研究業績　英文表記

和文	
表題	スタティックストレッチングが内側・外側腓腹筋の弾性率に及ぼす影響の検討：高齢女性と若年女性の比較
著者名	中村雅俊 [1)], 池添冬芽 [2)], 西下智 [2)], 梅垣雄心 [2)], 梅原潤 [2)], 木村みさか [3)], 市橋則明 [2)]
所属	1) 新潟医療福祉大学 運動機能医科学研究 2) 京都大学大学院医学研究科人間健康科学系専攻 3) 京都先端科学大学バイオ環境学部
英文	
Title	Acute effects of static stretching on the shear elastic moduli of the medial and lateral gastrocnemius muscles in young and elderly women
Author	Nakamura M[1)], Ikezoe T[2)], Umegaki H[2)], Kobayashi T[2)], Nishishita S[2)], Ichihashi N[2)]
Affiliation	1) Institute for Human Movement and Medical Sciences, Niigata University of Health and Welfare 2) Human Health Sciences, Graduate School of Medicine, Kyoto University 3) Faculty of Bioenvironmental Science, Kyoto Gakuen University
Abstract	Purpose: Generally, static stretching (SS) is the recommended intervention for a decline in the range of motion among elderly adults. However, no study has investigated the acute effects of SS on the shear elastic modulus in elderly people. The aims of the present study were to investigate the acute effects of SS on the shear elastic moduli of the medial and lateral gastrocnemius muscles and to examine the differences in these acute effects between young and elderly women. Methods: This study included 15 healthy young women (age: 23.1 ± 3.4 years) and 15 healthy elderly women (age: 75.9 ± 2.8 years) with no history of neuromuscular disease or musculoskeletal injury involving the lower limbs. The shear elastic moduli of the medial and lateral gastrocnemius muscles (MG and LG, respectively) were measured using ultrasound shear wave elastography at 30° plantar flexion, 0°, and 20° dorsiflexion before and immediately after 5 min of SS with the knee extended. Results: The shear elastic moduli of the MG and LG in all ankle position decreased after SS in both the young and elderly women, and there were no significant differences in the percent changes in the shear elastic moduli of the MG and LG at all ankle positions between the young and elderly women. Conclusions: These results suggested that 5 min of SS might be effective for decreasing shear elastic modulus in both young and elderly women and that the effects on shear elastic modulus are similar between young and elderly women.
keyword	Elderly; Gastrocnemius; Shear wave elastography; Static stretching; Ultrasound.

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