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Effect of Tissue Flossing for Improving Hamstring Tightness in University Going Students: A Review

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ABSTRACT

Introduction: Muscle tightness is the state of activity or tension of a muscle beyond that related to its physical properties, which is its active resistance to stretch. The typical pattern of tightness in striated muscles is responsible for the postural function. Tightness in hamstring muscle causes posterior pelvic tilt which lead to decrease in lumbar lordosis result in low back pain. There are many things that may cause hamstring tightness. Sitting for prolong period of time shortens the hamstring muscle. Prevalence is about 58.33% of males and 95.85% of females have hamstring muscle tightness. Tissue flossing was first proposed by Starrett and Cordoza (2015), who suggested that flossing can increase the range of motion and/or performance (e.g., strength or jumping performance), speed up recovery, and decrease pain caused by various disease or injurie's.

Materials and Methods: Various research articles was searched using the database such as PubMed, Research Gate, Google Scholar, and Scopus. Randomised controlled trials that studied both short and long term effects of tissue flossing were selected.

Randomized controlled trial, interventional studies, crosssectional studies, and surveys between 2018 to 2025.

Results: Majority of the reviewed studies indicated that tissue flossing improves the range of motion, increase the flexibility, muscle activation and reduce the pain. This technique have been proven to be effective in comparison with various other technique

Conclusion: Tissue flossing when given individually and in combination has proven to be effective in reducing pain, enhancing functional and improving the range of motion.

Keywords: Function, Pain, Range of Motion

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