

The next meeting of the Haywards Health research hub will take place on Tuesday 29<sup>th</sup> June, 2021 from 7-9pm. The papers for discussion at the meeting are listed below.

Moreside JM, McGill SM. Hip joint range of motion improvements using three different interventions. *J Strength Cond Res* 2012; 26(5):1265-73.

<https://pubmed.ncbi.nlm.nih.gov/22344062/>

Nordez A, Gross R, Andrade R, et al. Non-Muscular Structures Can Limit the Maximal Joint Range of Motion during Stretching. *Sports Med.* 2017;47(10):1925-1929.

<https://pubmed.ncbi.nlm.nih.gov/28255938/>

Ikeda N, Otsuka S, Kawashini Y, et al. Effects of Instrument-assisted Soft Tissue Mobilization on Musculoskeletal Properties. *Med Sci Sports Exerc.* 2019;10:2166-2172.

<https://pubmed.ncbi.nlm.nih.gov/31083046/>

Hirata K, Yamadera R, Akagi R. Associations between Range of Motion and Tissue Stiffness in Young and Older People. *Med Sci Sports Exerc* 2020;52(10):2179-2188.

<https://pubmed.ncbi.nlm.nih.gov/32348099/>

Ayala F, Sainz de Baranda Andújar P. Effect of 3 different active stretch durations on hip flexion range of motion. *J Strength Cond Res* 2010;24(2):430-6.

<https://pubmed.ncbi.nlm.nih.gov/20072058/>

Wyon M, Felton L, Galloway S. A comparison of two stretching modalities on lower-limb range of motion measurements in recreational dancers. *J Strength Cond Res*

2009;23(7):2144-8. <https://pubmed.ncbi.nlm.nih.gov/19855344/>

Gonzalez-Alvarez FJ, Valenza MC, Torres\_Sanchez I, et al. Effects of diaphragm stretching on posterior chain muscle kinematics and rib cage and abdominal excursion: a randomized controlled trial. *Braz J Phys Ther* 2016 Jun 16;20(5):405-411.

<https://pubmed.ncbi.nlm.nih.gov/27333481/>

Park K-N, Kwon O-Y, Yi C-H, et al. Effects of Motor Control Exercise Vs Muscle Stretching Exercise on Reducing Compensatory Lumbopelvic Motions and Low Back Pain: A Randomized Trial. *J Manipulative Physiol Ther* 2016 Oct;39(8):576-585.

<https://pubmed.ncbi.nlm.nih.gov/27599622/>