

# ACUTE EFFECT OF SELF-MYOFASCIAL RELEASE WITH THE GOLF BALL TECHNIQUE IN THE SIT-AND-REACH SCORE



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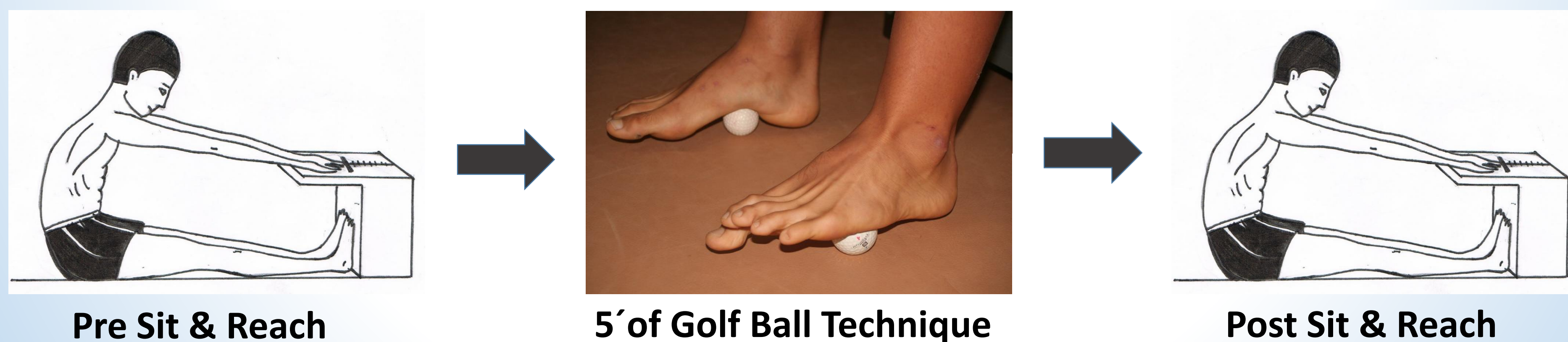


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**Introduction.** Self-myofascial release (SMFR) is a type of myofascial release performed by the individual themselves rather than by a clinician, often using a tool. Acutely, SMFR seems to increase flexibility and reduce muscle soreness (Beardsley & Skarabot, 2015). The purpose of this study was to value if plantar fascia self-massage using the golf ball technique for 5 minutes increases the flexibility using the Sit-and-Reach (SR) test in a sample of college students.

**Methods.** A sample of 62 college students volunteers (38 men and 24 women) with an age of  $21.17 \pm 1.92$ , a weight of  $68.52 \pm 11.35$  kg and a height of  $171.93 \pm 10.14$  cm took part in this study. The sample was divided into a Control Group (N:31, 11 women and 20 men) and an Experimental Group (N:31) The subjects signed an informed consent to take part in the study.

**Results.** The results of the one-way ANCOVA (with pre-intervention score as covariance) showed that the experimental group students statistically significantly improved their sit-and-reach scores (i.e., post-intervention – pre-intervention) compared with the control group students ( $F = 4.667$ ;  $p = 0.035$ ;  $\eta^2_p = 0.073$ ).



**Discussion.** In line with our results. Merino et al. (2011) found an increase in SR score using the golf ball technique in the plantar fascia. Grieve et al. (2015) reported an increase in SR following SMFR applied to the plantar fascia, which they suggested might be related to the continuity of fascia through the lower limb. Patel et al. (2016) concluded a single session of SMFR on bilateral plantar aspect of foot is effective in increasing hamstrings length.

**Conclusion.** SMFR using the Golf Ball Technique on the plantar fascia acutely improve the SR score in College Students.

## References.

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