

Activity 2: Test your skills

Try editing this paragraph. What mistakes can you spot? What sentences can you rephrase or tighten up?

There is much debate over the optimal time period to sustain a stretch, studies suggest that stretches are more effective if held for longer periods of time, but not all of the research can be applied to patient's with MS. Bandy and Irion (2007) examined the length of time a mussel should be sustained in a stretched position to maximally increase flexibility, they compared the affect of holding a stretch for 15, thirty or 60 seconds on 57 subjects with limited hamstring muscle flexibility, once daily, for a 6 week period, the results showed 30 or sixty seconds to be the most affective time period in terms of increasing the range of motion. Similarly, a study by (Roberts and Wilson, 2009) investigated the effect of stretching duration in muscles of the lower limb, and discovered that fifteen seconds was more beneficial than 5. However these studies don't give a long term view into the effect of stretching as it only ran for 5 and 6 weeks. Which is significant in a condition such as MS as it is chronic. Therefore, a longer-term look into the effects of stretching would be more viable. Furthermore, the average age of participant's in the first study was 20, whereas MS has it's peak incidence between the ages of 25 and 35 (Stokes, 2004). It seems that further research into the long term effects of stretching, on a more representative range of patients, would help physio's to improve their treatment of patients with MS.