Accepted Manuscript

Low Load Resistance Training with Blood Flow Restriction decreases anterior knee pain more than resistance training alone. A pilot Randomised Controlled Trial

Physical Therapy in Sport

Vasileios Korakakis, Rodney Whiteley, Yiannis Giakas

PII: S1466-853X(18)30358-4

DOI: 10.1016/j.ptsp.2018.09.007

Reference: YPTSP 950

To appear in: Physical Therapy in Sport

Received Date: 25 July 2018

Accepted Date: 17 September 2018

Please cite this article as: Vasileios Korakakis, Rodney Whiteley, Yiannis Giakas, Low Load Resistance Training with Blood Flow Restriction decreases anterior knee pain more than resistance training alone. A pilot Randomised Controlled Trial, *Physical Therapy in Sport* (2018), doi: 10.1016/j. ptsp.2018.09.007

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

ACCEPTED MANUSCRIPT

TILTE PAGE

Title: Low Load Resistance Training with Blood Flow Restriction decreases anterior knee pain more than resistance training alone. A pilot Randomised Controlled Trial

Authors:

Vasileios Korakakis, PT, PhD^{1,2} Rodney Whiteley, PT, PhD¹ and , Yiannis Giakas, PhD¹

¹Aspetar, Orthopaedic and Sports Medicine Hospital, Doha, Qatar

²Faculty of Physical Education and Sport Sciences, University of Thessaly, Trikala, Greece

Corresponding author: Korakakis Vasileios

Aspetar, Orthopaedic and Sports Medicine Hospital, Doha, Qatar

Doha, PO Box29222, Qatar

Tel: +97466672809, Email: Vasileios.Korakakis@aspetar.com

or vkorakakis@hotmail.com

Conflicts of interest and source of funding: None declared

Ethics approval: Granted from Anti-Doping Lab Qatar (ADLQ – ethics board)

Acknowledgements The authors would like to thank the following physiotherapist for their contribution in the study: Andrew Cole, Pedro Nunnes, Matthew Azzopardi, and Abdallah Itani.

Download English Version:

https://daneshyari.com/en/article/11031851

Download Persian Version:

https://daneshyari.com/article/11031851

<u>Daneshyari.com</u>