

# Liikkuvuus- tutkimuksia



# Tieteellisiä tutkimuksia (A-B)



**Alizadeh**, S. ym. (2023) Resistance training induces improvements in range of motion: A systematic review and meta-analysis. *Sports Medicine Jan 2023*.

**Andrade** R.J., ym.. (2018) The potential role of sciatic nerve stiffness in the limitation of maximal ankle range of motion. *Scientific Reports 8*, 14532.

**Andrade** R.J., ym. (2020) Chronic effects of muscle and nerve-directed stretching on tissue mechanics. *Journal of Applied Physiology 129*, 1011-1023.

**Ayala** F & de Baranda Andujar PS (2010) Effect of 3 different active stretch durations on hip flexion range of motion. *J Strength Cond Res. Feb 2010;24(2):430–436*.

**Bandy** W, **Dlrlion** JM & **Briggler** M (1997) The effect of time and frequency of static stretching on flexibility of the hamstring muscles. *Phys Ther. Oct 1997;77(10):1090–1096*.

**Behm** D. (2018) The Science and Physiology of Flexibility and Stretching: Implications and Applications in Sport Performance and Health. 1st edition. Routledge.

**Behm** D., Blazevich A.J., Kay A.D., McHugh M. (2016) Acute effects of muscle stretching on physical performance, range of motion, and injury incidence in healthy active individuals: a systematic review. *Applied Physiology, Nutrition, and Metabolism 41*, 1-11.

**Behm** D. ym. (2004) Effect of acute static stretching on force, balance, reaction time, and movement time. *Med Sci Sports Exerc. Aug 2004;36(8):1397–1402*.

**Behm** D, **Button** DC & **Butt** JC (2001) Factors affecting force loss with prolonged stretching. *Can J Appl Physiol. 2001;26(3):262–272*.

**Behm** D & **Kibele** A (2007) Effects of differing intensities of static stretching on jump performance. *Eur J Appl Physiol. Nov 2007;101(5):587–594*.

**Ben** M & **Harvey** LA (2010) Regular stretch does not increase muscle extensibility: a randomized controlled trial. *Scandinavian journal of medicine & science in sports. Feb 2010;20(1):136–144*.

**Brandenburg** JP (2010) Duration of stretch does not influence the degree of force loss following static stretching. *J Sports Med Phys Fitness. Dec 2006;46(4):526–534*.

# Tieteellisiä tutkimuksia (C-E)



**Caplan** N ym. (2009) The effect of proprioceptive neuromuscular facilitation and static stretch training on running mechanics. *J Strength Cond Res. Jul 2009;23(4):1175–1180.*

**Ce** E ym. (2008) Effects of stretching on maximal anaerobic power: the roles of active and passive warm-ups. *J Strength Cond Res. May 2008;22(3):794–800.*

**Cipriani** DA, **Bel** B & **Pirrwitz** D (2003) A comparison of two stretching protocols on hip range of motion: implications for total daily stretch duration. *J Strength Cond Res. May 2003;17(2):274–278.*

**Coppieters** M.W., **Hough** A.D., **Dilley** A. (2009) Different nerve-gliding exercises induce different magnitudes of median nerve longitudinal excursion: an in vivo study using dynamic ultrasound imaging. *Journal of Orthopaedic & Sports Physical Therapy* 39, 164-171.

**Curry** BS ym. (2009) Acute effects of dynamic stretching, static stretching, and light aerobic activity on muscular performance in women. *J Strength Cond Res. Sep 2009;23(6):1811–1819*

**Dalrymple** K (2010) Effect of static and dynamic stretching on vertical jump performance in collegiate women volleyball players. *J Strength Cond Res. Jan 2010;24(1):149–155.*

**Davis** DS (2005) The effectiveness of 3 stretching techniques on hamstring flexibility using consistent stretching parameters. *J Strength Cond Res. Feb 2005;19(1): 27–32.*

**Dilley** A., **Summerhayes** C., **Lynn** B. (2007) An in vivo investigation of ulnar nerve sliding during upper limb movements. *Clin Biomech* 22, 774-779.

**Ellis** R., **Hing** W., **Dilley** A., **McNair** P. (2008) Reliability of Measuring Sciatic and Tibial Nerve Movement with Diagnostic Ultrasound During a Neural Mobilisation Technique. *Ultrasound in Medicine & Biology* 34, 1209-1216.

# Tieteellisiä tutkimuksia (F-H)



**Fasen** JM ym. (2009) A randomized controlled trial of hamstring stretching: comparison of four techniques. *J Strength Cond Res. Mar 2009;23(2):660–667.*

**Feland** JB & **Marin** HN (2004) Effect of submaximal contraction intensity in contract-relax proprioceptive neuromuscular facilitation stretching. *Br J Sports Med. Aug 2004;38(4):E18.*

**Feland** JB, **Myrer** JW & **Merrill** RM (2001) Acute changes in hamstring flexibility: PNF versus static stretch in senior athletes. *Physical Therapy in Sport. 2001;2(4):186–193.*

**Ferber** R, **Gravelle** DC & **Osternig** LR (2002) Effect of proprioceptive neuromuscular facilitation stretch techniques on trained and untrained older adults. *Journal of aging and physical activity. 2002;10:132–142.*

**Fletcher** IM & **Anness** R (2007) The acute effects of combined static and dynamic stretch protocols on fifty-meter sprint performance in track-and-field athletes. *J Strength Cond Res. Aug 2007;21(3):784–787.*

**Ferreira** GN, **Teixeira-Salmela** LF & **Guimaraes** CQ (2007) Gains in flexibility related to measures of muscular performance: impact of flexibility on muscular performance. *Clin J Sport Med. Jul 2007;17(4):276–281.*

**Ford** P & **McChesney** J (2007) Duration of maintained hamstring ROM following termination of three stretching protocols. *J Sport Rehabil. Feb 2007;16(1):18–27.*

**Guissard** N., Duchateau J., Hainaut K. (2001) Mechanisms of decreased motoneurone excitation during passive muscle stretching. *Experimental Brain Research 137, 163-169.*

**Herman** SL & **Smith** DT (2008) Four-week dynamic stretching warm-up intervention elicits longer-term performance benefits. *J Strength Cond Res. Jul 2008;22(4):1286–1297.*

# Tieteellisiä tutkimuksia (K-L)



**Katalinic OM** ym. (2010) Stretch for the treatment and prevention of contractures. Cochrane Database Syst Rev. 2010(9):CD007455.

**Kay AD & Blazevich AJ** (2010) Concentric muscle contractions before static stretching minimize, but do not remove, stretch-induced force deficits. J Appl Physiol. Mar 2010;108(3):637–645

**Kistler BM**, ym. (2010) The acute effects of static stretching on the sprint performance of collegiate men in the 60- and 100-m dash after a dynamic warm-up. J Strength Cond Res. Sep 2010;24(9):2280–2284

**Kruse N.T., Scheuermann B.W.** (2017) Cardiovascular Responses to Skeletal Muscle Stretching: “Stretching” the Truth or a New Exercise Paradigm for Cardiovascular Medicine? Sports Medicine 47(12), 2507-2520.

**Lee J.H., Kim T.H.** (2017) The treatment effect of hamstring stretching and nerve mobilization for patients with radicular lower back pain. The Journal of Physical Therapy Science 29, 1578-1582.

**Lizis P., Kobza W., Manko G., Jaszczur-Nowicki J., Perlinski J., Para B.** (2020) Cryotherapy With Mobilization Versus Cryotherapy With Mobilization Reinforced With Home Stretching Exercises in Treatment of Chronic Neck Pain: A Randomized Trial. Journal of Manipulative and Physiological Therapeutics 43, 197-205.

# Tieteellisiä tutkimuksia (M-N)



**Mahan** M.A., Warner W.S., Yeoh S., Light A. (2019) Rapid-stretch injury to peripheral nerves: implications from an animal model. *Journal of Neurosurgery* 4, 1-11.

**Mahan** M.A., Yeoh S., Monson K., Light A. (2020) Rapid Stretch Injury to Peripheral Nerves: Biomechanical Results. *Neurosurgery* 86(3), 437-445.

**Manoel** ME ym. (2008) Acute effects of static, dynamic, and proprioceptive neuromuscular facilitation stretching on muscle power in women. *J Strength Cond Res.* Sep 2008;22(5):1528–1534

**Marek** SM ym. (2005) Acute Effects of Static and Proprioceptive Neuromuscular Facilitation Stretching on Muscle Strength and Power Output. *J Athl Train.* Jun 2005;40(2):94–103

**McHugh** MP & **Cosgrave** CH (2010) To stretch or not to stretch: the role of stretching in injury prevention and performance. *Scandinavian journal of medicine & science in sports.* Apr 2010;20(2):169–181.

**McHugh** MP & **Nesse** M (2008) Effect of stretching on strength loss and pain after eccentric exercise. *Med Sci Sports Exerc.* Mar 2008;40(3):566–573

**McMillian** DJ (2006) Dynamic vs. static-stretching warm up: the effect on power and agility performance. *J Strength Cond Res.* Aug 2006;20(3):492–499

**Mitchell** UH (2007) Acute stretch perception alteration contributes to the success of the PNF “contract-relax” stretch. *J Sport Rehabil.* May 2007;16(2):85–92’

**Nelson** AG, **Kokkonen** J & **Arnall** DA (2005) Acute muscle stretching inhibits muscle strength endurance performance. *J Strength Cond Res.* May 2005;19(2):338–343

**Nordez** A., Gross R., Andrade R., Le Sant G., Freitas S., Ellis R., McNair P.J., Hug F. (2017) Non-Muscular Structures Can Limit the Maximal Joint Range of Motion during Stretching. *Sports Medicine* 47(10), 1925-1929.

# Tieteellisiä tutkimuksia (O-S)



**O'Sullivan K, Murray E & Sainsbury D** (2009) The effect of warm-up, static stretching and dynamic stretching on hamstring flexibility in previously injured subjects. *BMC Musculoskeletal Disorders*. 2009;10:37.

**Page, P.** (2012) Current concepts in muscle stretching for exercise and rehabilitation. *Int J Sports Phys Ther.* 2012 Feb; 7(1): 109–119.

**Page P, Frank CC & Lardner R** (2010) Assessment and treatment of muscle imbalance: The Janda Approach. Champaign, IL: Human Kinetics; 2010

**Power K** ym. (2004) An acute bout of static stretching: effects on force and jumping performance. *Med Sci Sports Exerc.* Aug 2004;36(8):1389–1396

**Robbins JW & Scheuermann BW** (2008) Varying amounts of acute static stretching and its effect on vertical jump performance. *J Strength Cond Res.* May 2008;22(3):781–786

**Small K** ym. (2008) A systematic review into the efficacy of static stretching as part of a warm-up for the prevention of exercise-related injury. *Res Sports Med.* Jul 2008;16(3):213–231.

**Sayers AL** ym. (2008) The effect of static stretching on phases of sprint performance in elite soccer players. *J Strength Cond Res.* Sep 2008;22(5):1416–1421

**Sekir U** ym. (2010) Acute effects of static and dynamic stretching on leg flexor and extensor isokinetic strength in elite women athletes. *Scandinavian journal of medicine & science in sports.* Apr 2010;20(2):268–281

**Siatras TA** ym. (2008) The duration of the inhibitory effects with static stretching on quadriceps peak torque production. *J Strength Cond Res.* Jan 2008;22(1):40–46

# Tieteellisiä tutkimuksia (T-Y)



**Taylor** DC ym. (1990) Viscoelastic properties of muscle-tendon units. The biomechanical effects of stretching. Am J Sports Med. May-Jun 1990;18(3):300–309

**Taylor** KL ym. (2009) Negative effect of static stretching restored when combined with a sport specific warm-up component. J Sci Med Sport. Nov 2009;12(6):657–661

**Thacker** SB ym. (2004) The impact of stretching on sports injury risk: a systematic review of the literature. Med Sci Sports Exerc. Mar 2004;36(3):371–378.

**Thomas** E ym. (2021) Peripheral Nerve Responses to Muscle Stretching: A Systematic Review. J Sports Sci Med. Jun 20(2): 258-267.

**Thomas** E., Bianco A., Paoli A., Palma A. (2018) The Relation Between Stretching Typology and Stretching Duration: The Effects on Range of Motion. International Journal of Sports Medicine 39, 243-254.

**Weppeler** C.H., Magnusson S.P. (2010) Increasing muscle extensibility: a matter of increasing length or modifying sensation? Physical Therapy 90, 438-49.

**Wilson** JM ym. (2010) Effects of static stretching on energy cost and running endurance performance. J Strength Cond Res. Sep 2010;24(9):2274–2279

**Yamaguchi** T & **Ishii** K (2005) Effects of static stretching for 30 seconds and dynamic stretching on leg extension power. J Strength Cond Res. Aug 2005;19(3):677–683

**Ylinen** J ym. (2009) Effect of stretching on hamstring muscle compliance. J Rehabil Med. Jan 2009;41(1):80–84

**Youdas** JW ym. (2010) The efficacy of two modified proprioceptive neuromuscular facilitation stretching techniques in subjects with reduced hamstring muscle length. Physiother Theory Pract. May 2010;26(4):240–250

**Young** W ym. (2004) Acute effects of static stretching on hip flexor and quadriceps flexibility, range of motion and foot speed in kicking a football. J Sci Med Sport. Mar 2004;7(1):23–31

**Young** W, **Elias** G & **Power** J (2006) Effects of static stretching volume and intensity on plantar flexor explosive force production and range of motion. J Sports Med Phys Fitness. Sep 2006;46(3):403–411

**Yuktasir** B & **Kaya** F (2009) Investigation into the long-term effects of static and PNF stretching exercises on range of motion and jump performance. J Bodyw Mov Ther. Jan 2009;13(1):11–21