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COMPARATIVE EFFECT OF STATIC AND DYNAMIC STRETCHING EXERCISE TO IMPROVE FLEXIBILITY OF HAMSTRING MUSCLES AMONG MALE ADULTS

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Dr. Jibi Paul¹, Pradeep Balakrishnan²

Corresponding author: ¹Faculty of Physiotherapy Program, School of Health Sciences, KPJ Healthcare University college, Nilai, Malaysia, E-Mail: jibipaul74@gmail.com

Co-Author: ²Faculty of Physiotherapy Program, School of Health Sciences, KPJ Healthcare University college, Nilai, Malaysia.

Abstract

Aim and Objective: Stretching exercises have used in many studies to reduce hamstring tightness and to improve flexibility of the muscle. This study is aimed to find the best method to improve flexibility of hamstring muscle among male adults. Objective of the study was to find out the effect of static and dynamic stretching exercise on flexibility of hamstring muscle and also to compare the effect of static over dynamic stretching exercise on flexibility of hamstring muscle. **Methods:** This was a comparative experimental study on seventy four male healthy subjects from KPJ Healthcare University College, Malaysia. Convenient sampling method was used to select the samples. The subjects were selected by inclusion criteria and randomly divided equally in to two with 37 subjects in each group. Static and dynamic stretching exercises were given as intervention program for four weeks respectively for experimental and control group. Pre and post data of restricted range of movement for knee extension was measured using goniometry and documented separately for both group. **Result:** In experimental and control group, pre-post statistical analysis found significant effect in increase of hamstring flexibility with $P < 0.0001$, for right and left side. Comparative study between experimental and control group found that static stretching exercise have significant effect in increase of hamstring flexibility for right and left side with $P < 0.04$. **Conclusion:** This study concluded that hamstring flexibility improves by static and dynamic stretching exercise, but static stretching exercise found more effective over dynamic stretching exercise among male adults.

Key words: Hamstring muscle, static stretching, dynamic stretching, hamstring flexibility.