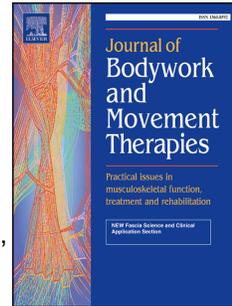


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Is self-massage an effective joint range-of-motion strategy? A pilot study

Estêvão Rios Monteiro, BSc, Mark Tyler Cavanaugh, MSc, David Michael Frost, PhD,  
Jefferson da Silva Novaes, PhD



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**TITLE PAGE**2 **Title:**

3 Is self-massage an effective joint range-of-motion strategy? A pilot study

4 **Authors:**5 Estêvão Rios Monteiro<sup>a\*</sup>, BSc, profestevaomonteiro@gmail.com6 Mark Tyler Cavanaugh<sup>b</sup>, MSc, mtc118@mun.ca7 David Michael Frost<sup>c</sup>, PhD, d.frost@utoronto.ca8 Jefferson da Silva Novaes<sup>a</sup>, PhD, jsnovaes@terra.com.br

9

10 **Institutional affiliations**11 <sup>a</sup> Department of Gymnastics, School of Physical Education and Sports, Federal University of  
12 Rio De Janeiro, Rio de Janeiro, Brazil13 <sup>b</sup> School of Human Kinetics and Recreation, Memorial University of Newfoundland, Canada14 <sup>c</sup> Faculty of Kinesiology and Physical Education, University of Toronto, Toronto, Canada

15

16 **\* Corresponding author**

17 Estêvão Monteiro

18 Department of Gymnastics

19 School of Physical Education and Sports

20 Federal University of Rio de Janeiro

21 540 Carlos Chagas Filho Avenue, 21941-599, Rio de Janeiro, Brazil

22 Phone: +552125626808

23 Fax: +552125626808

24 Email: profestevaomonteiro@gmail.com

25

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