

研究業績 英文表記

| 和文 | |
|-------------|---|
| 表題 | ハムストリングスの筋硬度を減少させるために必要なスタティックストレッチング時間の検討 |
| 著者名 | 中村雅俊, 池添冬芽 ²⁾ , 西下智 ²⁾ , 田中浩基 ²⁾ , 梅原潤 ²⁾ , 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 |
| 英文 | |
| Title | Static stretching duration needed to decrease passive stiffness of hamstrings muscle tendon unit |
| Author | Nakamura M ¹⁾ , Ikezoe T ²⁾ , Nishishita S ²⁾ , Tanaka H, Umehara J 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 |
| Abstract | <p>Static stretching (SS) is widely used to decrease and retain the passive stiffness of the muscle-tendon unit in clinical and athletic settings. It is important to consider the minimum SS duration required to decrease the passive stiffness of the hamstring, from the perspective of injury prevention of the hamstring muscle. The purpose of this study was to investigate the time course of the effect of static stretching (SS) on passive stiffness of the hamstring and to clarify the minimum SS duration required to decrease the passive stiffness. Fifteen healthy males participated in this study. Fifteen healthy and non-athlete male volunteers participated in this study. SS of 60-s session was performed for five sessions with a 30-s rest between sessions. Passive stiffness was measured prior to SS (PRE) and immediately after each SS session to determine the minimum SS duration required to decrease the passive stiffness. The passive stiffness was calculated as the slope of the torque-angle curve corresponding to 50% of the final angle (Nm/°). Passive stiffness after 180, 240, and 300 s of SS was significantly lower than that at PRE. Our results showed that SS for >180 s is recommended to decrease the passive stiffness of the hamstring muscle.</p> |
| keyword | static stretching, passive stiffness, hamstring, time course |

※本データの英文表記は実際の論文上の表記とは異なります。