

ABSTRACT

Title: Neurophysiological indicators of muscle work on the paddle trainer and their electrostimulatory influence

Objective: The main objective of this study is to compare the effect of the electromyostimulation neurophysiologic parameters of muscle activity during paddling on ergometer,

Methods: The character of the research is quantitative and qualitative, case study, pilot study, comparative analysis of muscle activity neurophysiologic parameters using electromyography.

Results: We have found differences in timing of muscle activation between the pre- and the post-test. The EMS caused dissolution of the differentiation of muscle patterns that have been built by specific training process of the monitored person.

Key words: Electromyography, electromyostimulation, stroke, canoeing.