## SAFE STRETCHING

Safe stretching is when muscles are slowly placed in a stretch and then held in that position for 10–15 seconds. Maintain good alignment and listen to your body – you should feel the stretch in the middle of the muscle.

If you feel nothing **STOP** You could be overstretching your ligaments and increasing your injury risk. If you feel pain **STOP** Pain is a symptom of damage and injury. Avoid partner stretching as your partner cannot judge your pain.



- do stretch gently and slowly
- do breathe deeply, calmly and evenly as you stretch
- do stretch all muscle groups
- do stretch during your warm up by moving carefully through your full range of motion
- do stretch dynamically once you are warm
- do stretch for increased muscular flexibility as part of your cool down after exercise

## DO NOT

- do not bounce
- do not attempt to stretch cold muscles
- do not make stretches competitive

This information is sourced from the Ausdance National website: ausdance.org.au/articles/details/stretching-rules-for-dancers



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