The Effects of Dynamic and Static Stretching on Anaerobic Power and Capacity

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Abstract

The purpose of this study was to compare the effects of dynamic and static stretching on anaerobic performance.

Methods

Subjects: Eleven moderately active males initially participated in this study. Nine (20.22 ± 1.86 years, 175.5 ± 7.5 cm, 76.33 ± 13.36 kg) completed the study.

Protocol: The study consisted of three visits. At each visit, the subjects performed a vertical jump test on a force plate, a broad jump test, and the Wingate Anaerobic Test (WAnT).

Results

The values for the broad jump after static and dynamic stretching were 235.87 ± 27.21 cm and 239.37 ± 34.81 cm, respectively. Statistical analysis showed no significant difference (p = 0.60) between the two broad jump values. The peak power for the vertical jump after static and dynamic stretching were 60.28 ± 10.87 W/kg and 62.59 ± 9.72 W/kg, respectively. There was no significant difference between the two peak power values (p = 0.29).

Conclusions

Although dynamic stretching seemed to be greater in overall performance than static stretching, statistical analysis suggests that there is no significant difference between the two forms of stretching. More thorough and in-depth studies such as counterbalancing the performance tests along with the experimental groups would need to be performed in order to confirm any concrete differences.