

ABSTRACT

Comparison of Two Methods of Stretching the Gastrocnemius and Their Effects on Ankle Range of Motion

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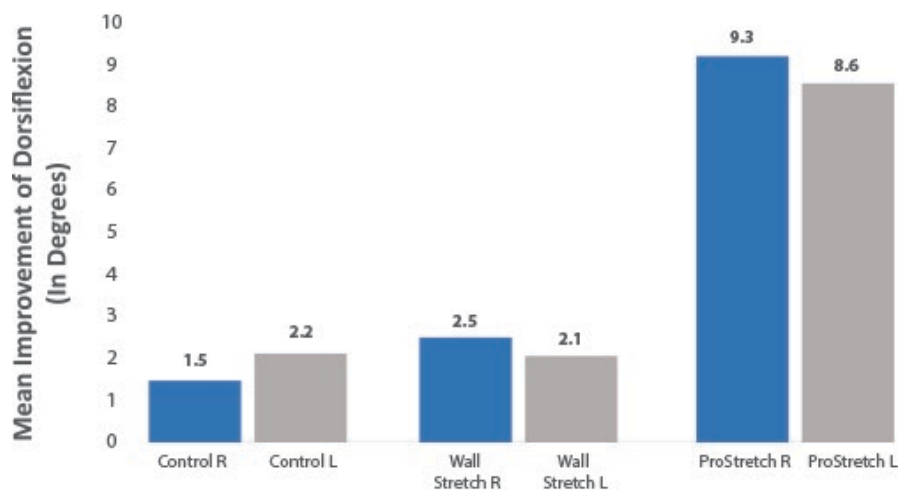
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The purpose of this study was to compare two methods of stretching the gastrocnemius muscle: one utilizing the conventional wall stretch method, and the other utilizing the ProStretch® device. Thirty eight normal volunteer subjects who had no history of recurrent ankle injuries were randomly assigned to one of three groups; control, wall stretch and ProStretch. The subjects in both of the stretching groups performed five 8 second modified contract-relax stretches for the gastrocnemius three times per week for four weeks. The wall stretch group employed a conventional standing wall stretch and the ProStretch® group employed the ProStretch® device. Pre-stretching measurements and four weeks post stretching measurements were taken by a single investigator using a standard goniometer. A one way analysis of variance was used to analyze the data with significance set at $P < .05$. There was no significant difference between the wall stretch group and the control group. There was a significant difference between the ProStretch group and both the wall stretch and the control group.



Conclusion: These results suggest that utilization of the ProStretch® device can more effectively increase ankle dorsiflexion than utilization of the conventional and commonly used wall stretch technique.