

Stretch safely - quiz

Do you know how to stretch safely? Use our quick health quiz to find out why stretching is important before, during and after exercise.

1. How should stretching be performed?

- A. Hold a stretch, then bounce to increase the stretch.
- B. Hold a stretch, then gently increase the stretch once the muscle feels comfortable.
- C. Use momentum (such as swinging the arms) to push the muscles to stretch as far as possible.

2. How far should you stretch a muscle?

- A. To the point of mild discomfort.
- B. To the point of pain.
- C. If you feel any discomfort at all, you've stretched too far.

3. What is the benefit of bouncing during a stretch?

- A. No benefit at all - bouncing should be strictly avoided.
- B. Bouncing helps to push the muscle into a greater stretch.
- C. Bouncing warms up the joints, ligaments and tendons.

4. How long should you hold a stretch?

- A. Three to five seconds.
- B. Five to 10 seconds.
- C. 10 to 30 seconds.

5. Should muscles be stretched in any particular order?

- A. No, it doesn't make any difference.
- B. Opposing muscle groups should be stretched one after the other; for example, hamstrings then quadriceps.
- C. Muscles of the torso should be stretched first, followed by the muscles of the arms then the legs.

6. How should you breathe while stretching?

- A. Breathe in, move into the stretch, and exhale slowly for the duration of the stretch.
- B. You should just breathe normally.
- C. Take a deep breath and hold it for the duration of the stretch.

7. At what point in your warm-up routine should you stretch?

- A. After your warm-up exercises.
- B. Before your warm-up exercises.
- C. This is a trick question - stretching should only be performed during the cool-down.

8. How long should you spend stretching during your cool-down routine?

- A. This is a trick question - stretching should only be performed during the warm-up routine.
- B. About three to five minutes or so.
- C. About 10 minutes or so.

Calculate score

Your score is:

Score 0 to 2:

Your stretching technique is doing you more harm than good. Consult with your doctor, physiotherapist or registered fitness instructor on how to improve your form.

Score 3 to 5:

You have a general idea about stretching, but the gaps in your knowledge could be putting you at risk of soft tissue injuries.

Score 6 to 8:

Congratulations, you not only understand the importance of stretching, but know how to do it properly!

> Check the correct answers.

This page has been produced in consultation with, and approved by:

Kinect Australia (inc VICFIT in Victoria)

This Better Health Channel fact sheet has passed through a rigorous approval process. The information provided was accurate at the time of publication and is not intended to take the place of medical advice. Please seek advice from a qualified health care professional.

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