Pitt Monthly: FIR therapy

SPORTS SCIENCE

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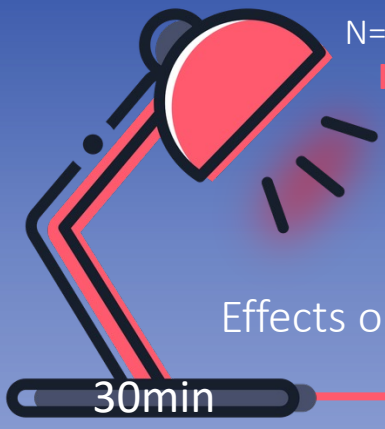
Effects of far-infrared radiation lamp therapy on recovery from muscle damage induced by eccentric exercise

Chen et al. 2023, EJSS

What did they study?

N=24 healthy, sedentary women received either **far-infrared radiation lamp therapy** or a **sham** treatment after **heavy eccentric training**

↳ within 1h of exercise, repeated every 24h after



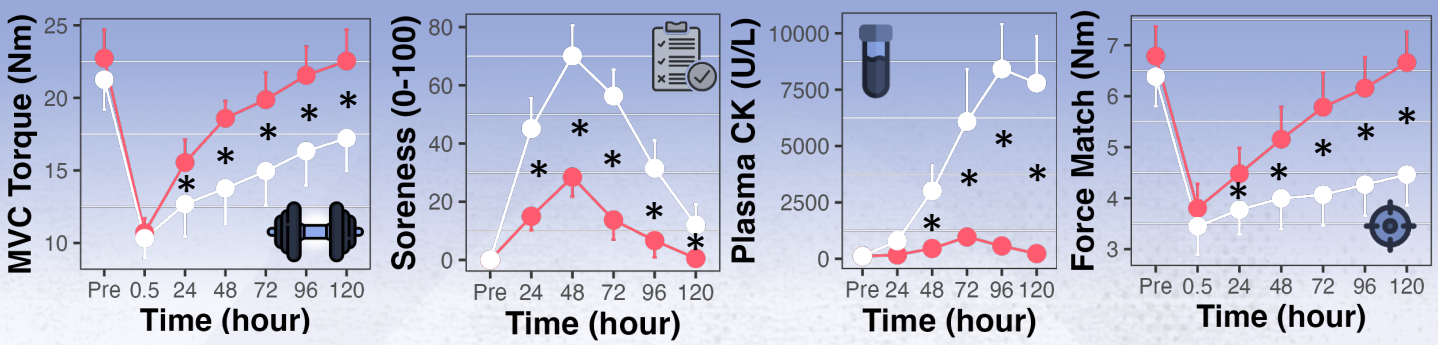
Effects on

strength

objective + subjective soreness

proprioception

Improved recovery in the elbow flexors following far-infrared radiation lamp therapy. Findings replicated in the knee flexors.



Legend: CK: creatine kinase – an indirect biomarker of soreness, MVC: maximum voluntary contraction – maximal torque produced. asterisks (*) indicate significant difference between far-infrared radiation lamp therapy and sham.

Data extracted using WebPlotDigitizer: https://github.com/ankitrohatgi/WebPlotDigitizer

Far-infrared radiation lamp therapy may enhance recovery from muscle damage and mitigate the typical deficit in body positioning sense after heavy eccentric exercise.

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