




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# Calf stretching

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## ABSTRACT

This time course study aimed to assess the acute effects of static stretching (SS) of different durations on the isometric maximum voluntary contraction force (MVCF) of the calf muscle. Ten male participants participated in three pretest-posttest experimental trials: SS for 2-minutes (SS2), 4-minutes (SS4), and 8-minutes (SS8). MVCF was measured before, immediately after, at 10- and 20-minutes post-stretch intervals. SS2, SS4, and SS8 did not change the MVCF at 0-, 10- and 20-minutes post stretching intervals.

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