

研究業績 英文表記

和文	
表題	遅発性筋痛のある筋肉に対する振動付きフォームローラーの Cross-education 効果の検討
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英文	
Title	Cross-education effect of vibration foam rolling on eccentrically damaged muscles
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Abstract	<p>Objectives: Previous studies showed that vibration foam rolling (VFR) on damaged muscles improves muscle soreness and range of motion (ROM). VFR intervention can also increase the ROM and pain pressure threshold (PPT) in the non-rolling side, known as a cross-education effect. However, this is not clear for the non-rolling side. Therefore, this study aimed to investigate the cross-education effects of VFR intervention on ROM, muscle soreness, and PPT in eccentrically damaged muscles.</p> <p>Methods: Participants were sedentary healthy male volunteers (n=14, 21.4±0.7 y) who performed eccentric exercise of the knee extensors with the dominant leg and received 90-s VFR intervention of the quadriceps at the nondamaged side 48 h after the eccentric exercise. The dependent variables were measured before the exercise (baseline), before (preintervention), and after VFR intervention (postintervention) 48 h after the eccentric exercise. The Bonferroni post hoc test was used to determine the differences between baseline, preintervention, and postintervention.</p> <p>Results: Results showed that the VFR intervention on the nondamaged side 48 h after the eccentric exercise improved significantly (p<0.05) the knee flexion ROM, muscle soreness at palpation, and PPT compared to baseline.</p> <p>Conclusion: VFR intervention on the nondamaged side can recover ROM and muscle soreness in eccentrically damaged muscles.</p>
keyword	cross-transfer effect, contralateral effect, range of motion, countermovement jump, pain pressure threshold

※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。