Recommendations for Stretching

- Make sure your muscles are warm first.
- Don’t force stretches but “listen” to your body. If the muscle starts shaking then you have gone too far.
- Always make sure that the muscle being stretched is totally relaxed and not under any tension.
- Don’t just work on your good areas but start each session with a new muscle group.
- Adaptations take time.
- Don’t just stretch but choose how you stretch carefully.
- Within a warm-up you should incorporate short static stretches before stretching the muscles dynamically. The limb should be taken through the range of motion about to be experienced in the subsequent movement.
- During the warm-down, short static stretching should be used to help return the muscle back to its normal length.
- Developmental stretching should occur away from the dance class with stretches being held up to 60 seconds and at a low (3/10) intensity. Remember to strengthen the muscles as well to increase the active range of movement.