

Stretching may not prevent jogging injuries

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Researchers believe they have debunked a myth about the perceived importance of stretching before jogging. Hundreds of millions of joggers around the world perform static stretching exercises before going for a jog.

It is a daily ritual that can be seen in parks and streets everywhere. However, researchers from La Trobe University in Melbourne, Australia say there is no evidence to show that stretching improves running performance or decreases the risk of injuries. Their research is published in the 'British Journal of Sports Medicine'. They say that while there is evidence that stretching can help keep ankle, knee and hip joints flexible, it won't aid performance or keep injuries at bay.

Lead researcher James Alexander conducted the research after discussions with runners about stretching. Mr Alexander is an avid jogger and often wondered what the benefits of stretching were. He told the Reuters news agency that: "Runners have certain beliefs around running injury risks, injury prevention and performance that are in contrast to current research evidence." He added: "These beliefs drive runners to continue to pursue ineffective or non-optimal strategies within their running training, whether through static stretching for injury prevention or low-load strength training for performance." He recommended a 5-10-minute session of walking or light jogging as the best warm-up.

Sources: reuters.com / dailymail.co.uk / bmj.com

Writing

Stretching is the best warm-up to do before running. Discuss.

Chat

Talk about these words from the article.

myth / importance / stretching / joggers / ritual / evidence / performance / hip / joint researcher / discussion / benefit / news agency / strategy / injury / training / warm-up

True / False

- a) Researchers suggest having to stretch before exercising is a myth. T / F
- b) The article says hundreds of millions of people go jogging. T / F
- c) Researchers say stretching can boost performance in sports. T / F
- d) The researchers said stretching can keep injuries at bay. T / F
- e) The lead researcher of this study is also a jogger T / F
- f) What runners believe about stretching contrasts with current research T / F
- g) The researcher said 10 seconds of walking was a great warm-up. T / F
- h) The researcher said light jogging was the best kind of warm-up. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|---------------------|-------------------|
| 1. debunked | a. away |
| 2. performed | b. proof |
| 3. ritual | c. simple |
| 4. evidence | d. follow |
| 5. at bay | e. carried out |
| 6. avid | f. best |
| 7. pursue | g. stationary |
| 8. optimal | h. poked holes in |
| 9. static | i. enthusiastic |
| 10. light | j. custom |

Discussion – Student A

- a) What do you think of stretching?
- b) What do you think of jogging?
- c) Why is jogging so popular?
- d) What do you think when you see joggers?
- e) How can people improve their running performance?
- f) How can we avoid injury while exercising?
- g) What injuries have you had?
- h) What do you do to keep injuries or illness at bay?

Phrase Match

- | | |
|---|-----------------------|
| 1. Researchers believe they have debunked | a. warm-up |
| 2. the perceived importance | b. joints flexible |
| 3. It is a daily | c. jogger |
| 4. decreases the risk of | d. research evidence |
| 5. keep ankle, knee and hip | e. of stretching |
| 6. Mr Alexander is an avid | f. ritual |
| 7. Runners have certain beliefs | g. optimal strategies |
| 8. in contrast to current | h. a myth |
| 9. ineffective or non- | i. around running |
| 10. walking or light jogging as the best | j. injuries |

Discussion – Student B

- What do you think about what you read?
- How important is stretching?
- Who is stretching important for?
- What is the best form of exercise?
- What exercise do you do?
- What stretching exercises do you like and dislike?
- How can we get more people to exercise?
- What questions would you like to ask a sports trainer?

Spelling

- they have uneddkb a myth
- the ireceevpd importance of stretching
- perform taisct stretching exercises
- It is a daily itraul
- there is no nciedvee to show that
- keep ankle, knee and hip joints eeilbfxl
- Alexander is an advi jogger
- Runners have certain efisble
- in ostcrant to current research
- ineffective or non-optimal stteegasri
- stretching for injury tvronenepi
- a 5-10-minute einssos of walking

Answers – Synonym Match

1. h	2. e	3. j	4. b	5. a
6. i	7. d	8. f	9. g	10. c

Role Play

Role A – Jogging

You think jogging is the best form of exercise. Tell the others three reasons why. Tell them what is wrong with their forms of exercise. Also, tell the others which is the least useful form of exercise of these (and why): yoga, dancing or housework.

Role B – Yoga

You think yoga is the best form of exercise. Tell the others three reasons why. Tell them what is wrong with their forms of exercise. Also, tell the others which is the least useful form of exercise of these (and why): jogging, dancing or housework.

Role C – Dancing

You think dancing is the best form of exercise. Tell the others three reasons why. Tell them what is wrong with their forms of exercise. Also, tell the others which is the least useful form of exercise of these (and why): yoga, jogging or housework.

Role D – Housework

You think housework is the best form of exercise. Tell the others three reasons why. Tell them what is wrong with their forms of exercise. Also, tell the others which is the least useful form of exercise of these (and why): yoga, dancing or jogging.

Speaking – Exercise

Rank these with your partner. Put the best at the top. Change partners often and share your rankings

- | | |
|-------------|------------|
| • housework | • jogging |
| • cycling | • yoga |
| • dancing | • swimming |
| • gardening | • walking |

Answers – True False

a	T	b	T	c	F	d	F	e	T	f	T	g	F	h	T
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Answers to Phrase Match and Spelling are in the text.