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» **Journal Abstract**

Blood lactate removal using combined massage and active recovery  
D Micklewright, M Sellens, V Gladwell, R Beneke

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The effect of combined massage and active recovery on blood lactate removal following a 30-s Wingate anaerobic cycling test (WANT) was investigated. Maximum oxygen uptake ( $\dot{V}O_{2max}$ ) was estimated for 25 healthy subjects using a YMCA incremental cycle test. After 5-min rest, subjects performed a WANT and were then randomly assigned to a recovery condition: i) sitting rest (n=5), ii) leg massage (n=5), iii) active cycling at 37.5%  $\dot{V}O_{2max}$  (n=5), iv) combined rest-active recovery (n=5) or, v) combined massage-active recovery (n=5). Blood lactate was measured from fingertip samples and analysed enzymatic-amperometrically. The relative reduction in blood lactate concentration was significantly greater in the active recovery group ( $p < 0.05$ ) and the combined massage-active recovery group ( $p < 0.05$ ) compared to the rest recovery group. Combined massage-active recovery may be favourable to active recovery since it more energy efficient and less uncomfortable.

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