**TACSM Abstract**

**Effects of Foam Rolling and Static Stretching on Flexibility and Performance Longevity**

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**ABSTRACT**

Developing flexibility by improving both active and passive range of motion is crucial in many sporting activities. Flexibility aids in performance but it is unsure how long peak performance lasts. **PURPOSE:** To examine and compare how long the effects of foam rolling and static stretching last by measuring vertical jump performance and hip range of motion at different time increments. **METHODS:** Fourteen undergraduate division III athletes participated (20.0 ± 1.25 years) in a cross over design. Subjects were foam rolled and static stretched and then had their hip range of motion and vertical jump height measured. Measurements occurred at 5 different time increments: pre-foam or static stretching (pretest), after the progression(posttest), 5 minutes after, 10 minutes after, and 20 minutes after. **RESULTS:** After foam rolling subjects (100±7.52 degrees) had a significantly higher hip ROM (p=0.04, η²= 0.35) than after static stretching (97.2±6.93 degrees). Participants who static stretched (58.5±0.73 cm) had significantly higher vertical jump measurements (p=0.02, η²= 0.43) than after foam rolling (56.7±0.38 cm). Within 20 minutes hip ROM returned to baseline measurements, however vertical jump height was not affected by time. **CONCLUSION:** From these findings it can be concluded that foam rolling is most effective for increasing short term hip ROM and static stretching is most effective in increasing vertical jump height.