ACUTE EFFECTS OF CONTRACT-RELAX STRETCHING VS. TENS IN YOUNG SUBJECTS WITH ANTERIOR KNEE PAIN: A RANDOMIZED CONTROLLED TRIAL

Por: Valenza, MC (Valenza, Marie C.); Torres-Sanchez, I (Torres-Sanchez, Irene); Cabrera-Martos, I (Cabrera-Martos, Irene); Valenza-Demet, G (Valenza-Demet, Gerald); Cano-Cappellacci, M (Cano-Cappellacci, Marcelo)

JOURNAL OF STRENGTH AND CONDITIONING RESEARCH
Volumen: 30
Número: 8
Páginas: 2271-2278
Fecha de publicación: AUG 2016
Ver información de revista

Resumen

The aim of this study was to examine the immediate effects on pressure point tenderness, range of motion (ROM), and vertical jump (VJ) of contract-relax stretching vs. transcutaneous electrical nerve stimulation (TENS) therapy in individuals with anterior knee pain (AKP). Eighty-four subjects with AKP were randomly assigned to 1 of 3 different intervention groups: a contract-relax stretching group (n = 28), a TENS intervention group (n = 28), and a control group (n = 28). The participants included in the sample were both sex (37.5% men vs. 62.5% women) at a mean age of 21 years, with mean values of height and weight of 169 cm and 64 kg, respectively. The main outcome measures were knee ROM, pressure pain threshold (PPT), and VJ. The participants were assessed at baseline and immediately after treatment. In the case of VJ, at baseline, immediately after the intervention, at 3 and at 6 minutes posttreatment. The data analysis showed that PPT scores of participants in the stretching and TENS group significantly increased from pretest to posttest (p <= 0.05). A significant increase pre- to posttreatment in ROM (p < 0.001) was also observed in both treatment groups. In VJ measures, TENS and stretching groups showed significant differences between preintervention and all postintervention values (p <= 0.05), whereas no significant differences were found in the control group. In conclusion, the results show significant pre-to-posttreatment effects in PPT, ROM, and VJ from both contract-relax stretching and TENS in young subjects with AKP.

Palabras clave

Palabras clave de autor: physical therapy; young adults; therapeutics

KeyWords Plus: ELECTRICAL NERVE-STIMULATION; HEALTHY-HUMAN PARTICIPANTS; MYOFASCIAL TRIGGER POINTS; HUMAN SKELETAL-MUSCLE; JUMP PERFORMANCE; MAXIMAL STRENGTH; SOCCER PLAYERS; PRESSURE PAIN; RISK-FACTORS; RELIABILITY

Información del autor
Dirección para petición de copias: Valenza, MC (autor para petición de copias)
Univ Granada, Dept Physiotherapy, Fac Hlth Sci, Granada, Spain.

Direcciones:
[ 1 ] Univ Granada, Dept Physiotherapy, Fac Hlth Sci, Granada, Spain
[ 2 ] Univ Chile, Dept Physiotherapy, Fac Med, Santiago, Chile

Direcciones de correo electrónico:cvalenza@ugr.es

Editorial
LIPPINCOTT WILLIAMS & WILKINS, TWO COMMERCE SQ, 2001 MARKET ST, PHILADELPHIA, PA 19103 USA

Categorías / Clasificación
Áreas de investigación: Sport Sciences
Categorías de Web of Science: Sport Sciences

Información del documento
Tipo de documento: Article
Idioma: English
Número de acceso: WOS:000380752800026
ID de PubMed: 27457916
ISSN: 1064-8011
eISSN: 1533-4287

Información de la revista
- Impact Factor: Journal Citation Reports®

Otra información
Número IDS: DS4LO
Referencias citadas en la Colección principal de Web of Science: 56
Veces citado en la Colección principal de Web of Science: 0