

ANTRENMAN SONRASI TOPARLANMA
PROTOKOLLERİ VE KAS HASARININ
ÖNLENMESİ

Yazarlar

Binnur ÇELEBİ

Kemal TAMER

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KISALTMALAR

CK	Kreatin Kinaz
Mb	Myoglobin
LDH	Laktat Dehidrogenaz
GKA	Gecikmiş kas ağrısı
SJ	Squat sıçrama
CMJ	Aktif sıçrama
SSD	Soğuk suya daldırma
SCD	Sıcak suya daldırma
AKF	Aktif toparlanma
PSF	Pasif toparlanma
AÖ	Antrenman öncesi
AS	Antrenman sonrası
TS	Toparlanma sonrası
24s	24 saat sonra
48s	48 saat sonra
72s	72 saat sonra
96s	96 saat sonra

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