ABSTRACT

**Title:** Subjective evaluation of the effect of massage therapy and local therapy for volleyball players.

**Objective:** The aim of this study is to compare the effect of two different methods of regeneration of the subjective sense of the examined subjects.

**Methods:** This pilot study has qualitative character research based on crossover design. Measuring effects on muscle regeneration was performed by subjective visual analogue scale.

**Results:** Results didn’t support the massage, compared with the cold therapy as a more effective means of regeneration to reduce the perception of discomfort.

**Key words:** Sports massage, cold therapy, muscle soreness, effects of massage.