

عنوان مقاله:

Evaluating the effect of low-intensity eccentric resistance training combined with blood flow restriction on the systematic and genetic indices affecting the activation and proliferation of satellite cells in young non-athlete men

محل انتشار:

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خلاصه مقاله:

Introduction: The current study was conducted to evaluate the impact of low-intensity eccentric resistance training combined with and without blood flow restriction (ECCRT with BFR vs. ECCRT without BFR) on some of the systematic and genetic indices affecting the activation and proliferation of satellite cells in young non-athlete men. Materials and Methods: Twenty men with an age range of 25 ± 5 years were randomly divided into two groups of ECCRT with BFR and ECCRT without BFR (each group containing 10 subjects). ECCRT was performed using isokinetic device. It involves about 70 rpt in knee extensor muscles. Restriction was created using an air pressure meter. After local anesthesia through injecting lidocaine 1% and norepinephrine, sampling was performed from lateral broad muscle 48 hours before and 24 hours after the training, and the systematic and genetic indices affecting the activation and proliferation of satellite cells (HGF and Myf5) were examined and compared in two stages of pre-test and post-test in two situations of ECCRT with BFR vs. ECCRT without BFR. (P<0.05) and the increase of HGF and Myf5 was higher after ECCRT with BFR than after ECCRT without BFR (P<0.05). Conclusions: It is recommended for .authorities and officials in the sports field to use low-intensity ECCRT with BFR to increase HGF and Myf5

كلمات كليدى:

Low-intensity eccentric resistance exercise training, Blood flow restriction, Systematic indices, Genetic indices, Satellite cells

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