The role of thermal and touch sense in the perception of skin wetness at rest and during exercise in different environments

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BOOK OF ABSTRACTS

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were found between the two loading regimes: increases in Lf were greater after ECC than CON while in contrast, PA increased more in athletes with TP during intermittent sprint exercise and recovery, possibly due to the greater loss of sweating capacity. This is also reflected by the diminished heat storage (HS) of athletes with TP compared to athletes with PA, perhaps the ensuing distinct muscle adaptations. References 1- Kehat et al. Circ Res, 2011 2- Wretman et al. J Physiol, 2001 3- Reeves et al. Exp Physiol, 2009.

THERMOREGULATORY RESPONSES OF ATHLETES WITH A SPINAL CORD INJURY DURING INTERMITTENT WHEELCHAIR EXERCISE IN COOL CONDITIONS

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Introduction: Individuals with a spinal cord injury (SCI) have impaired thermoregulatory control, resulting in a loss or reduction in sweating capacity and an inability to make effective vasomotor adjustments. Individuals with high level cervical lesions (tetraplegia, TP) possess a greater impairment in thermoregulatory control than individuals with lower level lesions (paraplegia, PA). Although the thermoregulatory responses of athletes with SCI have been reported, no data has compared the responses of athletes with TP and PA during an intermittent sprint protocol (ISP). The purpose of this study was to investigate the thermoregulatory responses of athletes with TP and PA during intermittent wheelchair exercise and recovery. Methods: Eight wheelchair rugby players with TP (lesion level C4/5-C6/7, body mass 65.2 ± 4.4 kg, VO2peak 1.55 ± 0.37 L.min-1) and eight wheelchair basketball players with PA (lesion level T4-S1, body mass 68.1 ± 12.3 kg, VO2 peak 1.92 ± 0.47 L.min-1) completed a 60 min ISP at maximal effort on a wheelchair ergometer, followed by 15 min of passive recovery in cool ambient conditions (20.6 ± 0.1°C and 39.6 ± 0.8% relative humidity). Core temperature (Tcore, telemetry pill), mean (Tsk) and individual skin temperatures were measured throughout. Heat storage (HS) was calculated every 15 mins. Results: Sprint speed (3.16 ± 0.59 m/s and 3.51 ± 0.44 m/s for athletes with TP and PA, respectively) was similar between groups. There were larger increases in Tcore and Tsk for athletes with TP compared to athletes with PA during exercise and recovery (p<0.05). Back, chest, lower arm and forehead skin temperatures all increased during recovery in athletes with TP compared to a decrease in athletes with PA (p<0.05). Heat storage was higher in athletes in TP (p<0.05), with end of recovery values of 3.42 ± 1.42 J.g-1 and -0.51 ± 1.30 J.g-1 for athletes with TP and PA, respectively. Discussion: The results of this study show that athletes with TP experienced a greater increase in Tcore and Tsk in comparison to athletes with PA. Although only exercising in cool conditions, this suggests athletes with TP have a greater inability to dissipate heat than athletes with PA during intermittent sprint exercise and recovery, possibly due to the greater loss of sweating capacity. This is also reflected by the gain in HS for athletes with TP and the net loss for athletes with PA by the end of the recovery period.

THE ROLE OF THERMAL AND TOUCH SENSE IN THE PERCEPTION OF SKIN WETNESS AT REST AND DURING EXERCISE IN DIFFERENT ENVIRONMENTS

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Introduction: The type and amount of physical activity an individual performs is influenced by the level of comfort achievable with the surrounding environment (Yamas et al., 2012). Skin wetness has been shown to be a critical determinant of thermal and clothing comfort (Fukazawa et al., 2009). Clarifying the neurophysiological bases of wetness perception (WPI) is critical to improve sporting garments’ design and thus comfort. WP seems to result from the integration of temperature (cold) and mechanical (pressure) inputs. The aim of this study was to investigate the role of thermal and touch sense in the WP. Methods: Six cold-dry stimuli (3 temperatures: 4 °C, 8 °C, 15 °C lower than local skin temperature) X 2 pressures (7 and 10 kPa) were applied (10 sec) on the bare, upper and lower back of 11 TP/3WI participants using a thermal probe (contact surface: 25cm²), during 5 experimental conditions: rest 22°C, rest 33°C, low intensity cycling (30W) 22°C, moderate intensity cycling (60W) 22°C, moderate intensity cycling 33°C. No information about the stimuli was given to participants. Mean skin and local skin temperature, thermal, wetness and pleasantness sensations (perceptual scales) were recorded. Results: Different cold-dry stimuli produced significantly different (P<0.05) levels of local skin cooling (range: -0.7 to -4°C). Cold-dry stimuli were reported as wet at least once by 9 out of 11 participants. Stimuli applied with a mechanical pressure of 7 kPa, producing a skin cooling rate of 0.36°C/s, induced the most frequent (59% of times) cold-wet sensations. When applied with a pressure of 10 kPa, they were less often
DANGEROUS LIASONS OF STRENGTH AND ENDURANCE TRAINING. CAN BE MINIMIZED?

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Different studies have found compromised adaptation of strength, especially muscle power, when both strength and endurance were trained at the same time. Several strategies or mechanisms have proven effective in reducing the interference phenomenon of concurrent strength and endurance training as follows (1-4): • Short training phases (5 weeks) using highly concentrated training loads (>50% of the total training volume) and which focus on the development of only two target fitness components in each training phase (i.e. one for strength and another for endurance), result in a more effective training stimulus for the improvement of performance in highly trained athletes when compared with a more traditional training periodization approach (2). • Avoidance of the simultaneous development of muscle hypertrophy (8-10RM) and aerobic power can reduce the interference phenomenon due to both training intensities inducing adaptations, while the specific muscle groups recover for subsequent sessions of greater intensity (1,3). • The residual fatigue caused by a previous endurance session could reduce and/or impair the quantity and quality of strength and power stimulus, no interference effects should be expected during the concurrent development of these fitness components (4). • The residual fatigue caused by a previous endurance session could reduce and/or impair the quantity and quality of strength and power stimulus, no interference effects should be expected during the concurrent development of these fitness components (4). • The residual fatigue caused by a previous endurance session could reduce and/or impair the quantity and quality of strength and power stimulus, no interference effects should be expected during the concurrent development of these fitness components (4).

References