Table 1. Effects of static stretch on muscular performance.

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| Authors | Muscle group/s | Stretch duration (s) | Sample | Major findings |
| #Alpkaya & Koceja (1) | PF | 3×15 | 15 | No sig diff in concentric PF force (-3.5%) |
| Babault et al. (4) | PF | 20×30 | 10 | Sig ↓ in isometric PF (-6.9%) |
| Bacurau et al. (5) | KE, KF  | 9×30 | 14 | Sig ↓ in leg press maximal strength (-13.4%) |
| #Bazett-Jones et al.(7) | KE, KF, HF, HE | 3×30 | 10 | No sig diff in isometric squat force (+1.2%) |
| Beckett et al. (9) | KE, KF, PF, HF, HA | 20 | 12 | No sig diff in 20 m sprint time (-0.8%) |
| #Beedle et al. (9) | KE, KF, PM, D, TB | 3×15 | 51 | No sig diff in chest (-0.5%) or leg press 1RM (-1.3%) |
| Behm et al. (10) | KE, KF, PF | 3×45 | 16 | No sig diff in isometric leg extensor MVC (-6.9%) |
| Behm et al. (11) | KE, KF, PF | 3×30 | 18 | Sig ↓ in isometric KE (-8.2%) & KF (-6.6%) MVC, and in CMJ height (-5.7%); no sig diff in DJ (0%) |
| Behm et al. (12) | KE | 5×45 | 12 | Sig ↓ in isometric KE MVC (-12.2%)  |
| Behm & Kibele (13) | KE, KF, PF | 4×30 | 10 | Sig ↓ in DJ (-5.3%), SJ (-3.8%) and CMJ (-5.6%)  |
| Bradley et al. (14) | KE, KF, PF | 4×30 | 18 | Sig ↓ in CMJ (-4%) |
| Brandenburg (15) | KF  | 6×15, 6×30 | 16 | Sig ↓ in isometric (90 s = -6.7%; 180 s = -6.1%), isokinetic concentric (90 s = -2.7%; 180 s = -3.3%), and eccentric KF MVC (90 s = -2.6%; 180 s = -4.5%) at 120°.s.-1 |
| Brandenburg et al. (16) | KE, KF, PF | 3×30 | 16 | No sig diff in CMJ height (-3%) |
| Burkett et al. (17) | KE, KF, HA, PF | 3×20 | 29 | No sig diff in CMJ height (+0.7%)  |
| Chaouachi et al. (18) | KE, KF PF, HE, HA | 30 | 22 | No sig diff in CMJ height (+0.3%) or 30 m sprint (-1%)  |

Table 1. Cont.

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| Authors | Muscle group/s | Stretch duration (s) | Sample | Major findings |
| #Church et al. (19) | KE, KF | 15 | 40 | No sig diff in CMJ height (-1.2%)  |
| #Cornwell et al. (20)  | KE | 3×30 | 10 | Sig diff in CMJ (-4.3%) and SJ (-4.4%) height |
| †Cornwell et al. (21) | PF | 6×30 | 10 | Sig ↓ in CMJ (-7.4%), no sig diff in SJ height (0%) |
| Costa et al. (22) | PM, TB | 9×20 | 20 | Sig ↓ in bench press MVC (-8.8%)  |
| †Costa et al. (23) | KF, PF | 16×30 | 13 | Sig ↓ isokinetic concentric KF MVC at 60°.s.-1 (-9.3%), 180°.s.-1 (-2.8%) and 300°.s.-1 (-8.8%) |
| †Costa et al. (24) | KF, PF | 16×30 | 15 | No sig diff in isokinetic concentric KF MVC at 60°.s.-1 (+1.1%), 180°.s.-1 (-0.6%) and 300°.s.-1 (-2.5%)  |
| Cramer et al. (25) | KE  | 16×30 | 18 | Sig ↓ in isokinetic concentric KE MVC (-3.1%)  |
| Cramer et al. (26) | KE  | 16×30 | 13 | No sig ↓ in isokinetic eccentric KE MVC at 60°.s.-1 or 240°.s.-1 (mean = -3.8%) |
| Cramer et al. (27) | KE  | 16×30 | 14 | No sig ↓ in isokinetic concentric KE MVC at 60°.s.-1 and 240°.s.-1 (mean = -2.3%)  |
| Cramer et al. (28) | KE  | 16×30 | 15 | No Sig ↓ in isokinetic eccentric KE MVC at 60°.s.-1 or 240°.s.-1 (mean = -0.7%) |
| Cramer et al. (29) | KE  | 16×30 | 21 | No sig ↓ in isokinetic concentric KE MVC at 60°.s.-1 and 240°.s.-1 (mean = -3.5%)  |
| Cronin et al. (30) | KF  | 3×30 | 10 | No Sig ↓ in CMJ height (0%) |

Table 1. Cont.

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| Authors | Muscle group/s | Stretch duration (s) | Sample | Major findings |
| Curry et al. (31) | HE, HF, KE, KF, PF | 3×12 | 24 | No Sig ↓ in CMJ height (-2.9%) |
| Dalrymple et al. (32) | KE, KF, HE, PF | 3×15 | 12 | No Sig ↓ in CMJ height (-3.3%) |
| Di Cagno et al. (33) | KE, KF, PF | 3×30 | 38 | No Sig ↓ in CMJ (0%) or SJ (0%) flight time  |
| Egan et al. (34) | KE  | 16×30 | 11 | No Sig diff in isokinetic concentric KE MVC at 60°.s.-1 or 240°.s.-1 (mean = -0.2%) |
| Evetovich et al. (35) | KE  | 16×30 | 29 | Sig ↓ in isokinetic concentric leg extensor MVC at 60°.s.-1 & 300°.s.-1 (mean = -6%) |
| Evetovich et al. (36) | BB  | 16×30 | 18 | Sig ↓ in isokinetic concentric elbow flexor MVC at 30°.s.-1 & 270°.s.-1 (mean = -4.6%) |
| Favero et al. (37) | HE, KE, KF, PF | 2×45 | 10 | No sig diff in 40 m sprint (0%) |
| Fletcher & Jones (38) | HE, HF, HA, KE, KF, PF | 20 | 28 | Sig ↓ in 20 m sprint velocity (-1.2%) |
| Fletcher & Monte-Colombo (39) | HE, HF, KE, KF, PF | 2×15 | 21 | Sig diff in CMJ (-3.4%) and DJ (-4.9%) |
| Fowles et al. (40) | Sol | 13×135 | 10 | Sig ↓ in isometric PF MVC (-28%)  |
| †Gavin & Morse (41) | PF | 5×60 | 10 | Sig ↑ in isometric PF MVC (2.9%) |
| González-Ravé et al. (42) | KE, KF, PF | 3×15 | 24 | No sig diff in SJ or CMJ height (+6.8%) |
| Gurjão et al. (43) | KE, KF, HE, HA | 3×30 | 23 | Sig diff in isometric KE MVC (-5.2%) compared to control |

Table 1. Cont.

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| Authors | Muscle group/s | Stretch duration (s) | Sample | Major findings |
| Haag et al. (44) | SM | 30 | 12 | No sig diff in throwing velocity compared to control condition (+1.5%) |
| #Handrakis et al. (45) | HE, KE, KF, PF | 3×30 | 10 | No sig diff in standing broad jump and single leg hop compared to control condition (-2%) |
| Herda et al. (46) | KF | 12×30 | 14 | Sig ↓ in isometric KF MVC at 81° (-7.2%) & 101° (-15.9%), no sig diff at 41° & 61°, (mean = -11.6%) |
| Herda et al. (47) | PF | 9×135 | 15 | Sig ↓ in isometric PF MVC (-10%) |
| Herda et al. (48) | PF | 9×135 | 11 | Sig ↓ in isometric PF MVC (-11%) |
| Holt & Lambourne (50) | ES, HE, HF, KE, KF | 3×5 | 21 | No sig diff in CMJ height (0%) |
| #Hough et al. (51) | HE, HF, KE, KF, PF | 30 | 11 | Sig diff in SJ height (-4.2%)  |
| Kay & Blazevich (52)  | PF | 5, 15, 4×5, 4×15 | 7 | Sig ↓ in isometric PF MVC (-16.7%) after 60-s, no change after shorter durations |
| Kay & Blazevich (53) | PF | 3×60 | 15 | Sig ↓ in concentric PF MVC (-5%) |
| Kay & Blazevich (54) | PF | 3×60 | 16 | No change in concentric PF MVC when stretch follows isometric contractions |
| Kay & Blazevich (55) | PF | 3×60 | 18 | Sig ↓ in concentric MVC at 90% ROM only (-5.8%) |
| Kistler et al. (56) | KE, HF, KF, PF | 3×30 | 18 | No sig diff in 0-20m, 40-60m, 80-100m sprint times (mean = -0.3%), a Sig ↓ at 20-40m (-1.4%)  |
| Knudson et al. (57) | KE, KF, PF | 3×15 | 20 | No sig diff in vertical velocity compared to control condition (-3%) |

Table 1. Cont.

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| Authors | Muscle group/s | Stretch duration (s) | Sample | Major findings |
| Knudson & Noffal (58)  | WF | 10×10 | 35 | Sig ↓ in hand grip strength (-5.8%) compared to control after 40 s, no sig diff after shorter durations  |
| #Kokkonen et al. (59) | HE, KE, KF, PF  | 6×15 | 30 | Sig ↓ in concentric KF MVC (-7.3%) & concentric KE MVC (-8.1%) |
| †Kubo et al. (60) | PF | 10 min | 7 | No change in isometric PF MVC (-1.9%) |
| La Torre et al. (61) | KE, PF | 4×30 | 17 | No sig diff in SJ height (-2.6%), at 110°, 90° and 70° starting knee position, Sig ↓ at 50° (-20.8%) |
| Little & Williams (62) | HE, HF, HA, KE, KF, PF | 30 | 18 | No sig diff in CMJ height (-2.5%), 10 m sprint (-1.1%), sig faster rolling 20 m sprint (+1.7%) |
| †Maisetti et al. (65) | PF | 5×15 | 11 | Sig ↓ in isometric PF MVC (-10%) |
| Manoel et al. (66) | KE | 3×30 | 12 | No sig change in concentric KE force at 60°.s-1 or 180°.s-1 (mean = -2.8%) |
| †Marek et al. (67) | KE | 16×30 | 19 | No sig ↓ in isokinetic concentric KE force 60°.s-1 or 300°.s-1 (mean = -1%) |
| McBride et al. (68) | KE | 9×30 | 8 | Sig ↓ in isometric KE (-19.3%), no Sig ↓ in isometric squat (-8%) compared to control |
| †McHugh & Nesse (69) | KF | 6×90 | 10 | Sig ↓ in isometric KF (-7%), no diff in isokinetic concentric (+1.1%) or eccentric (-1.4%) at 60°.s-1 |

Table 1. Cont.

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| Authors | Muscle group/s | Stretch duration (s) | Sample | Major findings |
| #McMillian et al. (71) | ES, HE, HF, KE, KF, PF | 20 | 30 | No sig diff in medicine ball throw (-1.4%) and sig better 5-step distance (+2.8%) |
| McNeal & Sands (72)  | PF, KF | 3×30, 2×30 | 13 | Sig diff in flight time for drop jump (-9.6%) compared to control condition |
| #Molacek et al. (74) | PM, TB | 2×20, 5×30 | 15 | No sig diff in 1RM bench press after 40 s (0%) and 2.5 min (-1.2%) |
| Murphy et al. (75) | KE, KF, PF | 6×6 | 14 | Sig ↑ in CMJ height (2.7%)  |
| Murphy et al. (76) | HE, HF, HA, KE, KF, PF | 20 | 14 | No sig diff in CMJ height (1.2%) |
| †Nelson et al. (77) | KE  | 8×30 | 55 | No sig diff in isometric KE MVC at 90°, 108°,126° & 144°, Sig ↓ in MVC (-7%) at 162° |
| †Nelson et al. (78) | KE  | 16×30 | 15 | No sig diff at 3 faster velocities, sig ↓ in concentric KE MVC at 1.05 (-7.2%) & 1.57 rad.s-1 (-4.5%) |
| Nelson et al. (79) | KE, KF, PF  | 4×30 | 16 | Sig ↑ in 20 m sprint time (+1.3%) |
| #Nelson et al. (80) | KE, KF | 6×15 | 31 | Sig diff in concentric KF MVC (-3.6%) & concentric KE MVC (-5.7%) compared to control |
| #O’Connor et al. (81) | HE, HF, HA, KE, KF, PF | 2×10 | 27 | Sig diff (↑) in peak cycling power (+5%) |

Table 1. Cont.

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| Authors | Muscle group/s | Stretch duration (s) | Sample | Major findings |
| Ogura et al. (82) | KF | 30, 60 | 10 | Sig diff in isometric KF MVC (-8.8%) after 60 s but no sig diff after 30 s (-2%) |
| #Papadopoulos et al. (84) | KE, KF, PF | 9×30 | 10 | No sig diff in isometric KE MVC (-1%) compared to control |
| Papadopoulos et al. (85) | KE, KF | 3×30 | 32 | Sig diff in isokinetic concentric KE MVC (-4.3% and -4.4%) and KF MVC (-5% and -4.3%) at 60°.s.-1 and at 180°.s.-1 (mean = -4.5%) |
| Power et al. (86) | KE, PF | 6×45 | 12 | Sig diff in isometric KE MVC (-9.5%), no sig diff in PF MVC (0%), SJ or DJ height (0%) |
| Robbins & Scheuermann (87) | KE, KF, PF | 2×15, 4×15, 6×15 | 20 | Sig ↓ in CMJ after 90 s stretch only (-3.2%) no Sig ↓ in shorter durations (30 s = -1%; 60 s = -2.2%) |
| Rossi et al. (88) | KE | 6×30,6×60 | 20 | Sig ↓ in isometric KE MVC (3 min - 4%; 6 min - 8%)  |
| Ryan et al. (90) | PF | 4×30, 8×30, 16×30 | 13 | No Sig ↓ in isometric PF MVC after 2 min (-2%) or 4 min (4%) or 6 min (6%) compared to control condition |
| #Samuel et al. (91) | KE, KF, | 3×30 | 24 | No sig diff in CMJ height, isokinetic concentric KE or KF MVC at 60°.s.-1. Sig diff in power (-3.5%) |
| Sayers et al. (92) | KE, KF, PF | 3×30 | 20 | Sig diff in 30-m sprint time (-2%) compared to control |
| Sekir et al. (93) | KE, KF, | 4×20 | 10 | Sig ↓ in concentric KE MVC at 60°.s.-1 (-6.7%) & 180°.s.-1 (-9%), KF at 60°.s.-1 (-8%) & 180°.s.-1 (-8%); in eccentric KE at 60°.s.-1 (-9.9%) & 180°.s.-1 (-9.9%) & KF at 60°.s.-1 (-11.9%) & 180°.s.-1 (-13.9%) |

Table 1. Cont.

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| Authors | Muscle group/s | Stretch duration (s) | Sample | Major findings |
| Siatras et al. (95) | KE | 10, 20, 30, 60 | 10 | Sig ↓ in isometric (30 s - 8.5%; 60 s - 16%) and isokinetic concentric KE MVC (30 s - 5.5%; 60 s - 11.6%) at 60°.s.-1 (30 s – 5.8%; 60 s - 10%) at 180°.s.-1. No sig diff after 10 s or 20 s stretch |
| #Siatras et al. (96) | KE, KF, PF | 2×30 | 11 | Sig diff in running speed (-3%) compared to control condition after 10 m and 15 m but not after 5 m |
| #Sim et al. (97) | KE, KF, PF | 2×20 | 13 | No sig diff in 20 m sprint time (-1%) compared to control |
| #Torres et al. (101) | D, Tr, TB, BB, PM, LD | 2×15 | 11 | No sig diff in isometric bench press (3.2%), bench press throw (2.2%) or overhead throw (1%) compared to control  |
| Torres et al. (102) | WF | 3×10 | 15 | Sig ↓ in hand grip MVC (-6.7%) |
| Unick et al. (103) | KE, KF, PF | 3×15 | 16 | No difference in SJ (+2.3%) or CMJ (+1.4%) compared to control condition |
| Vetter (104) | HE, KE, KF, PF | 2×30 | 26 | Sig diff in CMJ height (-0.8%); no sig diff in 30 m sprint time (-1.0%) |
| Viale et al. (105) | KE | 9×45 | 8 | Sig ↓ in (-8%) isometric KE MVC |
| Wallmann et al. (106) | PF | 3×30 | 13 | No Sig ↓ in CMJ height (+2.9%) |
| †Wallmann et al. (107) | PF | 3×30 | 14 | Sig ↓ in CMJ height (-5.6%) |
| Weir et al. (108) | Sol | 5×120 | 15 | Sig ↓ in isometric PF MVC (-7.1%) |

Table 1. Cont.

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| Authors | Muscle group/s | Stretch duration (s) | Sample | Major findings |
| Winchester et al. (109) | KF | 30, 2×30, 3×30, 4×30, 5×30 | 18 | Sig diff in concentric KF MVC after 30 s (-6.3%), 60 s (-5.7%), 90 s (-7.9%), 120 s (-10.2%), 150 s (-11.1%) and 180 s (-12.1%) (mean = -8.9%) compared to control |
| Winchester et al. (110) | HE, KE, KF, PF | 3×30 s | 22 | Sig diff in 40 m sprint time (-1.7%) but no difference for 20 m sprint time (-1%) compared to control.  |
| Winke et al. (111) | KF | 6×30 | 29 | No sig ↓ in concentric KF MVC at 60°.s.-1 (-7.7%) & 210°.s.-1 (-6.9%) or eccentric KF at 60°.s.-1 (-17.1%) & 210°.s.-1 (-14.3%) compared to control |
| Yamaguchi & Ishii (114)  | HF, HE,KE, KF, PF | 30 | 11 | No Sig ↓ in leg extension power (-5.1%) |
| Yamaguchi et al. (115) | KE  | 24×30 | 12 | Sig diff concentric peak power (9%)  |
| #Young & Elliott (120) | HEs, KE, PF | 3×15 | 14 | No sig diff in SJ height (-1.9%) |
| #Young & Behm (117) | KE, PF | 4×30 | 16 | No sig diff in SJ (-3.4%) or DJ (-3%) height compared to control |
| #Young et al. (118) | KE, HFs | 9×30 | 16 | No sig diff in foot speed (+0.5%)  |
| #Young et al. (119) | PF | 2×30, 4×30, 8×30 | 20 | No sig diff in concentric PF peak force (-0.3%; -3%; -3.4%) or DJ height (-1.7%; -3.6%; -6.1%) after 1 min, 2min, or 4 min respectively |
| Zakas et al. (121) | KE | 3×15, 20×15 | 16 | No ↓ in isokinetic concentric KE MVC after 45 s (mean = -0.8%). Sig ↓ after 5 min stretch at 30°.s.-1 (-5.2%), 60°.s.-1 (-5.8%), 120°.s.-1 (-6.5%), 180°.s-1 (-8.4%) and at 300°.s.-1 (-12.9%)  |

Table 1. Cont.

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| Authors | Muscle group/s | Stretch duration (s) | Sample | Major findings |
| Zakas et al. (122) | KE | 30 ,10×30, 16×30 | 14 | No ↓ in isokinetic concentric KE torque after 30 s stretch (-0.5%). Sig ↓ after 5 and 8 min stretch at 60°.s.-1 (-3.8% & -5.4%), 90°.s.-1 (-4.9% & -6%), 150°.s.-1 (-5.6% & -7.1%), 210°.s.-1 (-5.3% & -7%) and at 270°.s.-1 (-9.1% & -8.8%) respectively |
| Zakas et al. (123) | KE | 4×15, 32×15 | 15 | No change in isokinetic concentric KE torque after 60 s stretch (-0.3%). Sig ↓ after 8 min stretch at 60°.s.-1 (-5.5%), 90°.s.-1 (-5.9%), 150°.s.-1 (-7.2%), 210°.s.-1 (-6.6%) and 270°.s.-1 (-8.2%) respectively |

PF = Plantar flexor, Sol = soleus, HF = hip flexor, HE = hip extensor, HA = hip adductor, KE = knee extensor, KF = knee flexor, PM = pectoralis major, D = deltoids, Tr = trapezius, LD = latissimus dorsi, TB = triceps brachii, BB = biceps brachii, WF = wrist flexors, ES = erector spinae, SM = shoulder musculature, Sig diff = significant difference compared to control, ↑ = increase, ↓ = decrease, # = Control condition included but no reliability data, † = No control group