

Ballistic Stretching

Ballistic stretching is sometimes seen as an extension of dynamic stretching, but whereas dynamic stretching is the perfect start to a workout, ballistic stretching is an injury waiting to happen. Some people believe the extra bouncing motion in a ballistic stretch helps to stretch muscles even further, it may but it is just temporary. All this does is place a sudden strain on your muscles, which can lead to muscle tears. [Please see our Stretch and Mobility Page.](#)

WHAT IS IT: Ballistic stretching utilizes muscle activation through quick, jerky movements. This inhibits the body's stretch reflex and increases the muscle's range of motion through the force created by the bouncing. Stretching movements that are too forceful can damage the soft tissues around the joints, such as ligaments and tendons. This can develop into tendonitis. Over time, small muscle tears can develop and can lead to reduced flexibility and movement. [Healthline.com](#) suggest that while this type of stretching may be beneficial for athletes, it carries a risk of injury. Ballistic stretching is generally not recommended for everyday people who want to stay in shape or improve flexibility because there is a risk of straining or pulling a muscle. Dynamic and static stretching stretches muscles more gently without risk of pulling them. [The American Academy of Orthopaedic Surgeons warns against bouncing stretches, as does the American College of Sports Medicine.](#)