



More Myths in Strength and Fitness

By Matt Brzycki

Perhaps no other discipline is ripe with as many myths as strength and fitness. What follows are ten more myths in strength and fitness.

Myth #1:

Stretching prior to a physical activity

will reduce the risk of injury. There is very little research that has investigated the effects of pre-exercise/activity stretching on the risk of injury. But two studies that involved a total of 2,630 military recruits (men aged 17 - 35) who were going through basic training found that stretching prior to an activity reduced the risk of injury by 5% (which was not statistically significant).

Over the same period of time, the expected risk of injury was 20%. This suggests that a 5% reduction in the risk of injury would translate into a reduction in absolute risk by a mere 1%. Stretching would seem to be most beneficial when done prior to dynamic, short-duration activities that involve rapid muscular contractions such as wrestling or sprinting.