ABSTRACT

Roller massage (RM) has become a popular intervention used by rehabilitation professionals and active individuals. The emerging popularity has resulted in the production of various types of rollers and a growing body of research on the therapeutic effects and science behind RM. Despite the growing popularity and research, there is no consensus on clinical standards such as describing the intervention, indications, precautions, contraindications, and assessment. There have been no specific peer reviewed publications that have discussed such standards. This leaves a gap in the knowledge regarding how clinicians are integrating the RM research into their clinical practice. The purpose of this clinical commentary is to discuss proposed clinical standards for RM. Part I will discuss the proposed clinical standards and Part II will report the results of a 20-question survey sent to physical therapy (PT) professional members of the Orthopedic and Sports Physical Therapy Sections of the American Physical Therapy Association.

Key Words: foam roller, massage, muscle soreness, myofascial, release, perceived pain, recovery

Level of Evidence: 5