

Call For Participants



Is there an optimal time for stretching to reduce DOMS

5 day(s) to complete

Sincere Gratitude

Experiment

Waldegrave Rd, Twickenham TW
4AS, UK

St Mary's University

Recruiting participants to take part in a study to determine if there is an optimal time for static stretching to have an impact on delayed onset muscle soreness (DOMS) and recovery time. The study includes performing 100 depth jumps (10 sets of 10 repetitions with 60s rest between sets) you will then be asked to stretch either 30s, 60s, or not at all. Range of motion will be assessed 1 hr, 24 hrs, 48 hrs & 72 hrs post exercise with additional use of a visual analogue scale to measure DOMS.

Find out more online

Poster printed on 29/04/2024 Study expires on 02/03/2018

More info

by scanning the QR code
or visiting the URL

www.cfp.cc/2RCRG3

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