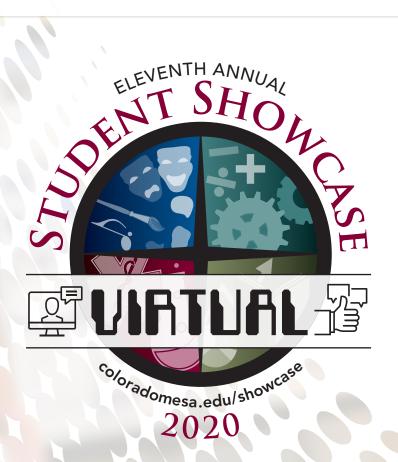
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## A Comparison of Rigid-Core Foam Rolling and Non-Foam Rolling in Regards to their Effect on Lower Extremity Flexibility and Power

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Foam rolling has been shown to increase joint flexibility. There is debate on whether increased joint flexibility will improve characteristics related to vertical jump performance, specifically momentum. Purpose: To determine the effect that pre-activity glute, hip, and lower limb rigid-core foam rolling has on hip and knee flexibility and vertical jump performance, specifically related to momentum during a vertical jump launch in Division II male and female collegiate athletes. Methods: Twenty Colorado Mesa University's student athletes will be recruited. Subjects will be randomly divided into groups of foam rolling (A) and non-foam rolling (B). Both groups will follow a warm up video. After warm up, group A will perform the foam rolling intervention with subsequent ROM measurements while group B will immediately be measured for ROM of hip and knee. Both groups will then perform a vertical jump on the force plates. Hypothesis: We hypothesize that foam rolling will increase ROM and improve momentum during a vertical jump test.

Keywords: Foam rolling, Flexibility, Range of motion, Power, Jump