

## Stretching Case Scenario Puzzles

1. **Puzzle 1 – Hamstring Tightness**

A 19-year-old football player complains of recurrent hamstring strains. On assessment, straight leg raise is limited to 50°.

Which stretching technique will you prescribe—static, ballistic, or PNF? Why?

2. **Puzzle 2 – Post-Immobilization Elbow**

A 25-year-old male had his elbow immobilized for 6 weeks after fracture. He presents with stiffness and reduced extension.

Which stretching technique is safest initially, and what precautions should be taken?

3. **Puzzle 3 – Elderly with Osteoporosis**

A 70-year-old woman with osteoporosis has kyphotic posture and complains of stiffness in the thoracic spine.

Is aggressive stretching indicated? If not, which alternative approach should be chosen?

4. **Puzzle 4 – Cerebral Palsy Child**

A 10-year-old with spastic diplegia shows equinus deformity (tight gastrocnemius).

Which stretching method (prolonged passive, active-assisted, or PNF) is most suitable, and why?

5. **Puzzle 5 – Post-Surgery Knee**

A 30-year-old man, 4 weeks post-ACL reconstruction, has reduced knee flexion.

Which stretching type will improve ROM safely—dynamic or static?

6. **Puzzle 6 – Shoulder Adhesive Capsulitis**

A 50-year-old woman with frozen shoulder has painful restriction of abduction.

Should stretching be done in the acute painful stage? If not, when should it be started?

7. **Puzzle 7 – Runner's IT Band Tightness**

A 27-year-old marathon runner reports lateral knee pain, aggravated by running downhill. Ober's test is positive.

Which muscle group needs stretching, and which technique is most effective?

8. **Puzzle 8 – Contraindication Check**

A patient with acute hamstring tear requests stretching to reduce pain.

Should stretching be started immediately? Why or why not?