
TABLE 1. MEDLINE Search Strategy Using a PubMed Search Engine*

Item	Search	MEDLINE	Sport Discus
1	Stretch OR stretching OR flexibility OR range of motion	48,387	7908
2	Performance OR competition OR run OR jump OR velocity OR speed	403,805	83,060
3	1 AND 2	4418	1897
4	3 limited to human clinical trials	411	—

Search engine searches all fields including MEDLINE Subject Headings and textwords between 1966 and the present. Textword strategy will retrieve any article that includes the word in the title or abstract (if abstract is included in MEDLINE). The symbol “” in the search acts as a wildcard for any text.
