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Effectiveness of Myofascial Release with Kinesiotaping Versus Myofascial Release Alone in Improving Flexibility, Strength, and Sprint Performance among Recreational Football Players with Hamstring Tightness – Randomized Controlled Trial

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Abstract

Background: Hamstring injuries in athletes are common, affecting performance and requiring costly rehabilitation. Myofascial release and kinesiotaping help relieve tightness and enhance muscle flexibility and function.

Aim: This study explores combining myofascial release (MFR) with kinesiotaping versus MFR alone, assessing impacts on hamstring flexibility, strength, and sprint performance in athletes.

Method: Thirty-six participants were randomly assigned to MFR with kinesiotaping or MFR alone for 6 weeks. Pre and post-tests measured

AKE flexibility, strength via modified sphygmomanometer, and 20 m sprint performance.

Result: Statistical analysis indicated significant gains in AKE test scores, hamstring strength, and sprint times for both groups ($p < 0.001$). The experimental group excelled in AKE scores ($p = 0.026$) and hamstring strength ($p = 0.002$) compared to controls; sprint improvements were comparable ($p = 0.704$).

Conclusion: Combining MFR with kinesiotaping enhances hamstring flexibility and strength more effectively than MFR alone, based on significant improvements in AKE scores and strength.

Keywords: Flexibility; Hamstring Tightness; Kinesiotaping; MFR; Recreational Football Players Strength; Sprint Performance