Influence of Recovery Modalities on Team Sport Performance, Perceptions and Physiological Variables

Laura E. Juliff

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This thesis is submitted as partial fulfilment of the requirements for the degree of Bachelor of Sports Science (Honours) at Murdoch University, Perth, Western Australia.
I declare that this thesis is my own account of my research and contains as its main content work which has not previously been submitted for a degree at any tertiary education institution.

(Miss Laura Juliff)
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Author: Miss Laura E. Juliff

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# TABLE OF CONTENTS

ACKNOWLEDGEMENTS ........................................................................................................... 4

ABSTRACT ............................................................................................................................... 9

DEFINITION OF TERMS ........................................................................................................... 11

ABBREVIATIONS ...................................................................................................................... 12

CHAPTER ONE: INTRODUCTION .......................................................................................... 13

1.1 BACKGROUND TO THE STUDY .................................................................................. 13

1.2 PURPOSE STATEMENT/SIGNIFICANCE OF RESEARCH .................................. 17

1.3 RESEARCH QUESTION/S ......................................................................................... 18

1.4 HYPOTHESES ............................................................................................................. 18

1.5 LIMITATIONS/DELIMITATIONS ................................................................................. 18

CHAPTER TWO: CRITICAL REVIEW OF LITERATURE ................................................. 20

2.1 OVERVIEW ................................................................................................................ 20

2.2 PHYSICAL DEMANDS OF NETBALL ..................................................................... 21

2.3 RECOVERY MODALITIES ......................................................................................... 23

2.3.1 Water Immersion/Hydrotherapy ....................................................................... 23

2.3.2 Cold Water Immersion ....................................................................................... 25

2.3.3 Hot Water Immersion ......................................................................................... 28

2.3.4 Contrast Water Therapy ....................................................................................... 29

2.3.5 Contrast Showers ................................................................................................. 37

2.4 CONTRAST RECOVERY RESEARCH IN ELITE ATHLETES .......................... 39

2.5 PERFORMANCE AND RECOVERY IN FEMALE ATHLETES .......................... 40

2.5.1 Female Menstrual Cycle and Performance ...................................................... 40

2.6 SUMMARY .................................................................................................................. 41

CHAPTER THREE: METHODS ............................................................................................. 43

3.2 STUDY DESIGN ............................................................................................................ 43
3.3 SAMPLING METHODOLOGY ......................................................... 44
3.4 PROCEDURES ........................................................................... 44
3.6 RECOVERY INTERVENTIONS ..................................................... 49
3.7 PHYSIOLOGICAL MEASURES ..................................................... 51
3.8 RECOVERY ASSESSMENT .......................................................... 52
    3.8.1 Performance Measures ....................................................... 52
    3.8.2 Psychometric Measures ..................................................... 53
3.9 STATISTICAL ANALYSIS ............................................................. 54
CHAPTER FOUR: RESULTS ............................................................. 55
    4.1 CIRCUIT MEASURES ................................................................. 55
    4.2 AGILITY PERFORMANCE ........................................................ 56
    4.3 JUMP PERFORMANCE ............................................................. 57
    4.4 TEMPERATURE ........................................................................ 59
    4.5 SUBJECTIVE MEASURES .......................................................... 61
CHAPTER FIVE: DISCUSSION .......................................................... 63
CHAPTER SIX: CONCLUSION ........................................................... 70
REFERENCES ................................................................................. 71
APPENDIX 1: ETHICS APPROVAL LETTERS. ....................................... 77
APPENDIX 2: FOOD DIARY ............................................................... 79
APPENDIX 3: WARM UP ................................................................. 82
APPENDIX 4: ILLUSTRATION OF THE NETBALL CIRCUIT .................. 83
APPENDIX 5: PLANNED AGILITY TEST LAYOUT .............................. 84
APPENDIX 6: PERFORMANCE RECOVERY QUESTIONNAIRES .......... 85
APPENDIX 7: MENSTRUAL CYCLE QUESTIONNAIRE ....................... 86
APPENDIX 8: RECOVERY SCALES .................................................... 87
**TABLE OF FIGURES**

FIGURE 3.1: An outline of the study experimental design.................................46

FIGURE 3.2: Outline and Description of the Netball Circuit Stations .............48

FIGURE 3.3: Participants alternating through contrast showers...................50

FIGURE 3.4: Participants immersed in cold water maintained at 15°C ..........50

FIGURE 4.1: Agility Performance .....................................................................56

FIGURE 4.2: Jump Performance ......................................................................57

FIGURE 4.3: Temperature results .................................................................59
TABLE OF TABLES

TABLE 1: Contrast Therapy Literature Review ..........................................................30

TABLE 2: Circuit Measures ....................................................................................55

TABLE 3: Subjective Measures ..............................................................................61
ABSTRACT

Purpose: In order to cope with the demands and stress of training and competition many team sports have begun to utilise contrast water therapy as their preferred recovery modality. Although popular, there may be an inability to access necessary facilities when at sporting venues or overseas therefore contrast showers may prove to be a convenient, accessible and effective alternative. Research examining the influence of contrast showers on sport performance and psychological and physiological variables is lacking. Therefore, this study sought to examine the effects of contrast showers and contrast water therapy on vertical jump and repeated agility performance, skin and core temperature and psychological measures following a netball specific circuit in elite female netball players. Methods: Eleven elite netball players completed three experimental sessions (randomised crossover design) followed by one of three post-exercise recovery interventions; (1) contrast water therapy (CWT, 38°C and 15°C), (2) contrast showers (CS, 38°C and 18°C) and (3) passive recovery (PAS, seated rest 20°C). For each trial, participants performed a fatiguing netball specific circuit followed by one of the recovery interventions. Repeated agility, repeated vertical jump, skin and core temperature and muscle soreness were measured before, immediately after, 5 hours post and 24 hours post-exercise. Results: No significant differences (p > 0.05) were evident between conditions for exercise performance (vertical jump, repeated agility). Post-exercise CWT and CS provided similar cooling effects through decreased skin temperature ($T_{skin}$) results and a delayed drop in core temperature ($T_{core}$) of (-1.0%) when compared to a passive condition. Perceived perceptions overall were greater in the CWT (18.95 ± 13.77) and CS (17.70 ± 12.98) conditions when compared with a passive recovery (72.80 ± 14.26). Furthermore, a significant (P<0.001) change in
perception of CS recovery conditions was observed pre and post condition indicating a significant favourable change in perception. **Conclusion:** Although no improvements in performance were noted after CWT or CS, neither modality negatively influenced performance. Furthermore, both CWT and CS resulted in faster cooling responses and greater perceptions of recovery when compared with passive sitting. For this reason, it is suggested that CWT and CS are viable recovery modalities that can be used to help increase recovery in netballers after intense training or competition scenarios.
DEFINITION OF TERMS

For consistency of interpretation the preceding words are defined:

**Active recovery:** Low intensity exercise conducted post-exercise.

**Agility:** Ability to effectively and efficiently move and change direction of the body.

**Contrast Water Therapy (CWT):** The alternation of cold and hot water immersion.

**Cold Water Immersion (CWI):** The Immersion of the body in water temperatures of less than 15°C.

**Hot Water Immersion (HWI):** The Immersion of the body in water temperatures greater than 37°C.

**Hydrostatic Pressure:** Pressure exerted on the body through the weight of fluid.

**Passive Recovery:** A form of post-exercise recovery that involves periods of rest (i.e. passive sitting).

**Recovery:** A process of restoring the body physiologically and psychologically to pre-exercise levels following exercise.

**Vasoconstriction:** Narrowing of the blood vessels that increase peripheral resistance.

**Vasodilation:** Relaxation of the smooth muscles of the blood vessels that decreases peripheral resistance.
ABBREVIATIONS
Selected abbreviations used throughout the text

**AFL:** Australian Football League

**AIS:** Australian Institute of Sport

**ANOVA:** analysis of variance

**ATP:** adenosinetriphosphate

**bpm:** beats per minute

**C:** centre netball position

**˚C:** temperature in degrees centigrade

**CHO:** carbohydrate

**CMJ:** counter movement jump

**CNS:** central nervous system

**CS:** contrast showers

**CWI:** cold water immersion

**CWT:** contrast water therapy

**DOMS:** delayed onset muscle soreness

**GK:** goal keeper netball position

**GS:** goal shooter netball position

**HWI:** hot water immersion

**ISAK:** International Society for the Advancement of Kinanthropometry

**kg:** kilogram

**PAS:** passive recovery

**PostEx:** post-exercise measurement

**PostRec:** post-recovery measurement

**RPE:** rate of perceived exertion

**T_{core}:** core temperature

**T_{mean}:** mean body temperature

**T_{skin}:** skin temperature

**VAS:** visual analogue scale

**W:R:** work to rest ratio