

Department of Biomechanics

Master Degree
2002

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Title	:	Circadian specificity in flexibility of hamstring.
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Abstract	:	
<p>The purpose of this study was to prove the effect of circadian rhythm on flexibility training of hamstring forty-five subjects with tight hamstring were selected and randomly divided into three groups , each of which include 15 subjects the first group received static stretch at the morning (0.8:00-10:00 AM), the second group received static stretch at (14:00-18:00 PM), and the third group as a control group received static stretch randomly at any time of the day the results proved that the static stretch is effective if repeated at the same time of the day especially at afternoon more than other times of the day.</p>		
Key words	1.	Circadian rhythm.
	2.	Flexibility.
	3.	Hamstring.
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