

Cryotherapy in athletic recovery

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Cryotherapy in addition to very positive effects in treating a variety of sports injuries also improves the overall health of athletes and their willingness to exercise. Many studies indicate that cryotherapy is ideally suited for use as a form of recovery and preparation for the intensive training and to start in the major sports events.

The increase in the levels of hormones is confirmed, affecting the willingness to exercise (eg, testosterone). Also is observed increased efficiency of skeletal muscle cramp in isokinetic testing (Biodex 3Pro device), the reduction of pressure in tissue after intense effort, finished a visit to cryochamber. A series of treatments in cryochamber also affects the circulatory and metabolic improvement in exercise tolerance, delays progression of fatigue during the muscle work and also reduces stress reactions

In the progressive exercise. There were no effects on durability, although it has been observed by significant increase threshold comparable to the increase of that index as a result of a several-week endurance training. Subjective feeling of effort (Borg scale) indicates a better tolerance, faster regeneration after training and higher motivation to take more intensive training loads after cryotherapy.

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Sources:

Krzysztof Zimmer "Sport Wyczynowy" 2003, nr 5-6/461-462

Anna Jonak Anna Skrzek "Cryotherapy in athletic recovery - review"