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Acute Effects of PNF Stretching on Maximum Voluntary Contraction in Men

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ABSTRACT This study aimed to investigate the influence of PNF stretching on the peak torque (PT) isokinetic leg extension PT at 60^0 and $180^{0.s\text{-}1}$ in the stretched and unstretched limbs. Twelve college male athletes who were enrolled in a fitness class volunteered to participate in the study. Pre and post PNF stretching exercises isokinetic PT for extension and flexion of the dominant and non-dominant limbs were measured. There was a decrease in the PT for both extension and flexion between the pre- and post-stretching conditions. The reductions in PT experienced in the present study tentatively support the hypothesis that stretching may change the length-tension association.