

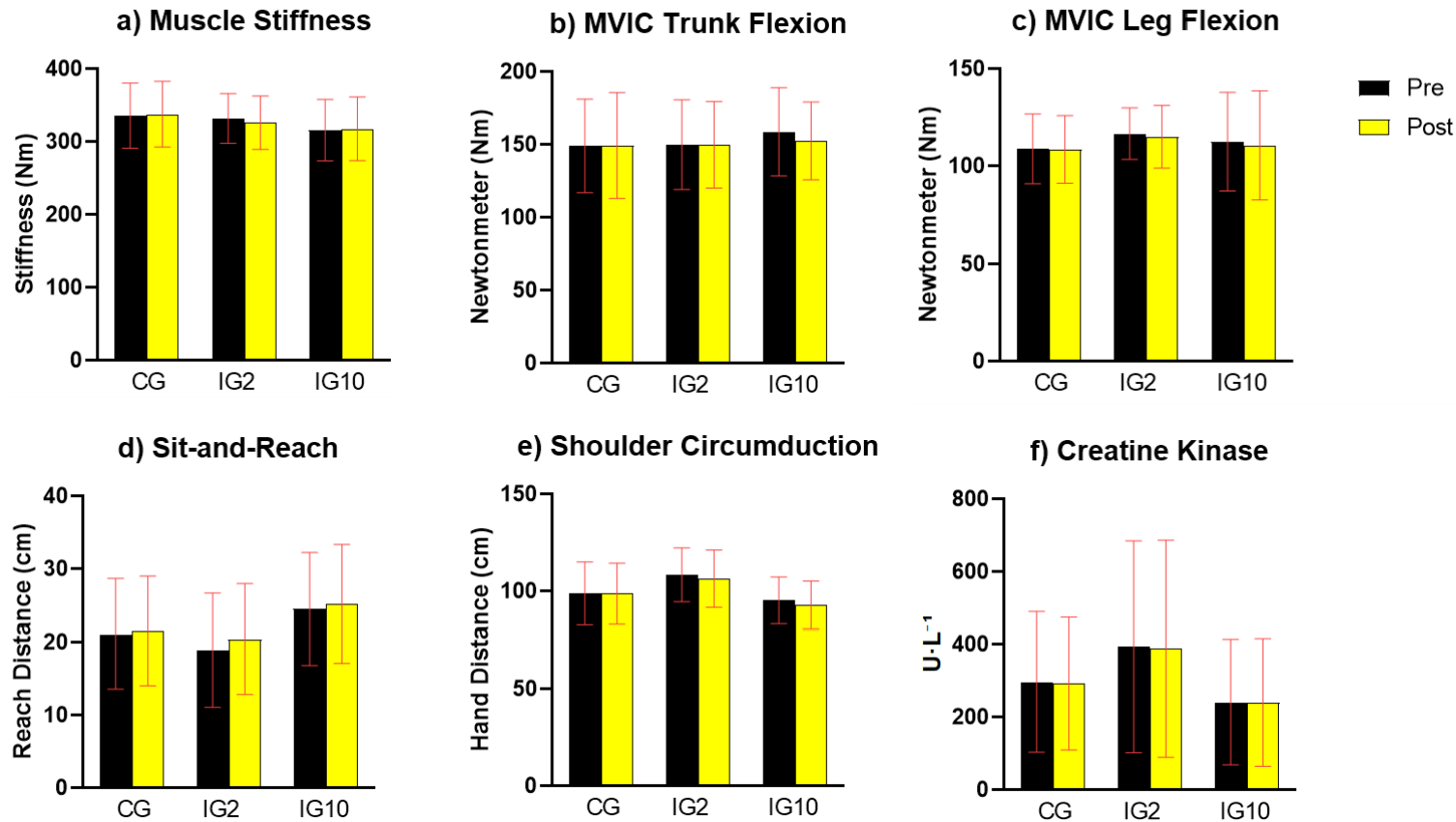


Figure 1. Pre- and post-intervention outcome measures for the control group (CG; 20 min rest), low-volume foam rolling group (IG2; 2 min per posterior thigh), and high-volume foam rolling group (IG10; 10 min per posterior thigh). Data are presented as mean $\pm$ SD. Error bars represent standard deviations. MVIC = maximal voluntary isometric contraction.