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ASPIRIN MAY BE AN EFFECTIVE TREATMENT FOR EXERCISE-INDUCED MUSCLE
SORENESS

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Abstract

Delayed onset muscle soreness (DOMS) refers to the skeletal muscle pain that is experienced following eccentric exercise. The aim of the present study was to examine the effect of aspirin supplementation on DOMS after an eccentric exercise. Sixteen healthy female [age, 21.05 ± 3.7 years; body mass index (BMI), 24.03 ± 0.8 kg/m²; (mean \pm SD)] participated as subjects in this study. The subjects were assigned to either an experimental (200 mg of aspirin; n=8) or a placebo group (Same dosage of lactose; n=8) using a double-blind research design. Knee range of motion (ROM), perceived pain, thigh circumference and serum activity of the enzyme creatine kinase (CK) were taken before, immediately, 24 and 48 hours after the eccentric exercise. No differences among groups were observed for thigh circumference and ROM before, immediately, 24 and 48 hours after the eccentric exercise. Serum CK levels and pain increased ($P < 0.05$) in the both groups immediately after the eccentric exercise and increased to maximum at 48 hours after the eccentric exercise. The aspirin supplementation decreased ($P < 0.05$) the serum CK levels and pain compare to the placebo group at 24 and 48 hours after the eccentric exercise. In conclusion, aspirin supplementation can be effective to minimize DOMS induced by eccentric exercise.

Keywords

Delayed onset muscle soreness, Aspirin, Creatine kinase.

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