研究業績　英文表記

和文	
表題	遅発性筋痛に対する高周波温熱療法の効果の検討
著者名	中村雅俊 [1)], 佐藤成 [2)], 清野涼介 [2)], 八幡薫 [2)], 吉田麗玖 [2)], 笠原一希 [2)], Konrad A[3)]
所属	1) 西九州大学 2) 新潟医療福祉大学 3) University of Graz
英文	
Title	The effect of capacitive and resistive electric transfer intervention on delayed-onset muscle soreness induced by eccentric exercise
Author	Nakamura M[1)], Sato S[2)], Kiyono R[2)], Yahata K[2)], Yahata K[2)], Kasahara K[2)], Konrad A[3)]
Affiliation	1) Nishi Kyushu University 2) Niigata University of Health and Welfare 3) University of Graz
Abstract	This study aimed to investigate the acute effect of capacitive and resistive electric transfer (CRet) intervention on eccentrically damaged muscle. A total of 28 healthy and sedentary male volunteers were randomly allocated to either CRet intervention or control groups. The participants performed a bout of eccentric exercise of the knee extensors with the dominant leg and received 30 min of CRet intervention of the quadriceps 48 h after the exercise. The dependent variables for the analysis were knee flexion range of motion (ROM), muscle soreness and maximum voluntary isometric (MVC-ISO), and concentric contraction (MVC-CON) torque of the knee extensors. These were measured prior to exercise (baseline) and before and after CRet intervention (48 h after the exercise). The results showed that knee flexion ROM, muscle strength (MVC-ISO and MVC-CON), and muscle soreness significantly improved after CRet intervention. CRet intervention may improve muscle soreness and loss of muscle function in an eccentrically damaged muscle.
keyword	maximum voluntary contraction; muscle damage; muscle pain; range of motion

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