

EFFECT OF NANO-PLATINUM HARMONIZED FIBRES ON RECOVERY AFTER TRAINING

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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**

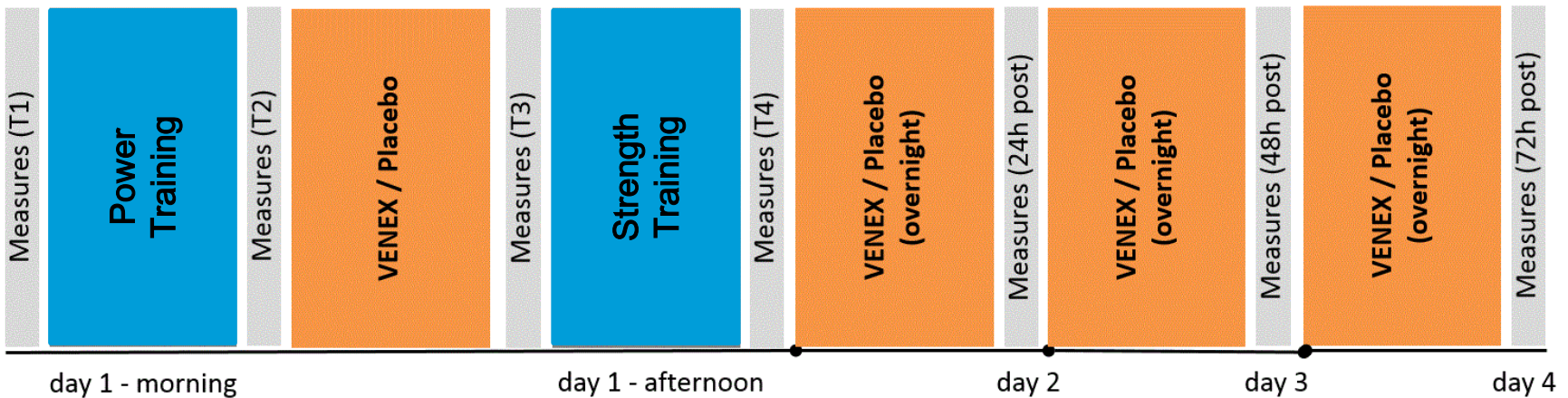
Aim:

- 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

Subjects:

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

Experimental procedure:

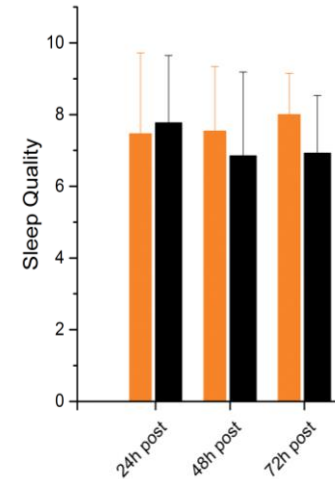
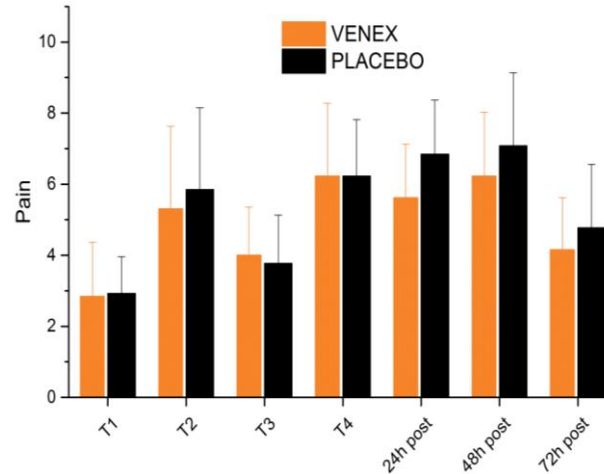
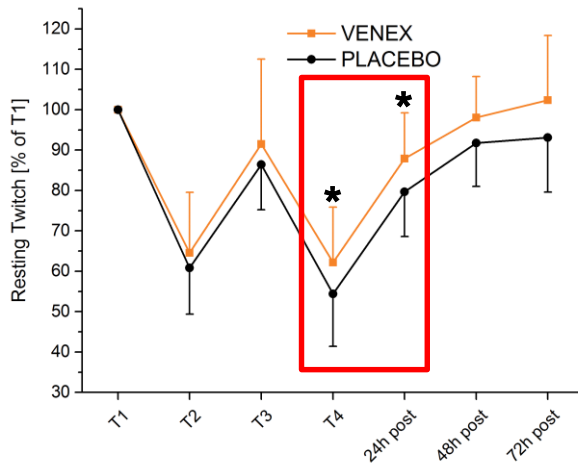


Testing parameters:

Neuromuscular: Maximum voluntary strength, Voluntary activation, Resting twitch, Counter-Movement & Drop Jump

Systemic: Creatine kinase

Subjective: Pain intensity, Recovery state & Sleep quality



- 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:

- 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**