

COMPARISON OF TWO DIFFERENT WARM-UPS (STATIC-STRETCHING AND MASSAGE): EFFECTS ON FLEXIBILITY AND EXPLOSIVE POWER

Abstract

The purpose of this study was to compare the effects of two different warm-up programs consist of Swiss massage and static-stretching on sprint, explosive performance and lower body flexibility in male college athletes. Twenty male college athletes (of three sport disciplines; indoor soccer, volleyball and basketball) with mean \pm SD, age 25.1 ± 9.1 years; height 179.2 ± 6.1 cm; and body mass 66.2 ± 2.3 kg volunteered to participate in this study and were randomly divided into three groups; a) massage group (MG; n=7), static-stretching group (SSG; n=7), and rest group (RG; n=6). The SSG performed static-stretching movements for warming-up, MG performed Swiss massage for warming-up and CG had passive rest. Vertical jump (VJ), 30-m sprint, agility (T test) and sit & reach tests were assessed before (pre) and after (post) each of interventions. Both the SSG and MG showed significant worsening in VJ, sprint time and T test after each of intervention ($P < 0.05$). But, rest group showed no significant worsening in VJ, sprint time and T test ($P > 0.05$). In sit & reach test, both the SSG and MG made significantly improvement ($P < 0.05$), whereas rest group showed no significant changes ($P > 0.05$). There were no significant differences between two different warm-ups (static-stretching and massage) for all variables ($P > 0.05$). Therefore, it is recommended that, coaches and athletes use a massage and stretching movement for warming-up, in many sports requiring to flexibility and range of motion, likewise performing these types of warm up protocols before explosive movements cannot be recommended.

Keywords: *Swiss massage, Static-stretching, Flexibility, Agility, Explosive power*
