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## Effects of Acute Static Stretching on Electromyography (EMG) and Peak Force Responses

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ABSTRACT The purpose of the present study was to investigate the possibility of an interaction between the stretching-induced-force-deficit and bilateral-deficit during maximal voluntary isometric hand flexion under the stretch and non-stretch, bilateral, and unilateral conditions through measurement of EMG and force production. Force output and associated EMG were recorded during either unilateral or bilateral 3-second maximal voluntary isometric hand flexion (MVC) against a force transducer. The effect of the stretch on the right hand in a unilateral MVC was decreased in force with a decrease in integrated EMG (IEMG) activity. The left hand bilateral force in the stretch condition was significantly smaller than the left hand unilateral force in the non-stretched condition. It was concluded that a cumulative deficit might indicate activation of multiple inhibitory mechanisms or pathways or possibly a greater activation of a single inhibitory mechanism or pathway. Trends were observed that may prove to be significant with a stronger experimental design and greater subject numbers with less variability between subjects.