

## ABSTRACT

### ATHLETIC TAPING FAILS TO ATTENUATE MUSCULAR STRAIN

We examined whether adhesive taping would attenuate such measures of damage associated with ECC exercise. Eight female subjects completed three sessions of the study, including familiarization with an isokinetic dynamometer, 3 X 25 ECC contractions exercises with or without elbow checkrein taping and post-exercise measurements on both arms. Concentric, peak torque (5 reps, 60°/sec), and optimum angle were evaluated before, immediately after, and 2 days after the ECC bout. DOMS at 2 days following and upper arm muscle volume before and 2 days after the ECC bout were also evaluated. The DOMS measurement indicated the ECC protocol sufficiently evoked muscle damage. Moreover, a significant main effect ( $p > 0.05$ ) for peak torque between baseline and immediately after the ECC bout was observed. However, change in angle-torque curves, DOMS, and muscle volume were similar on both conditions. Thus, taping neither abated fatigue nor attenuated any markers of muscular damage associated with the ECC bout.

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