The Impact of Foam Rollers as a Form of Active Recovery on Lactate Disappearance

Dannie Dolan

Departmental Affiliation: Physical Education
College of Arts and Sciences

After anaerobic exercise, rate of blood lactate disappearance is often monitored as a way to detect the achievement of muscle recovery. In this study, the rate of blood lactate disappearance will be examined for two methods of muscle recovery, with a focus on the effectiveness of foam rollers. After performing a strenuous anaerobic task, the participants will either conduct a passive recovery or one of the two active recoveries, the passive recovery used as the control method. Active recovery through moderate exercise post-strenuous exercise has been shown to be very effective in lactate removal, but use of foam rollers has yielded inconclusive results. Participants will have their blood lactate analyzed before, directly after, and 5, 10, and 15 minutes into each recovery method. Results will help determine the true effectiveness of foam rollers, and gain further insight into the body's reaction to physical stress. Data collection and analysis will be conducted in the spring of 2012 at the Athletics-Recreation Center.

Information about the Author:
Dannie Dolan has always been interested in nutrition and in maintaining health, but was never passionate about physical activity before switching her major to exercise science as a junior. Now, she will go to graduate school to work towards a doctorate in physical therapy.

Faculty Sponsor: Dr. Kelly Helm

Student Contact: dannie.dolan@valpo.edu