

## **Abstract**

**Title:** Effects of a foam roller during stretching

**Aims:** The main aim of the thesis was to compare effects between the foam roller and stretching exercises.

**Methods:** 10 female students aged 23-24 from UK FTVS participated in this study. All the participants were active athletes. The study was realized as a cross-over trial. There was used tensiomyography using the TMG 100 to measure all the participants. The musculus vastus lateralis were tested in both sides. A generalized linear model was used to evaluate the results.

**Results:** The foam rolling tended to better activate muscle before training and statistically significantly accelerated post-load recovery processes compared to normal stretching.

**Conclusions:** The foam roller could be used effectively after sports performance as a tool to accelerate regeneration, thereby enhancing sports performance.

**Keywords:** warm-up, stretching, TMG, tensiomyography