

Referencer til artikel i Dansk Sportsmedicin nr. 4, 2013:

"Kan restitution optimeres med elektroterapi?"

af Dorte Nielsen DPT., ATC., CSCS., Cert. MDT., Spec. Idrætsfysioterapi

Babault N, Cometti C, Maffiuletti NA, Deley G. Does electrical stimulation enhance post-exercise performance recovery? *European Journal of Applied Physiology* 111 (10):2501–7. 2011

Beaven CM, Cook C, Gray D, Downes P, Mauphy I, Drawer S, Ingram JR, Kilduff LP, Gill N. Electrostimulation's enhancement of recovery during a rugby pre-season. *International journal of sports physiology and performance*. 8:92-98. 2013

Broderick BJ, Kennedy C, Breen PP, Kearns SR, ÓLaighin G. Patient tolerance of neuromuscular electrical stimulation (NMES) in the presence of orthopaedic implants. *Med Eng Phys*. 8:56–61. 2011

Butterfield DL, Draper DO, Ricard MD, Myrer JW, Durrant E, Schulthies SS. The effects of high-volt pulsed current electrical stimulation on delayed-onset muscle soreness. *J Athl Train* 32:15–20. 1997

Cortis C, Tessitore A, D'Artibale E, Meeusen R, Capranica L. Effects of post-exercise recovery interventions on physiological, psychological, and performance parameters. *Int J Sports Med*. 31:327–335. 2010

Cox PD, Kramer JF, Hartsell H. Effect of different TENS stimulus parameters on ulnar motor nerve conduction velocity. *Am J Phys Med Rehab*. 72:294-300. 1993

Craig JA, Cunningham MB, Walsh DM, Baxter GD, Allen JM. Lack of effect of transcutaneous electrical nerve stimulation upon experimentally induced delayed onset muscle soreness in humans. *Pain* 67:285–289. 1996

Cramp AFL, Gilsonan C, Lowe AS, Walsh D. The effect of high- and low-frequency transcutaneous electrical nerve stimulation upon blood flow and skin temperature in healthy subjects. *Clin Physiol* 20:150–157. 2000

Cramp AFL, McCullough GR, Lowe AS, Walsh DM. Transcutaneous electric nerve stimulation: the effect of intensity on local and distal cutaneous blood flow and skin temperature in healthy subjects. *Arch Phys Med Rehabil* 83:5–9. 2002

Curtis, D. et al., The efficacy of frequency specific microcurrent therapy on delayed onset muscle soreness, *Journal of Bodywork & Movement Therapies*. 1-8. 2010

Czyrny JJ, Kaplan RE, Wilding GE, Purdy CH, Hirsh J. Electrical foot stimulation: a potential new method of deep venous thrombosis prophylaxis. *Vascular*. 18(1):20-7. 2010

Denegar CR, Huff CB. High and low frequency TENS in the treatment of induced musculoskeletal pain: a comparison study. *Athletic Train* 23:235–237. 1988

Denegar CR, Perrin DH. Effect of transcutaneous electrical nerve stimulation, cold, and a combination treatment on pain, decreased range of motion, and strength loss associated with delayed onset muscle soreness. *J Athl Train* 27:200–206. 1992

Denegar CR, Yoho AP, Borowicz AJ, Bifulco N. The effects of low-volt microamperage stimulation on delayed onset muscle soreness. *J Sport Rehab* 1:95–102. 1992

DeSantana JM, Walsh DM, Vance C, Rakel BA, Sluka KA. Effectiveness of transcutaneous electrical stimulation for treatment of hyperalgesia and pain. *Curr Rheumatol Rep.* 10:492-499. 2008

Finberg M, Braham R, Goodman C, Gregory P, Peeling P. Effects of electrostimulation therapy on recovery from acute team-sports activity. *International journal of sports physiology and performance.* 8: 293-299. 2013

Gregory CM, Bickel CS (2005) Recruitment patterns in human skeletal muscle during electrical stimulation. *Phys Ther* 85:358–364

Grunovas A, Silinskas V, Poderys J, Trinkunas E. Peripheral and systemic circulation after local dynamic exercise and recovery using passive foot movement and electrostimulation. *J Sports Med Phys Fitness.* 47:335-343. 2007

Heyman E, DE Geus B, Mertens I, Meeusen R. Effects of four recovery methods on repeated maximal rock climbing performance. *Med Sci Sports Exerc.* 41(6):1303-10. 2009

Lattier G, Millet GY, Martin A, Martin V. Fatigue and recovery after high-intensity exercise. part II: recovery interventions. *Int J Sports Med.* 25:509-515. 2004

Lauer RT, Kilgore KL, PeckhPH, BhadraN, Keith MW. The function of the finger intrinsic muscles in response to electrical stimulation. *Engineering in Medicine and Biology Society,* 7 (1):19-26. 1999

Martin V, Millet GY, Lattier G, Perrod L. Effects of recovery modes after knee extensor muscles eccentric contractions. *Med Sci Sports Exerc.* 36(11):1907–1915. 2004. Ward AR, Shkuratova N. Russian electrical stimulation: The early experiments. *Physical therapy* 82 (10):1019–30. 2002

Man IOW, Lepar GS, Morrissey MC, Cywinski JK. Effect of neuromuscular electrical stimulation on foot and ankle volume during standing. *Med Sci Sports Exerc.* 35:630 – 635. 2003

McLoughlin TJ, Snyder AR, Brolinson PG, Pizza FX. Sensory level electrical muscle stimulation: effect on markers of muscle injury. *Br J Sports Med* 38:725–729. 2004

Melzack R, Wall PD. Pain mechanisms: a new theory. *Science*. 19;150(3699):971–979. 1965

Neric, FB, Beam, WC, Brown, LE, and Wiersma, LD. Comparison of swim recovery and muscle stimulation on lactate removal after sprint swimming. *J Strength Cond Res* 23(9):2560-2567. 2009

Rushton DN. Electrical stimulation in the treatment of pain. *Disabil Rehabil*. 24:407-415. 2002

Schiebye, B. & Klausen, K. 2005, *Menneskets fysiologi – hvile og arbejde*, 2.udgave, FADL, København.

Tessitore A, Meeusen R, Pagano R, Benvenuti C, Tiberi M, Capranica L. Effectiveness of active versus passive recovery strategies after futsal games. *J Strength Cond Res* 22:1402–1412. 2008

Tessitore A, Meeusen R, Cortis C, Capranica L. Effects of different recovery interventions on anaerobic performances following preseason soccer training. *J Strength Cond Res*. 2007;21(3):745–750.

Tucker AT, Maass A, Bain DS, et al. Augmentation of venous, arterial and microvascular blood supply in the leg by isometric neuromuscular stimulation via the peroneal nerve. *Int J Angiol*. 19:31–37. 2010

Warren CD, Brown LE, Landers MR, Stahura KA. Effect of three different between inning recovery methods on baseball pitching performance. *J Strength Cond Res*. 25(3): 683.688. 2011

Vanderthommen M, Soltani K, Maquet D, Crielaard JM, Croisier JL. Does neuromuscular electrical stimulation influence muscle recovery after maximal isokinetic exercise? *Isokinet Exerc Sci*. 2007;15(2):143–149.

Vanderthommen M, Duchateau J. Electrical stimulation as a modality to improve performance of the neuromuscular system. *Exerc Sport Sci Rev* 35:180–185. 2007

Zarrouk N, Rebai H, Yahia A, Souissi N, Hug F, Dogui M. Comparison of recovery strategies on maximal force-generating capacity and electromyographic activity level of the knee extensor muscles. *J Athl Train* 46 (4):386–394. 2011