Effects of Massage at Two Different Hamstring Positions on Hip Flexion Angle in Healthy Adult Males

Naoki AKAZAWA, PT, Naomi OKAWA, PT, Taisei OKA, PT, Kiyoshi NAKATANI, PT,
Rieko YAMANAKA, PT, Katsuya NISHIKAWA, PT, Kimiyuki TAMURA, MD
Department of Rehabilitation, Kasei Tamura Hospital

Naoki AKAZAWA, PT
Department of Physical Therapy, Graduate School of Health Science, Kibi International University

Kazuhiro HARADA, PT, PhD
Department of Physical Therapy, Faculty of Health and Welfare Science, Kibi International University

Masaki KITAURA, PT, MS, Yuji MATSUI, PT
Department of Physical Therapy, Wakayama Physical Therapy College

Purpose: This study investigated the effects of massage at two different hamstring positions on hip flexion angle (HFA) in healthy adult males.

Methods: Thirty-two healthy adult males were randomly categorized into one of the following three groups: the group being massaged at the musculotendinous junction of the hamstrings (n = 11); the group being massaged at the muscle belly of the hamstrings (n = 11); and a control group being massaged at the muscle belly of the contralateral hamstrings (n = 10). Massage was performed for 3 minutes with the same pressure in all the three groups. HFA values was assessed by blinded raters before massage; immediately after massage; and 3, 6, 9, and 15 minutes after massage.

Results: HFA value in the group being massaged at the musculotendinous junction of the hamstrings was significantly greater than that of the control group immediately after massage and 3 and 6 minutes after massage.

Conclusion: These results suggest that massage at the musculotendinous junction of the hamstrings can induce greater HFA.