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OPTIMIZACIÓN DEL RENDIMIENTO DEPORTIVO, MEDIANTE LA APLICACIÓN DE UN PROTOCOLO SISTEMÁTICO DE FISIOTERAPIA PARA LA RECUPERACIÓN MUSCULAR

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Se plantean los posibles beneficios de estos métodos fisioterapéuticos usados en la prevención del daño muscular, así como evitar la aparición de lesiones en jugadores de baloncesto. Estos métodos de fisioterapia, son, pues válidos para evitar la aparición de la fatiga al final de la temporada, y pueden contribuir a obtener óptimos resultados en la competición, derivados de una excelente condición física de los jugadores. Deben ser utilizados dentro de la planificación semanal, junto a adecuados periodos de descanso.

Palabras clave: Baloncesto, fisioterapia, daño muscular.

SPECIFIC PHYSICAL THERAPY PROTOCOL PROMOTES MUSCLE REGENERATION IN PROFESSIONAL BASKETBALL PLAYERS

Muscle damage markers were measured in all Tau Cerámica-Baskonia Sport Team players throughout a season of the Spanish Professional Basketball League. The pattern of changes these markers observed throughout the competition period indicates some degree of muscle damage, as well as a high efficacy for the physical therapy methods employed in these players. These methods were specially useful in order to prevent muscle fatigue, leading to an absence of sport-derived injuries and to optimal results in competition, derived from an excellent physical performance of the players. Modifications of catabolic markers suggest an active muscle catabolism in players throughout the whole competition period, specially in the preseason. Taken together, these results suggest that regenerative methods employed in Tau Cerámica-Baskonia professional basketball team in these season of First Spanish Professional Basketball League, Spanish King's Cup and Euroleague (finalist), such as the specific physical therapy protocol used after every game and practice training, as well as the planification of resting periods, reduced muscle damage, prevented muscle fatigue and improved muscle regeneration, thus leading to optimal results reached in competition.

Key words: Hydromassage, electrotherapy, cryotherapy, myofascial elongations, basketball, muscle damage.