



The Active Isolated Stretching (AIS) method of muscle lengthening and fascial release is a type of Athletic Stretching Technique that provides effective, dynamic, facilitated stretching of major muscle groups, but more importantly, AIS provides functional and physiological restoration of superficial and deep fascial planes.

- This stretching routine will **help keep flexible all the muscles** used in running.
- It is a simple routine that all handballers should incorporate into their training.
- The routine takes approximately **10 –15 minutes.**
- It is **important to do the stretching in the sequence.**
- The programme is based on a natural progression from one muscle group to the next.
- The body is put in the best anatomical position to maximise an isolated stretch.
- The muscle is encouraged to gradually lengthen. The cardinal rule of stretching remains: **never force a stretch beyond point of discomfort.**

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1) 90/90 Stretch



- Lie on your side, with your right leg extended and your left knee at your chest.
- Use your adductors (inner thigh muscles) to push your left knee to the ground, assisting with your right arm.
- Open your shoulders by rotating your torso to the left. Try to get your back and left arm flat on the ground.
- Keep both knees down in their starting position. Reach to get the topside of your shoulder flat on the ground.
- Hold for 6-10 seconds and repeat 3 times before switching sides.

2) Glutes



- Start by lying on your back. Bend one knee slightly to take the tension off of your back.
- Contract the hip flexor of your other leg as you pull that knee towards your chest.
- Use your hands to gently pull the leg into a greater stretch.
- Hold for 3 seconds and repeat 5 times with each leg.

3) Hamstrings



- Start by lying on your back. Bend one knee slightly to take the tension off of your back
- Keeping your other leg straight, contract your quads and hip flexors and lift the leg as high up into the air as you can.
- Use a rope or your hands to gently increase the stretch.
- Hold for 3 seconds and repeat 5 times with each leg.

4) Glutes



- Start by lying on your back. Bend one knee slightly to take the tension off of your back.
- Now bend your knee and rotate your leg outward so your foot is crossed over your opposite leg.
- Contract the hip flexors as you pull your knee towards your chest, keeping your leg rotated.
- You should feel a stretch deep in your hip. Use your hands to gently pull the leg into a greater stretch.
- Hold for 3 seconds and repeat 5 times with each leg.

5) Adductors



- Start by lying on your back. Loop the rope around your foot and ankle so your leg rotates slightly inward.
- Contract your hip abductors (outer hip) to pull your leg straight out to the side and gently pull the rope to increase the stretch.
- Hold the stretch for 3 seconds and repeat 5 times with each leg.

6) Quads



- Lie on left side and bring both knees to chest.
- With left hand, grasp left foot from outside.
- With right hand, grasp right ankle and extend right thigh back by contracting buttocks and hamstrings and press assisting with hand, heel should press into buttocks.
- Hold for 6-8 seconds and repeat 3 times with each leg.

7) Hip Flexors



- Start from a kneeling lunge. Bend back knee and grasp foot with the same-side hand.
- Bend one knee fully and grasp the ankle with your free hand
- Contracting the hamstrings and glutes, pull your leg back until you feel a good stretch in the front of your thigh.
- Do not to arch your back.
- Hold the stretch for 3 seconds before releasing the stretch. Repeat 5 times with each leg.

8) Distal Hamstrings



- Start seated with your legs straight in front of you.
- Loop the rope over the ball of your foot.
- Keeping your leg on the ground, contract your quad and gently pull on the rope to increase the stretch.
- Hold the stretch for 3 seconds and repeat 5 times with each leg.

9) Adductors



- Sit with soles of feet placed together.
- Contract outside of hips, spreading thighs as far as possible.
- Use arms between knees to assist stretch at end of movement.
- Hold stretch for 6-8 seconds and repeat 3 times.

10) Soleus



- Lean against a wall or chair for support.
- Stand on bent left leg.
- Place right foot behind left calf to assist stretch to left leg.
- Keep heel on ground.
- Hold this stretch 8 -10 seconds.

11) Gastrocnemius



- Lean against a wall or chair for support.
- Keep left leg straight and heel on ground.
- Hold stretch for 8 –10 seconds.