

Summary

Title: Effect of sports massage and passive rest on recovery of muscle after applied exercise.

Objective: Evaluate effects of 5min recovery (sports massage, passive rest) after specific exercise on muscle viscoelastic properties (stiffness, elasticity), muscle girth and perceived muscle soreness (discomfort).

Methods: Intraclass experimental 2 x 2 factor crossover design, measurements of recovery of muscle were by myotonometer, muscle girth, and subjective perceived muscle soreness by Visual Analogue Scale.

Results: Results didn't support the notion that massage has a positive effect on muscle recovery for improve viscoelastic properties of muscle, muscle girth and perceived muscle soreness. 7

Key words: Sports massage, passive rest, viscoelastic properties, muscle girth, muscle soreness, effects of massage.