Table S1. Search codes in the respective databases.

Database	Search code
Scopus	TITLE-ABS-KEY (("Chronic effects" OR "training effects" OR effects OR "long-term" OR intervention) AND ("foam rolling" OR "self-myofascial release" OR "roller massage" OR "foam roller") AND ("performance" OR "strength" OR "force" OR "hypertrophy" OR "power" OR "torque" OR "height" OR "RFD" OR "rate of force development" OR "jump" OR maximum OR maximal))
Pubmed	("Chronic effects"[Title/Abstract] OR "training effects"[Title/Abstract] OR effects[Title/Abstract] OR "long-term"[Title/Abstract] OR intervention[Title/Abstract]) AND ("foam rolling"[Title/Abstract] OR "self-myofascial release"[Title/Abstract] OR "roller massage"[Title/Abstract] OR "foam roller"[Title/Abstract]) AND ("performance"[Title/Abstract] OR "strength"[Title/Abstract] OR "force"[Title/Abstract] OR "hypertrophy"[Title/Abstract] OR "power"[Title/Abstract] OR "torque"[Title/Abstract] OR "height"[Title/Abstract] OR "RFD"[Title/Abstract] OR "rate of force development"[Title/Abstract] OR "jump"[Title/Abstract] OR maximum[Title/Abstract] OR maximal [Title/Abstract]))))
Web of Science	TS=(("Chronic effects" OR "training effects" OR effects OR "long-term" OR intervention) AND ("foam rolling" OR "self-myofascial release" OR "roller massage" OR "foam roller") AND ("performance" OR "strength" OR "force" OR "hypertrophy" OR "power" OR "torque" OR "height" OR "RFD" OR "rate of force development" OR "jump" OR maximum OR maximal))
Cochrane Library	(("Chronic effects" OR "training effects" OR effects OR "long-term" OR intervention) AND ("foam rolling" OR "self-myofascial release" OR "roller massage" OR "foam roller") AND ("performance" OR "strength" OR "force" OR "hypertrophy" OR "power" OR "torque" OR "height" OR "RFD" OR "rate of force development" OR "jump" OR maximum OR maximal))