

Comparison between Myofascial release and Bent Leg Raise Technique with Plyometric Training on Hamstring Flexibility and Fitness Parameters in Beginner Runners: An Experimental Study

Dr. Radhika Sabu, Dr. Santosh Dobhal, Dr. Renuka Khedekar*

MGM Institute of Physiotherapy, N-6 CIDCO, Aurangabad

*Corresponding author

ABSTRACT

Purpose: Purpose of this study was to examine the effect of hamstring flexibility and its parameter after self Myofascial Release (MFR) and self BLR (Bent Leg Raise) stretching along with plyometric training in beginner runners.

Design: An Experimental Study

Objectives: To evaluate the effect of self MFR and self BLR stretching with plyometric training, on hamstring stiffness, endurance, strength and agility.

Method: Sixty- four subjects aged between (18-25) were included in this study. Athletes were selected on the basis of inclusion criteria and they were divided randomly into two groups: the Experimental group which received Self-MFR for 6 weeks, per week three sessions along with plyometric training and the other Control group which received Self-BLR for 6 weeks, per week 3 sessions along with plyometric training. The outcome measures used were Rate of Perceived Exertion scale, Active knee extension test, Agility T test, Leg-Press test.

Result: Paired t-test and unpaired t-test was used to analyze the data. It was found that (both the groups benefitted) there was significant difference between pre and post hamstring stiffness (Right side $p=0.001$, Left Side $p=0.017$), endurance ($p=0.016$), agility ($p=0.031$) and strength ($p=0.001$) in group A and group B both, but group A was found to be more significant than group B.

Conclusion: This study concluded that Self-Myofascial Release technique with plyometric training is better than Self-Bent Leg Raise technique with plyometric training in beginner runners.

Keywords: MFR, BLR, Plyometric training, Hamstring stiffness, Agility, Strength, Endurance

