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EFFECT OF CRYOTHERAPY ON JOINT POSITION SENSE – AN EXPERIMENTAL STUDY

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Abstract

Back Ground of the Study: The slowing of nerve conduction is commonly a desired effect of cryotherapy, the use of cryotherapy in DOMS (delayed onset of muscle soreness) remains questionable. The aim of this study was to present data on DOMS induced position sense of healthy ankle after cryotherapy to clarify the effectiveness and safety of this therapy. Delayed onset OF muscle soreness is defined as the sensation of discomfort or pain in the skeletal muscles following physical activity, usually eccentric to which an individual is not accustomed. Although muscle soreness usually occurs on less physically trained individuals, most people including athletes can experience this soreness. **Methodology:** The subjects were allocated in two groups with 10 in each. After inducing DOMS, subjects in group A were assessed for joint position sense every day for 3 consecutive days and subjects in group B were given cryotherapy with elastogel cold wrap and assessed for the same as of group A. Mean difference between groups of pre and post test scores were analysed to find the outcome. **Result:** This study found that there is a significant difference in mean values of scores in joint position sense when compared between group A and B after applying Elasto-gel cold wrap. **Conclusion:** This study concluded that elasto gel cold wrap application is effective after DOMS, which improves the joint position sense thereby decreasing the undue effect of DOMS.

Keywords: Delayed onset of muscle soreness, joint position sense, elasto-gel cold wrap