



## RESOURCES

### Scientific articles

Thomas E, Bianco A, Paoli A, Palma A. The Relation Between Stretching Typology and Stretching Duration: The Effects on Range of Motion. *Int J Sports Med*. 2018 Apr;39(4):243-254. doi: 10.1055/s-0044-101146. Epub 2018 Mar 5. PMID: 29506306.

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Skinner B, Moss R, Hammond L. A systematic review and meta-analysis of the effects of foam rolling on range of motion, recovery and markers of athletic performance. *J Bodyw Mov Ther*. 2020 Jul;24(3):105-122. doi: 10.1016/j.jbmt.2020.01.007. Epub 2020 Feb 7. PMID: 32825976.

Wiewelhove T, Döweling A, Schneider C, Hottenrott L, Meyer T, Kellmann M, Pfeiffer M, Ferrauti A. A Meta-Analysis of the Effects of Foam Rolling on Performance and Recovery. *Front Physiol*. 2019 Apr 9;10:376. doi: 10.3389/fphys.2019.00376. PMID: 31024339; PMCID: PMC6465761.

Kato M, Nihei Green F, Hotta K, Tsukamoto T, Kurita Y, Kubo A, Takagi H. The Efficacy of Stretching Exercises on Arterial Stiffness in Middle-Aged and Older Adults: A Meta-Analysis of Randomized and Non-Randomized Controlled Trials. *Int J Environ Res Public Health*. 2020 Aug 5;17(16):5643. doi: 10.3390/ijerph17165643. PMID: 32764418; PMCID: PMC7460052.