

Comparison of Ice Massage versus Cold-Water Immersion on Muscle Damage and DOMS Levels of Elite Wrestlers

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ABSTRACT The present study is aimed at comparing the effects of ice massage versus cold-water immersion on creatinekinase (CK) levels and delayed-onset muscle soreness (DOMS) values of elite wrestlers. To achieve the objectives of the research twenty elite wrestlers participated in the study. Participants were separated into two groups (ice massage vs. cold water immersion) of whose weights were equal. Between the sets, experiment group was applied ice massage for 8 minutes while control group was given cold-water immersion. Blood samples of the subjects were taken before and after the exercises. Groups' differences were determined with "Repeated Measures Analysis of Variance". Significant differences were observed within both groups at all times (<0.001). DOMS (24 h), DOMS (48 h). There was no difference after 72 hours, and before exercise values in DOMS values for ice massage group ($p>0.05$). Including competition and training for athletes, ice massage as a recovery strategy is expected to shorten the recovery time in athletes.