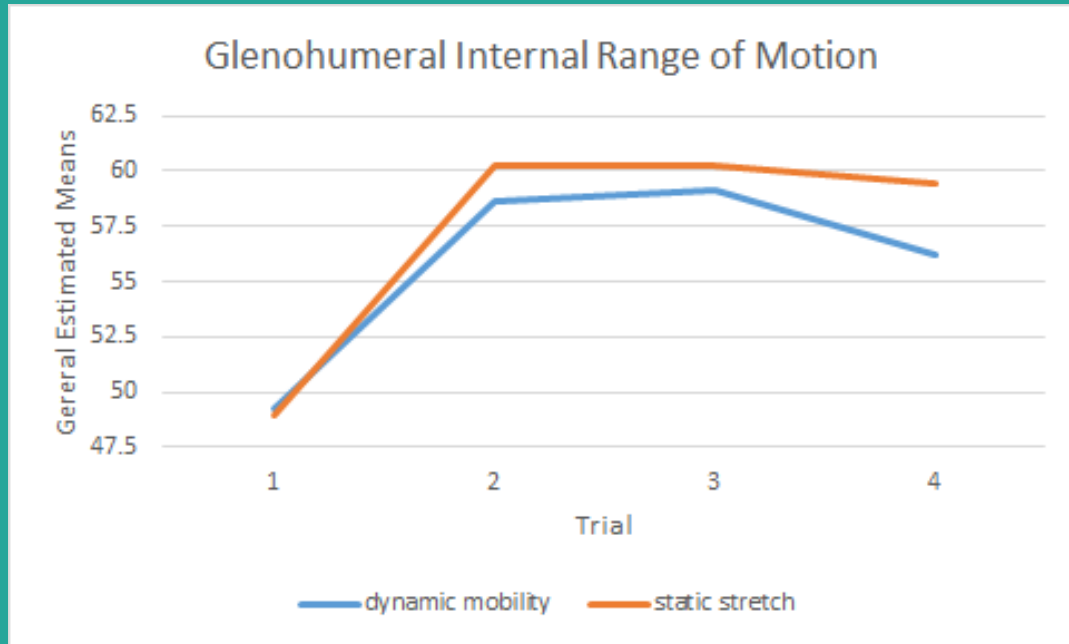
Passive Stretches



Dynamic Mobility



Results



Athletes and Coaches- REMEMBER

Improving ROM is the key to being injury free.

