

BIOMECHANICS, BIOENGINEERING & AUDIOLOGY

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Comparison of Effects of various methods of Recovery of Muscle after applied Exercise

Recovery of muscle in athletes is often discussed topic in sport training. There is a great need to decrease the muscle tone in order to recover the muscle tissue. The most used techniques to improve recovery are massage, various techniques of stretching, cryotherapy, active recovery (light exercise), warm, sauna, hydrotherapy, food supplements, dry needling etc. The aim of the research is to find a method that speeds up a recovery of muscle tissue (in terms of rheology, viscosity and elasticity) and to prove, if the recovery of muscle tissue after applied aerobic exercise may be helped by any technics. Objective of the research is to evaluate and compare four types of recovery and find out which method is most efficient to improve recovery of triceps surae muscle after aerobic exercise. We suppose that muscle recovery can be represented by state of viscoelastic properties of muscle (stiffness and elasticity). We use myotonometry in order to measure the muscle tone before and after used special recovery technique.

Biography

Petr Šifta completed PhD from Faculty of Physical Education and Sport, Charles University in Prague and Post-graduate in Biomechanics during 2002-2005 and working in External cooperation with Technical University in Liberec, Faculty of mechanical engineering from 2008. He is a member of Czech Society of Kinesiology from 2008.

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