

gentle leg swings, arms swings or torso twists. Dynamic stretching can help improve your flexibility, and the style is effective as part of a warm-up before higher-energy active workout -- or even just to loosen up.

## Ballistic

Ballistic stretching is similar to dynamic stretching. But ballistic stretching pushes your muscles beyond their normal range of motion. This style of stretching involves bouncing or jerking movements to force yourself into a stretch position. For example, a dynamic stretch would be repeatedly bouncing toward your toes to stretch your hamstrings. Dynamic stretching is not as effective as other styles of stretching, and it can also increase your chances of straining or tearing a muscle.

## Active Isolated

Active Isolated stretching, also known as AI stretching, requires you to assume and hold a position with only the help of your natural muscle strength. For example, bringing your straightened leg high in the air while standing is considered an AI stretch. As one muscle contracts, the opposing muscle will relax, resulting in a better stretch. AI stretches can be challenging, so you won't need to hold a stretch like this for more than 10 to 15 seconds.

## Isometric

Isometric stretching is a type of static stretching during which tension is developed without contraction of the muscle. This is achieved by getting a muscle into a stretched position, then resisting the stretch isometrically, typically with the help of a partner or outside apparatus. An example of isometric stretching would be having a partner hold your leg up while you try to force your leg back down.

## Proprioceptive Neuromuscular Facilitation

Proprioceptive Neuromuscular Facilitation stretching -- which is usually, and thankfully, shortened to PNF stretching -- is less of a stretching style and more of a technique combining passive and isometric stretching in order to achieve maximum flexibility. Types of PNF stretching include hold-relax, contract-relax and rhythmic initiation. Originally developed as a method of rehabilitating stroke

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Score	Ashworth (Ashworth 1984)	Modified Ashworth (Bohannon & Smith 1987)
0	No increase in tone	No increase in tone
1	Slight increase in tone giving a catch when the limb is moved in flexion/extension	Slight increase in tone giving a catch, release and minimal resistance at the end of range of motion (ROM) when the limb is moved in flexion/extension
1+		Slight increase in tone giving a catch, release and minimal resistance throughout the remainder (less than half) of ROM
2	More marked increase in tone, but the limb is easily moved through its full ROM	More marked increase in tone through most of the ROM, but limb is easily moved
3	Considerable increase in tone - passive movement difficult and ROM decreased	Considerable increase in tone - passive movement difficult
4	Limb rigid in flexion and extension	Limb rigid in flexion and extension