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Effects of Deep Friction Vs Stretching Techniques | Smart ...

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Recently the **effect** of a new technique, **deep transverse friction massage** (DTFM), ... Techniques on **Performance** Among Lebanese and Syrian Football Players.

The Role of Massage in Sports Performance and ... - NCBI

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J Brummitt 저술 - 2008 - 79회 인용 - 관련 학술자료

Additional studies examining the physiological **and** psychological **effects** of ... **Deep transverse friction massage** (also known as **cross-friction massage**) is Thirty-nine **players** met the study's inclusion criteria of experiencing a **stretching** Nine male athletes (rugby, **football**, or field hockey) were recruited for the study .

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Cross fiber friction - When applied correctly, this technique can ... with the muscle tissue, therapists use a short, one-inch **deep** stroke to athletes' **performance and** recovery. ... **stretches** into both pre- **and** post-event **massages and** will target the This injury is most common among **football players**, bicyclists, **and** skiers.

SPORTS MASSAGE - Polaris Wushu

www.polariswushu.net › sportsmassage ▼ 이 페이지 번역하기

Reduce the long-term **effects** of injuries ... in the muscles can lead to muscle fatigue **and** deep

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2017年5月16日 - [Effect of Deep Transverse Friction Massage Versus Stretching Techniques on Performance Among Lebanese and Syrian Football Players ...](#)

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作者: SM Hassan - 2016 - 被引用次数: 5 - [相关文章](#)

The [Effect of Deep Friction Massage versus Stretching](#) of Wrist Extensor Muscles ... Tennis elbow is a common disorder amongst tennis [players](#) because all [and](#) also produces therapeutic movement by breaking down the strong [cross](#) links ...

Name of Journal: *World Journal of Orthopedics*

Manuscript NO: 46082

Manuscript Type: ORIGINAL ARTICLE

Randomized Controlled Trial

Effect of deep transverse friction massage *vs* stretching on football players' performance


Fakhro MA *et al.* Effect of DTFM *vs* stretching techniques

Mohammed Ali Fakhro, Hussein Chahine, Hassan Srouf, Kasim Hijazi

Abstract

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The Role of Massage in Sports Performance and ...

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Sports **massage** is defined as a collection of **massage** techniques performed on athletes or active individuals for the purpose of aiding recovery or treating pathology. 8 Three forms of **massage** are frequently reported in the sports medicine literature: effleurage, petrissage, and **deep transverse friction massage** (DTFM). 7

Cited by: 79

Author: Jason Brummitt

Publish Year: 2008

[PDF] NCT03540888 16, May, 2017

https://clinicaltrials.gov/ProvidedDocs/88/NCT03540888/Prot_SAP_001.pdf

Effect of Deep Transverse Friction Massage Vs. Stretching Techniques 5 Agility. Agility was chosen to represent the footballer's **performance**. This athletic event involves elements of speed, change of direction, and varying types of movement.²⁸ After the measurement of the extensibility, agility was measured by the T-

Effects of Deep Friction Vs Stretching Techniques - Full ...

<https://clinicaltrials.gov/ct2/show/NCT03540888> ▼

May 30, 2018 · Flexibility, agility and muscle strength are key factors to either win or lose a game. Recently the **effect** of a new technique, **deep transverse friction massage** (DTFM), on muscle extensibility, strength and agility and injury occurrence has been examined, as compared to traditional **stretching** techniques.

[PDF] The Effect of Deep Friction Massage versus Stretching of ...

https://file.scirp.org/pdf/OJTR_2016022615210921.pdf

significant difference among biomechanical **effect** of orthoses [8] application of a wrist orthosis which reduces electrical activity of the wrist extensors to be less than anticipated during lifting [20] [21]. The aim of the current study was to compare the **effect of deep friction massage** versus **stretching** of wrist extensor muscles in the