SELF-MİYOFASYAL RAHATLAMA TEKNİĞİNİN KAS HASARI ÜZERİNE ETKİSİ

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SİMGELER VE KISALTMALAR DİZİNİ

ACSM : American College Of Sports Medicine

ALT : alanin aminotransferaz

ANP : atrial natriüretik peptit

AST : aspartad aminotransferaz

ATP : adenozin trifosfat

BATÜBESYO : Batman Üniversitesi Beden Eğitimi ve Spor Yüksekokulu

BNP : beyin natriüretik peptit

CK-KK : kreatin kinaz

cm : santimetre

CPK : kreatin fosfokinaz

CRP : c-reaktif protein

DOMS : delayed onset muscle sorenes

EMS : elektro myo stimülasyon

GAS : görsel analog skala

GKA : gecikmiş kas ağrısı

IL : interlökin

Kg : kilogram

LDH : laktad dehidrogenaz

m : metre

MT : maksimum tekrar

NEH : normal eklem hareketi

NOa : nitrik oksit
OMNIRES : algılanan zorluk düzeyi ölçümu
SMR : self-miyofasyal rahatlama tekniği
SMR-1 : self-miyofasyal rahatlama tekniği-1 protokolü
SMR-2 : self-miyofasyal rahatlama tekniği-1 protokolü
SMR-3 : self-miyofasyal rahatlama tekniği-1 protokolü
ROM : eklem hareket açıklığı
sn : saniye
TNF-α : tümör nekröz faktör-alfa
VAS : visual analog scale
vb : ve bezeri
VEGF : Vascular endothelial growth factor
VKI : vücut kütle indeksi
VYO : vücut yağ oranı
YDA : yabancı dil ağırlıklı

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