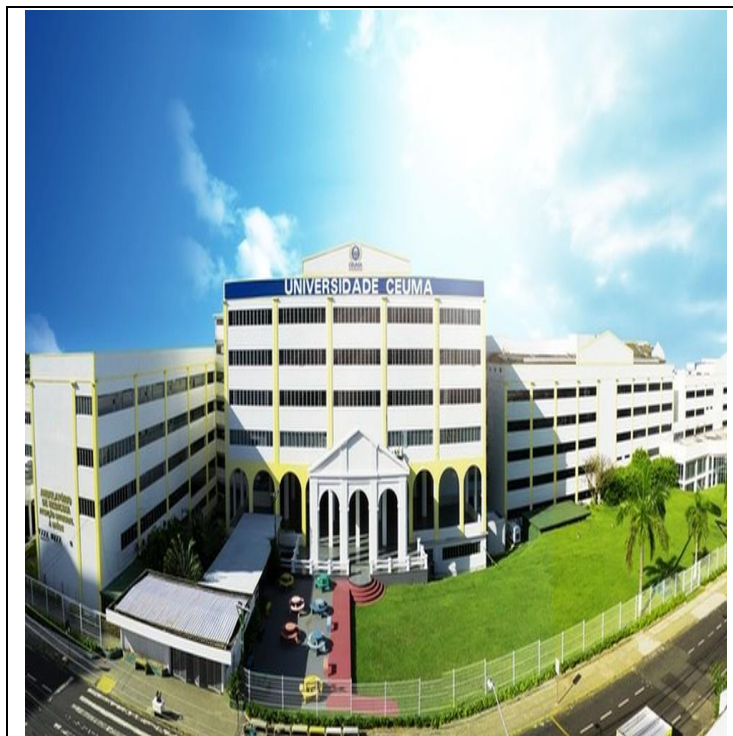


EFFECTS OF MYOPASCIAL SELF-RELEASE ON ATHLETE PERFORMANCE: A literature review

Elvis Moura Pereira Costa

Abstract : Myofascial self-liberation (ALM) is a type of myofascial release performed by the individual himself and not by a physician, usually using a tool. The use of foam rollers and other equipment is becoming increasingly popular, both to aid in exercise recovery and to prevent injury. Thus, the objective of the study was to analyze the use of ALM in the performance of athletes. For this, a systematic literature review was performed in the PubMed database, using the following descriptors: self myofascial release, foam rolling and athletes performance in the last 5 years. Therefore, it was concluded, with the research that the ALM in college athletes presented positive effects on the range of motion and improvement of the post-exercise pain / fatigue, consequently promoting an increase in the performance by providing a better condition for the next session. , had no direct effect on performance. Another study found that ALM was effective in improving power, agility, strength, and speed compared to dynamic warm-up, but by combining both methods, overall improvements in athletic performance testing were noted. Analyzing the use of rollers just before the long-distance runs, we noticed a performance loss, but its use is recommended before plyometric series. The use of myofascial self-liberation with foam roller implements can improve performance by increasing mobility and metabolite circulation, avoiding post-workout pain and fatigue, thus making it a useful resource in athlete preparation and training.



Publications :

1. AN ANALYSIS OF ERGOGENIC RESOURCES OF POSITIVE EFFECT IN JUDO ATHLETES
2. SHOULDER INJURIES IN JUDO PRACTICERS AND PREVENTION ALTERNATIVES: AN ANALYSIS THROUGH LITERATURE
3. BENEFIT OF USING BALANCE NETWORKS IN INCUBATORS : A BIBLIOGRAPHIC REVIEW
4. USE OF BALANCE NETWORKS IN INCUBATORS : A BIBLIOGRAPHIC REVIEW
5. Is Self Myofascial Release an Effective Preexercise and Recovery Strategy? A Literature Review

Biography : Elvis Moura Pereira Costa is a journalist, television presenter and Brazilian reporter. Currently works as presenter and reporter for Interactive Sport. Holds a degree in journalism from Universidade Estácio de Sá (Rio de Janeiro). He worked for Rádio Jovem Pan Vitória and TV Vitória / Record, where he presented the Weather Forecast and eventually the Jornal da TV Vitória. In 2012 he made Rio + 20 coverage for the Espírito Santo radio station.

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