

# Comparison of Partner Assisted PNF Stretching and Strap Assisted PNF Stretching

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## Purpose:

There are many studies comparing different methods of PNF stretching to each other and static stretching, but there are few studies comparing the use of a strap with PNF stretching. The lack of studies comparing unassisted strap PNF stretching to assisted PNF stretching for chronic increases in hamstring flexibility creates challenges in determining if using a strap is practical to recommend.

## Methods:

The study involved healthy students between the ages of 18 and 30 years old who attend the University of North Florida.

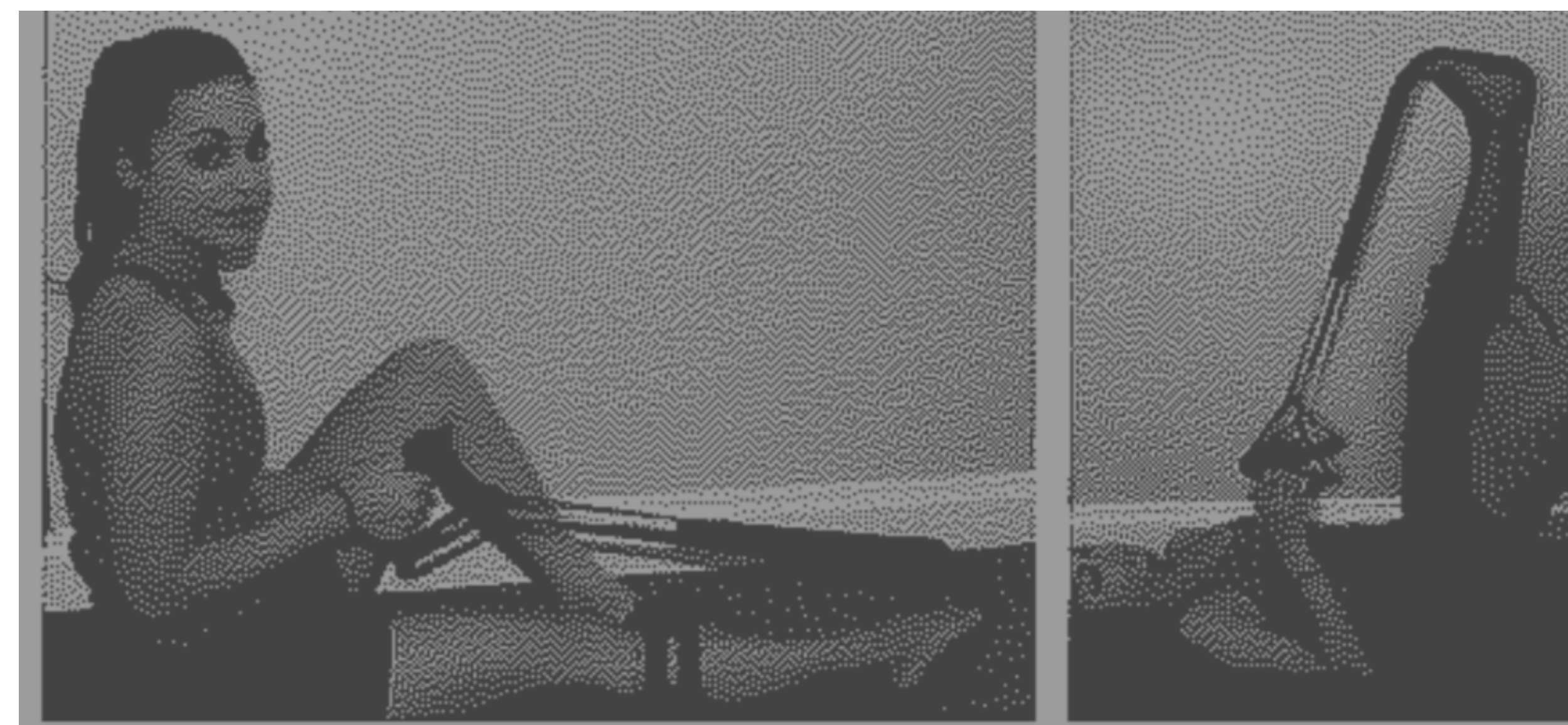
Students were randomized into an exercise professional assisted (EPA) PNF stretching group (n = 6) or a strap assisted (SA) PNF stretching group (n = 9). The groups stretched four times per week for four weeks and joint range of motion (ROM) was assessed at the beginning, and end of the study. A t-test was utilized to determine if the interventions had a differential effect on Joint ROM.

## Results:

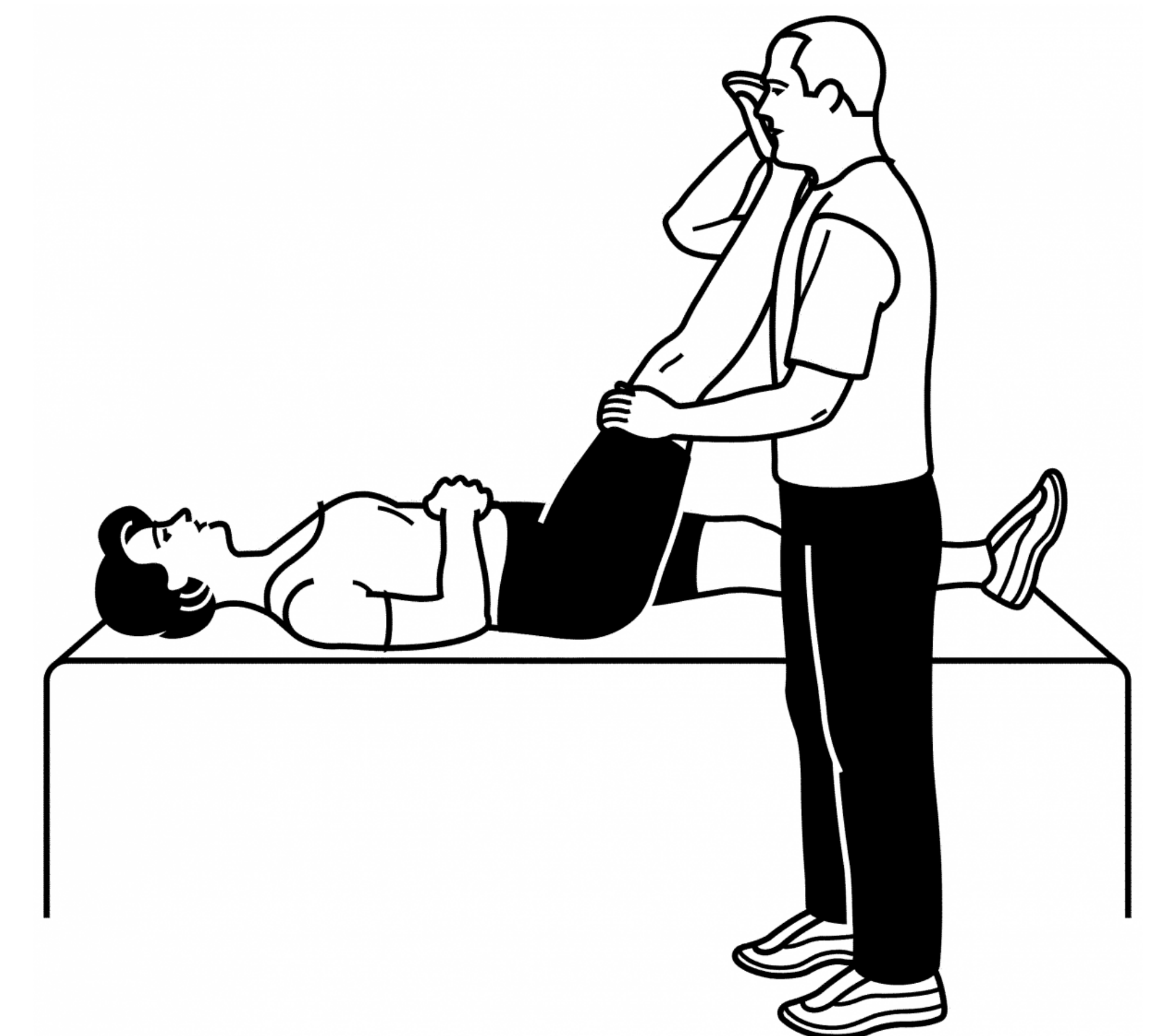
There was no difference in change in hamstring ROM from the pre-test measurements to the post-test measurements within or between groups.

## Conclusions:

These findings are inconsistent with previous research that has shown increases in hamstring ROM when doing assisted PNF stretching. These inconsistencies could be from subject sample pool (young physically active students), inter-rater reliability (2 exercise science students and one PT student), and assessment time of day (varied based on subject availability).



Hatfield Strap Stretch



Assisted PNF