

Analysis of the effect of acupuncture and photobiomodulation on muscle fatigue.

Alexandre Souza¹, André P. FUJITA¹, Mateus F. URBAN², and Regiane Albertini²

¹Universidade Federal de São Paulo

²Universidade Federal de Sao Paulo - Campus Sao Paulo

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Abstract

The goal is to analyze whether acupuncture and photobiomodulation have an effect on muscle fatigue, identify which is more efficient in reducing the fatigue effects, after the protocols applying individuals are able to perform the same workload, or improve it. It is a quantitative and experimental study, [72 active subjects (42 m. 32 f., 20 to 38 y), η : (age 25.79 y, h 172.01 cm, w 72.28 kg, BMI 24.37)]. Fatigue was assessed BOSCO modified protocol in a force plate, induced with 100 CMJ until failure. After the treatment protocols. Results show a significant difference after the intervention in groups A and D, (the sum of median heights, 2.60 cm and 2.45 cm, d 0.387 and 0.413, increasing h 14.44% and 12.36%, $p < 0.001$). Conclusion that acupuncture and photobiomodulation are efficient in minimizing fatigue, indicating that these treatment intervention protocols can improve muscular performance with jump height gain.

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