



RESOURCES

Duration & Frequency

Hughes GA, Ramer LM. DURATION OF MYOFASCIAL ROLLING FOR OPTIMAL RECOVERY, RANGE OF MOTION, AND PERFORMANCE: A SYSTEMATIC REVIEW OF THE LITERATURE. *Int J Sports Phys Ther*. 2019 Dec;14(6):845-859. PMID: 31803517; PMCID: PMC6878859.

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Pagaduan JC, Chang SY, Chang NJ. Chronic Effects of Foam Rolling on Flexibility and Performance: A Systematic Review of Randomized Controlled Trials. *Int J Environ Res Public Health*. 2022 Apr 4;19(7):4315. doi: 10.3390/ijerph19074315. PMID: 35409995; PMCID: PMC8998857.

Schroeder J, Wilke J, Hollander K. Effects of Foam Rolling Duration on Tissue Stiffness and Perfusion: A Randomized Cross-Over Trial. *J Sports Sci Med*. 2021 Oct 1;20(4):626-634. doi: 10.52082/jssm.2021.626. PMID: 35321144; PMCID: PMC8488834.

Speed / velocity

Wilke J, Niemeyer P, Niederer D, Schleip R, Banzer W. Influence of Foam Rolling Velocity on Knee Range of Motion and Tissue Stiffness: A Randomized, Controlled Crossover Trial. *J Sport Rehabil*. 2019 Sep 1;28(7):711-715. doi: 10.1123/jsr.2018-0041. PMID: 29952699.

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Intensity

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Fascia and soft tissues innervation in the human hip and their possible role in post-surgical pain (Fede et al., 2020), <https://pubmed.ncbi.nlm.nih.gov/32181900/>

Tools

Kim Y, Hong Y, Park HS. A soft massage tool is advantageous for compressing deep soft tissue with low muscle tension: Therapeutic evidence for self- myofascial release. *Complement Ther Med*. 2019 Apr;43:312-318. doi: 10.1016/j.ctim.2019.01.001. PMID: 30935551.

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Lim JH, Park CB, Kim BG. The effects of vibration foam roller applied to hamstring on the quadriceps electromyography activity and hamstring flexibility. *J Exerc Rehabil*. 2019 Aug 28;15(4):560-565. doi: 10.12965/jer.1938238.119. PMID: 31523677; PMCID: PMC6732552.

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Griefahn A, Knicker A, von Piekartz H. Efficacy of foam rolling with additional vibration stimulation on the mobility of the thoracolumbar fascia. An observational study. *J Bodyw Mov Ther*. 2021 Apr;26:84-93. doi: 10.1016/j.jbmt.2020.12.036. Epub 2020 Dec 28. PMID: 33992302.

Kasahara K, Yoshida R, Yahata K, Sato S, Murakami Y, Aizawa K, Konrad A, Nakamura M. Comparison of the Acute Effects of Foam Rolling with High and Low Vibration Frequencies on Eccentrically Damaged Muscle. *J Sports Sci Med*. 2022 Feb 15;21(1):112-119. doi: 10.52082/jssm.2022.112. PMID: 35250340; PMCID: PMC8851125.

Combining MFR with movement

Cheatham SW, Stull KR. Comparison of a foam rolling session with active joint motion and without joint motion: A randomized controlled trial. *J Bodyw Mov Ther.* 2018 Jul;22(3):707-712. doi: 10.1016/j.jbmt.2018.01.011. Epub 2018 Feb 2. PMID: 30100300.

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