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

- 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

ausDANCE QLD

Ausdance QLD is the peak body for dance in Queensland. We champion innovation, creativity and diversity in dance by supporting, promoting and enabling dance practitioners, artists, educators and participants to build the capacity of the Queensland dance sector and get everyone dancing!