

UNIVERSITI TEKNOLOGI MARA

**EFFECTS OF MASSAGE DURATION
ON RECOVERY AMONG THE
ATHLETES: A SYSTEMATIC
REVIEW**

ABDUL THAQIF BIN ABDUL RIZAL

Research project submitted in fulfilment of the
Requirement for degree of
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AUTHOR'S DECLARATION

I declare that the work in this thesis was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for undergraduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

Name of Student : Abdul Thaqif bin Abdul Rizal

Student I.D. No. : 2017618466

Programme : Bachelor of Health and Fitness (Hons.) - SR245

Faculty : Sports Science and Recreation

Choose an item. : Effects of Massage Duration on Recovery among the Athletes: A Systematic Review

Signature of Student :

Date : August 2020

ABSTRACT

Introduction: Massage has been defined as a mechanical manipulation of body tissues with rhythmical pressure and stroking that can recover the muscle soreness which is delay onset muscle soreness (DOMS) after the exercise. The effects of massage on DOMS were examined are difficult to reconcile because of treatment length. The objective was to review the literature regarding studies' best duration of massage therapy intervention to be applied to the athletes to get the best time for recovery after the training or post-game. Methods: Google Scholar databases were searched during March 2020 for studies containing words 'Sport', 'Massage', 'Performance', 'Recovery', 'delayed onset muscle soreness' (DOMS), 'Effleurage', 'Petrissage', 'Vibration', 'Tapotement'. PRISMA approached was used in the selection of studies. Result: Duration of massage intervention for 20-30 minutes was effective for recovery muscle soreness and improves performance based on the measurement of creatine kinase, visual analog scale, numeric pain rating scale, pressure pain threshold, and peak isometric torque on 8 studies. To be compared duration less than 20 minutes on 2 studies gives less effect on blood flow and duration more than 30 minutes cause of fatigue that will reduce the performance of the athletes. Conclusion: Massage therapy appears to have the best duration of massage intervention which is 20- 30 minutes that affect athletes to enhance recovery and increasing range of motion (ROM).

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