

Name: **Isabelle Chan-Emery**

SFU faculty/major: Faculty: Biomedical Physiology and Kinesiology (BPK)

**Title of presentation:** Gimmick or Game Changer: Percussion Massage as a Treatment for Muscle Soreness

### **Abstract**

A common mechanism of muscle injury is overexerted weight training, leading to muscle soreness. This can impair future performance by reducing range of motion (ROM) and strength. Currently, vibration and percussion massagers are marketed to improve these symptoms, yet they lack sufficient evidence. With such therapeutic devices gaining popularity among athletes and clinicians, this study will investigate the effectiveness of both massage tools.

Further, we will determine whether percussion massage applied after a high-exertion calf exercise will improve subjective muscle soreness and/or ROM relative to a vibration massage control. We hypothesize that percussion massage will have greater therapeutic benefit than vibration. It is hoped that this study will inform investigators, practitioners and the general public about useful treatments in managing delayed onset muscle soreness.