

EFFECT OF NANO-PLATINUM HARMONIZED FIBRES ON RECOVERY AFTER TRAINING



Zinke, Fridolin; Bakenecker, Patrick; Hahn, Daniel

Department of Human Movement Science, Faculty of Sports Science, Ruhr-University Bochum, Germany

Introduction:

- Wide range of regeneration strategies to optimize relation between overall training-load and regeneration
- "Venex textile (V-Tex)" contains platinum harmonized technology (PHT) which is supposed to increase parasympathetic activity

<u>Aim:</u>

- Analysis of neuromuscular, systemic and subjective recovery
- Hypothesis: Improved regeneration after wearing V-Tex containing garments during regeneration phases after training in comparison to placebo product



METHODS



Subjects:

- 13 strength-trained subjects (10RM Squat 91.7 ± 14.0 kg)
- Matched randomized cross-over design (6-week washout phase)

Experimental procedure:



Testing parameters:

Neuromuscular:Maximum voluntary strength, Voluntary activation, Resting
twitch, Counter-Movement & Drop JumpSystemic:Creatine kinaseSubjective:Pain intensity, Recovery state & Sleep quality



RESULTS





- Significant enhanced RT and similar trend for MVC (in favor for Venex-Textile)
- No significant difference between treatments at any time for
 - CK / CMJ / DJ / VA
- Trends for reduced pain intensity and better sleep quality (in favor for Venex-Textile)



DISCUSSION & FUTURE PERSPECTIVE



Discussion:

- Changes in neuromuscular and subjective parameters indicate an improved regeneration process with Venex-Textile

Future perspective:

 Longitudinal chronic training study with additional parameters (parasympathetic activity)

THANK YOU FOR YOUR ATTENTION