

Accepted Manuscript

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PII: S1440-2440(18)30064-1
DOI: <https://doi.org/10.1016/j.jsams.2018.02.012>
Reference: JSAMS 1818

To appear in: *Journal of Science and Medicine in Sport*

Received date: 6-10-2017
Revised date: 4-1-2018
Accepted date: 22-2-2018

Please cite this article as: Williams N, Russell M, Cook CJ, Kilduff L.P. The effect of lower limb occlusion on recovery following sprint exercise in academy rugby players. *Journal of Science and Medicine in Sport* <https://doi.org/10.1016/j.jsams.2018.02.012>

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Article type: Original investigation

Abstract word count: 249

Manuscript word count: 2936

Figures: 2

Abstract

Objectives: The effects of vascular occlusion on recovery of physiological and neuromuscular markers over 24h, and hormonal reactivity to subsequent exercise were investigated.

Design: Counterbalanced, randomised, crossover

Methods: Academy rugby players ($n=24$) completed six 50-m sprints (five-min inter-set recovery) before occlusion cuff application (thighs) and intermittent inflation to 171-266

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