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Tensiomyography in physical rehabilitation of high level athletes

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The proprieties of a skeletal muscle were examined using the method Tensiomyography (TMG) in team sports (football, rugby, handball and basketball) with high-level athletes who contracted a skeletal muscle injury. This lesion was confirmed by a magnetic resonance image procedure (MRI). The analysis by the TMG is performed during the rehabilitation process. This approach is considered a non-invasive method, allowing the recording of changes in muscle in the following parameters: time of reaction, time of contraction, maximum displacement, time of relaxation and time of during contraction.

This method endorsed to analyze the muscular reaction to the process of rehabilitation training.

TMG measurements should be continuous with the sports teams. The changes in contractile properties of the muscles of each athlete should be examined to allow controlling the training process. This aim could help avoiding injuries and to recover completely from those. The optimization of the training method could be achieved with TMG.

Key words: tensiomyography, performance, evaluation