

## عنوان مقاله:

Survey the effect of cold treatment protocol in short term with ice bag on table tennis players wrist joint sense

## محل انتشار:

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## خلاصه مقاله:

Background: The aim of this study was to survey the effect of using topical cold in short term with ice bag on tennis player s wrist joint sense in the north of Khuzestan. Materials and methods: This research followed an experimental design, compared research variables as field work and library research. All variables are placed in two groups: pre-test and post-test. Statistical society in this research consists of ۳۴ players in tennis who injured in wrist last years and subsequently used a cold treatment protocol in short term with ice bag. In this research, in order to survey project hypotheses and according to the nature of information, scatter statistical society, and research limitations, project data based on real information has been gathered. This data was evaluated and compared by correlation test, ttest, and liner multi-variable regression in both groups. So, obtained findings were analyzed as two descriptive and inference designs by SPSS software. Results and discussions: Results show that using cold treatment protocol in short term with ice bag leads to improve the state of table tennis player s wrist joint sense. Also, it was recognized that using the cold factor and applying the cold in low temperatures in long-term can be influenced as prejudicial on injury tennis player s wrist joint and faced flexion, hyper adduction, extension, and hyper flexion movements of player s wrist by nerves disorder. Conclusion: Also, in investigate the other research hypothesis it was considered that cooling the affected area with ice and strain causes to paralysis superficial .nerves of near band and disorder or injure into Ulna, median, Radiyal, Protenal, Tibal nerves

## کلمات کلیدی:

Wrist joint; nerves disorder; cold treatment protocol; tennis players

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