

4-22-2022

Debunking Medical Myths: Stretching Prevents Sports Injuries

Mikaela Grudzien

Wayne State University School of Medicine, gk3061@wayne.edu

Sara Kazyak

Wayne State University School of Medicine, hf4902@wayne.edu

Joel Drazin

Wayne State University School of Medicine, du2876@wayne.edu

Rachel Feldstein

Wayne State University School of Medicine, hj2208@wayne.edu

Matthew Kim

Wayne State University School of Medicine, hj0048@wayne.edu

See next page for additional authors

Follow this and additional works at: https://digitalcommons.wayne.edu/pat_edu_proj



Part of the [Curriculum and Instruction Commons](#), [Medical Education Commons](#), and the [Public Health Commons](#)

Recommended Citation

Grudzien, Mikaela; Kazyak, Sara; Drazin, Joel; Feldstein, Rachel; Kim, Matthew; and Grayson, Anthony, "Debunking Medical Myths: Stretching Prevents Sports Injuries" (2022). *Patient Education Projects*. 300. https://digitalcommons.wayne.edu/pat_edu_proj/300

This Infographic is brought to you for free and open access by the Patient Education at DigitalCommons@WayneState. It has been accepted for inclusion in Patient Education Projects by an authorized administrator of DigitalCommons@WayneState.

Authors

Mikaela Grudzien, Sara Kazyak, Joel Drazin, Rachel Feldstein, Matthew Kim, and Anthony Grayson

Stretching prevents sports injuries

Fact or Myth?

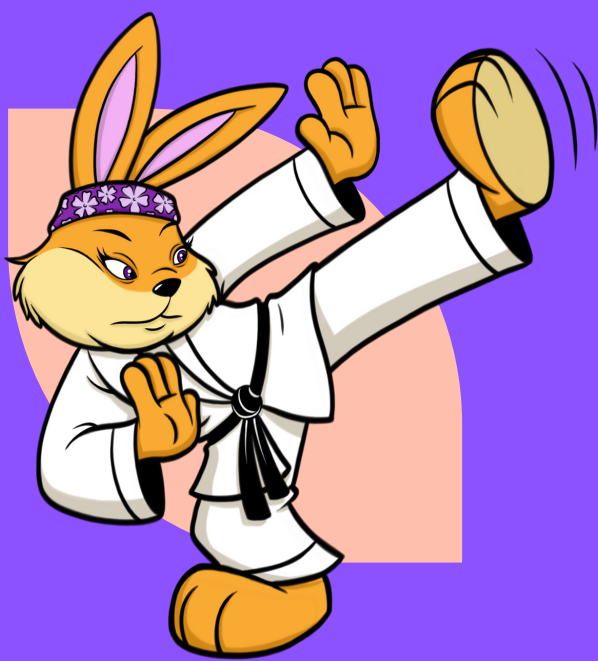


Theory of stretching and preventing sports injuries

The theory behind stretching and prevention of sports injuries is that it is supposed to loosen one's muscles, increasing their compliancy and reducing stress on the muscle during range of motion.

Study 1 Results

A study of 26,610 people and 3,464 injuries found no indication that stretching prevented injury. This information was obtained through review and consolidation of peer research with clear quality controls, including injuries that could be attributed to the musculature.



Study 2 Results

This study looked specifically at the effects of static stretching. The study contained 7 total clinical trials and the majority found no correlation between static stretching and the prevention of exercise related injuries. 3 out of seven did find a reduction in musculotendinous and ligament injury.

Study 3 Results

A meta-analysis utilizing a total of 60 studies showed that there was no correlation between stretching and the development of sports induced injuries. Good news is things such as insoles, external joint supports, and specific training programs were shown to be effective in reducing sports induced injuries.



The Verdict

There is no scientific consensus that there is any benefit to stretching for the goal of preventing sports induced injury.