

## CWSF 2009 - Winnipeg, Manitoba



### Hannah Bild-Enkin

#### Strategic Stretching: The Effects of Stretching on Strength and Range of Motion

**Division:** Life Sciences / None

**Category:** Senior

**Region:** Vancouver Island

**City:** Victoria, BC

**School:** Esquimalt Community School

**Abstract:** A goniometer and dynamometer were developed to measure quadriceps range of motion (ROM) and strength before and after a 20 stretch. Measurements on 36 participants showed no significantly change in strength, while most showed an increased ROM. The increased ROM may decrease risk of injury in physical activity, while not decreasing performance.

#### Biography

Hannah is, in every aspect of her life, a performer. Be it figure skating, singing or science fair, she goes out and gives her all to the task at hand. She enjoys being a vocalist in the Esquimalt High School jazz program and is working on her grade 5 voice exam. Science fair has allowed her to explore and experience different aspects of science that may prove interesting career options. At this point in time Hannah is hoping to study kinesiology or physiotherapy in university. This is Hannah's second CWSF experience and hopes it will be as exciting as the last.