The Effect of Foam Rolling (FR) on Recovery from Delayed Onset Muscle Soreness

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Foam rolling and DOMS

Question - Does FR promote recovery from DOMs in gastrocnemius?
Methods

• Outcome measures
  – Ankle ROM
  – VAS for pain
  – Pressure pain threshold
  – Balance

• One leg underwent FR twice a day for 2mins
• Other leg did nothing
### Results

<table>
<thead>
<tr>
<th></th>
<th>Baseline</th>
<th>0hrs</th>
<th>48hrs</th>
<th>72hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>N = 15</td>
<td>FR</td>
<td>C</td>
<td>FR</td>
<td>C</td>
</tr>
<tr>
<td>PPT (lbs)</td>
<td>6.4</td>
<td>6.7</td>
<td>5.6</td>
<td>5.6</td>
</tr>
<tr>
<td>ROM (degrees)</td>
<td>37.1</td>
<td>36.6</td>
<td>34.7</td>
<td>35.2</td>
</tr>
<tr>
<td>Balance (s)</td>
<td>4.7</td>
<td>4.4</td>
<td>4.9</td>
<td>5.0</td>
</tr>
</tbody>
</table>

**SPLIT-PLOT ANOVA**

- No differences in PPT, ROM or balance over time or between groups

- VAS changed over time ($F = 19.02$, $p < 0.001$) but no between group differences ($F = 0.475$, $p = 0.495$)
Implications

Foam rolling appears to have no influence on short-term recovery from DOMS in gastrocnemius