

admin بواسطة research team

□ neuQ Massage after exercise myth busted by

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exercise egassaM

actually impairs blood flow to the muscle after

to the muscle and assists in the removal of lactic acid and other waste

University research team has blown open the myth that massage after

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dispels a common belief in the general public about the way in which

therapy ti□ .yksvokahcsT says Kinesiology and Health Studies profes

professionals that I have talked .noisseforp also dispels that belief am

blood flow and helps get rid of lactic ,seod when asked what massage

is the first study to challenge this and rigorously test its .dica answer

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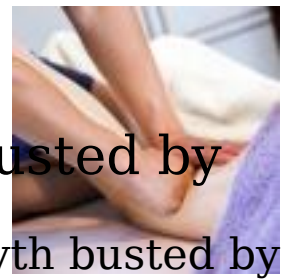
the Canadian Sports Massage Therapists website as one of the benefi

massage aids in the removal of lactic acid from muscle tissue is so pe

.pu despite there being absolutely no scientific research to back this ,

to discover if this untested hypothesis was .rD MSc candidate Vicky V

show that massage actually impairs blood flow to the muscle after ,eu



it therefore also impairs the removal of lactic acid from muscle after  
.esicrexe and that

at the annual American College of Sports Medicine conference in sih  
,.۳-۷۲ Washington May ,elttaeS study will be presented

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