

# ABSTRACT

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

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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  $p \leq .05$ . 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.

