

Intravenous versus oral rehydration during a brief period - responses to subsequent exercise in the heat

- - Intravenous versus Oral Rehydration during a Brief Period: Stress Hormone Responses to Subsequent Exhaustive Exercise in the Heat in: International Journal of Sport Nutrition and Exercise Metabolism Volume 10 Issue 4 (2000)



Description: -

-Intravenous versus oral rehydration during a brief period - responses to subsequent exercise in the heat

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Tags: #Intravenous #versus #Oral #Rehydration #during #a #Brief #Period: #Stress #Hormone #Responses #to #Subsequent #Exhaustive #Exercise #in #the #Heat #in: #International #Journal #of #Sport #Nutrition #and #Exercise #Metabolism #Volume #10 #Issue #4 #(2000)

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After a 15-minute seated equilibration, pre-EXDE blood was drawn.

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A potential explanation for our results is that participants during AL consumed more fluid than in other trials within the first 10 minutes of REHY. Slauterbeck, MD Sports medicine physicians are faced with a short period to rehydrate athletes between periods.

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Additionally, a partial dehydration state is probably a true state many athletes are competing in as a game advances.

Could Kool Aid be Better Than IV Rehydration in Dehydrated Athletes?

The ESQ and thermal sensation scales were used to quantify subjective thermal strain throughout. Acclimation to humid heat lowers resting core temperature.

Intravenous versus oral rehydration during a brief period: responses to subsequent exercise in the heat

Heat acclimation, aerobic fitness, and hydration effects on tolerance during uncompensable heat stress. Interestingly, our lowest value was seen

with IV + OR, followed by IV, although this was not significant. More OR fluid consumed initially during REHY was matched with a decreased skin temperature.

Could Kool Aid be Better Than IV Rehydration in Dehydrated Athletes?

Exertional heat illness and hyponatremia in hikers.

Intravenous versus oral rehydration during a brief period: Responses to subsequent exercise in the heat — Arizona State University

Baseline skin fold calculated body fat percentage 3 site, Jackson and Pollock 25 was collected by the same trained clinician. Rehydration randomized, cross-over design included: 1 CONTROL no fluid , 2 DRINK oral rehydration, 0.

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