



## MARTIAL ART & TAEKWONDO SCIENCE ACADEMY

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### 24. Stretching by the Clock

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Martial Artists know that stretching is key to improving flexibility and reducing injury. But for how long should you stretch a muscle for maximum results? Ten seconds? Thirty seconds? A minute?

Now a study authored by Brent Feland, Ph.D. that was presented at the American College of Sports Medicine's annual meeting gives a scientific basis for an activity that most people do strictly by feel.

Dr. Feland's study looked at hamstring stretches and broke the study participants into groups that ranged from no stretching to 15, 30, and 60 seconds stretches.

The results clearly showed that the participants who stretched for 60 seconds had by far the greatest benefit. Dr. Feland found that the participants that stretched for 60 seconds had nearly double the increase in flexibility and range of motion of all the other groups.

So, the next time you're taking a moment to stretch, make that moment last 60 seconds. It will be time well spent