

Physical Therapy interventions for Delayed Onset Muscle Soreness

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Reviews

This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf. *(Alfreda Bradtke)*

PHYSICAL THERAPY INTERVENTIONS FOR DELAYED ONSET MUSCLE SORENESS



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Condition: New. Publisher/Verlag: LAP Lambert Academic Publishing | Application by Phonophoresis | Physical therapists and physicians often treat patients with locally musculoskeletal inflammation using topically applied steroids and Non Steroidal Anti-Inflammatory Drugs and use of ultrasound, there is a paucity of research confirming that Phonophoresis significantly enhances drug diffusion. The purpose of this study was to determine if ultrasound enhances the diffusion of transdermal applied NSAID s. This study aims to study the effectiveness of Diclofenac vi's-àvis Piroxicam gels, applied transdermal using phonophoresis technique, in treating delayed onset muscle soreness (DOMS) induced following single bout high intensity eccentric exercise in elbow flexors. Forty subjects, all male volunteers, in the age-group of 20-30 years, with no known drug allergies nor under current any medication, were randomly selected. Each subject performed similarly, intense eccentric exercise of the left elbow flexors to elicit DOMS. Phonophoresis was applied, using Diclofenac gel & Piroxicam gel. It has been concluded that the following a single bout of intense eccentric exercise, transdermal application of Diclofenac has been found to be more effective. | Format: Paperback | Language/Sprache: english | 60 pp.

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