

## Impact of passive stretching on vertical jump performance: a systematic review: a systematic review

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Passive stretching is commonly used in sport by physiologists, fitness coaches, and coaches as part of a warm-up session before engaging in various sports. It is possible to find reports in the literature that performing passive stretching can improve performance in strength exercises and/or reduce the risk of musculoskeletal injuries. However, scientific evidence has shown that stretching before power exercises can harm performance. This review aimed to investigate in the literature the effects of passive stretching on muscle performance in vertical jumps. The search was carried out in the SciELO database and also in the Google Academic search tool and the strategy used for the search was to look for titles that were relevant and linked to the desired subject, without language restrictions, but mainly languages were observed english, portuguese and spanish. The exclusion criterion for the studies was directed only to the literature review type and only 11 articles were selected for their use in the work, with no established chronological limit, however, giving preference to more current studies. In most studies, pre-exercise stretching harmed muscle performance and in others, they did not show differences or even an improvement, although statistically insignificant. Thus, it can be concluded that muscle stretching performed before strength exercise is not the most efficient form of warm-up or preparation for muscle performance.

**Keyword:** Stretching; Performance; Jump.

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