

Journée scientifique de l'EDISS

**Caractérisation de modèles de massages automatisables
et la validation des bénéfices physiologiques d'un
système de massage robotisé, autonome et interactif**



Sommaire

Etude 1

Évaluation des effets d'un massage autogène intégrée sur la résistance musculaire

- Journal of Sport and Health Science

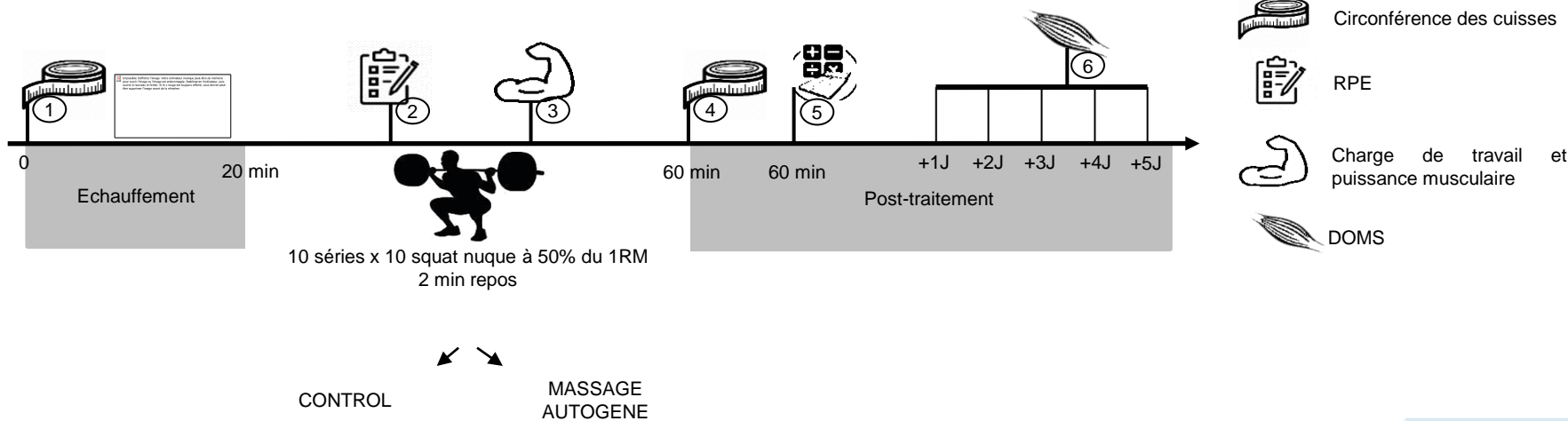
Etude 2

Effets de différentes méthodes de massage autogène sur la température cutanée, l'amplitude de mouvement et le bien-être perçu

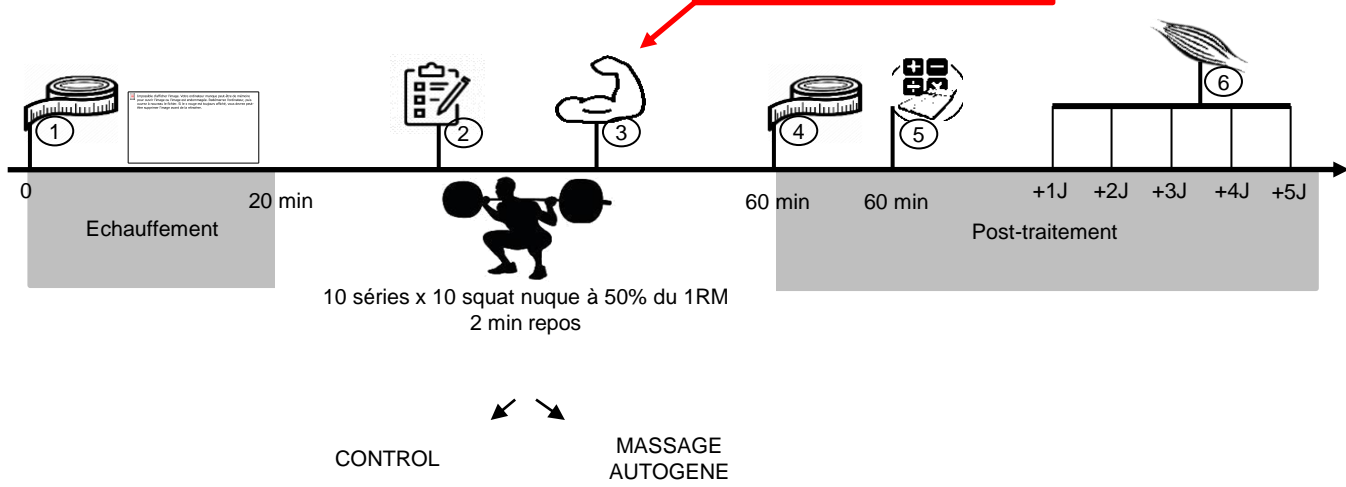
- Applied Psychophysiology and Biofeedback





Etude 1 : Protocole expérimental

Etude randomisée croisée : 14 participants recrutés (♂8 et ♀6)

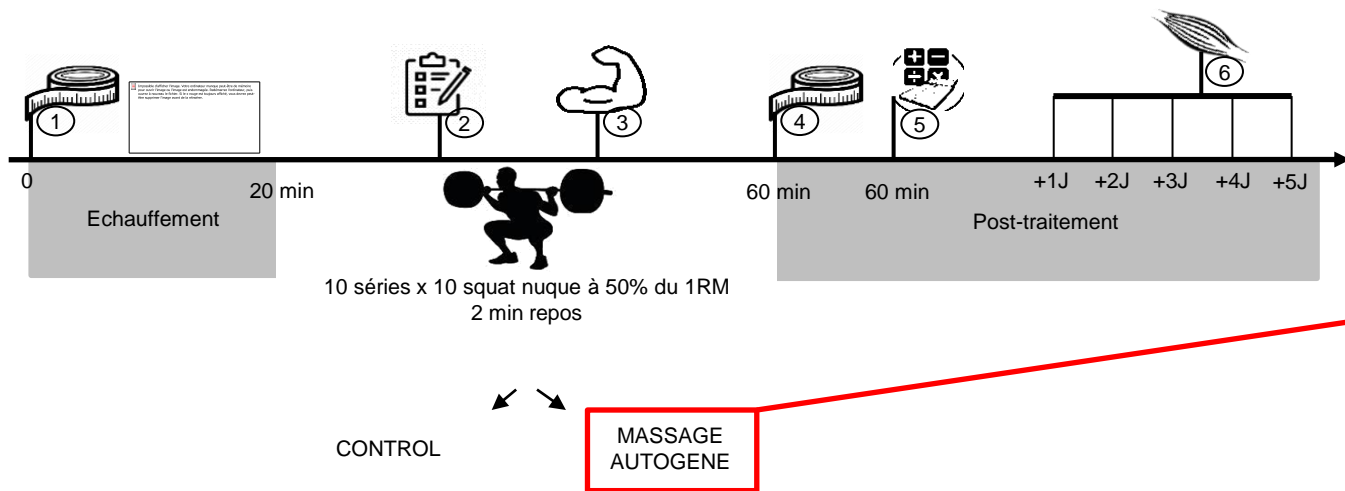


Etude 1 : Protocole expérimental



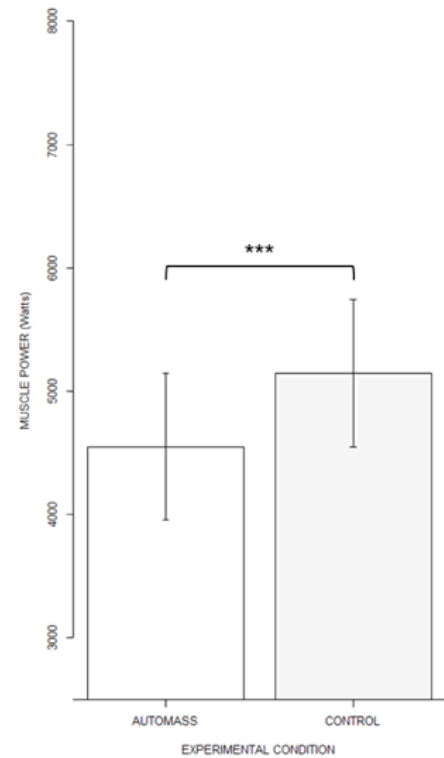
-  Circonférence des cuisses
-  RPE
-  Charge de travail et puissance musculaire
-  DOMS

Etude 1 : Protocole expérimental

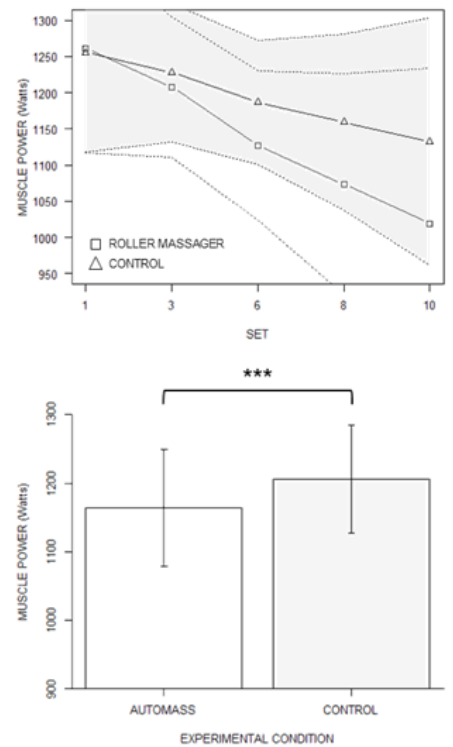


Etude 1 : Résultats

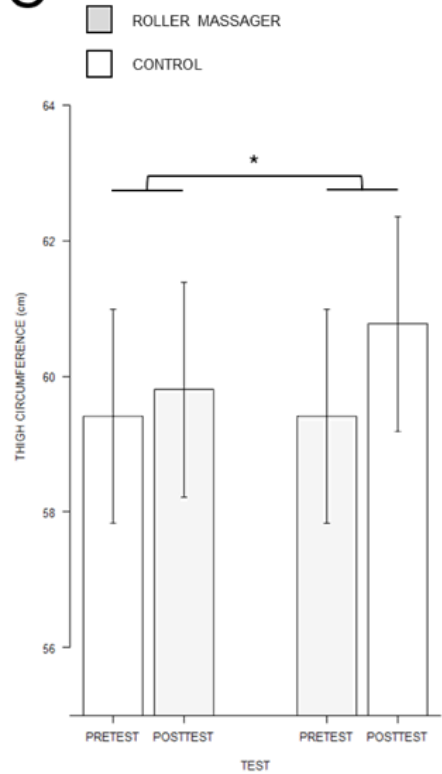
A



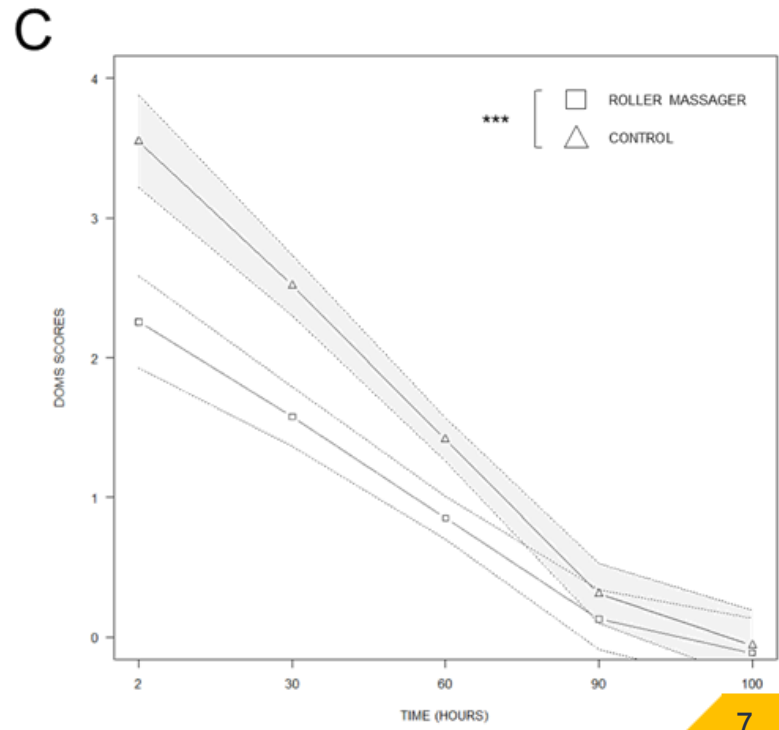
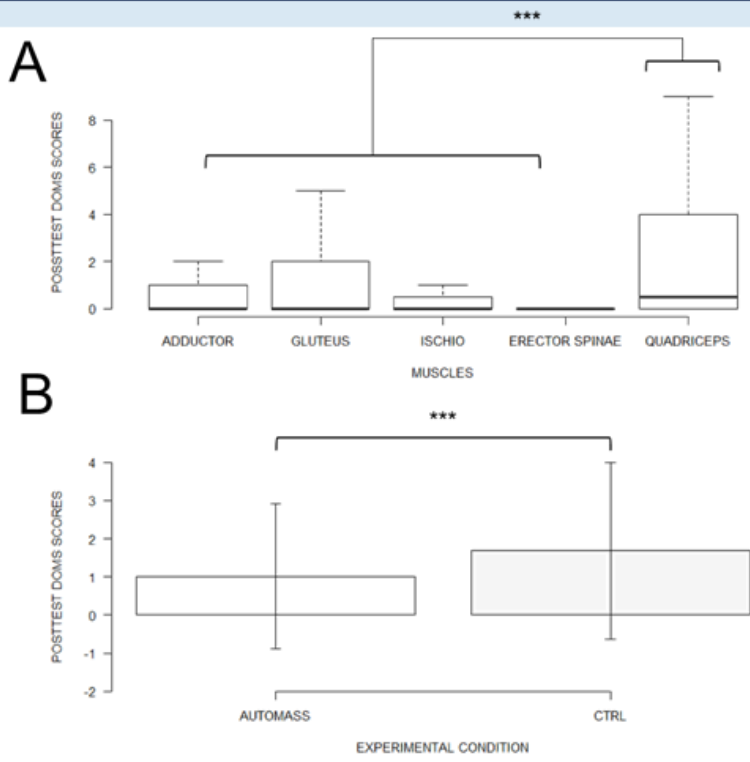
B



C



Etude 1 : Résultats



Etude 2 : Protocole expérimental

30 participants recrutés (♂18 et ♀12)

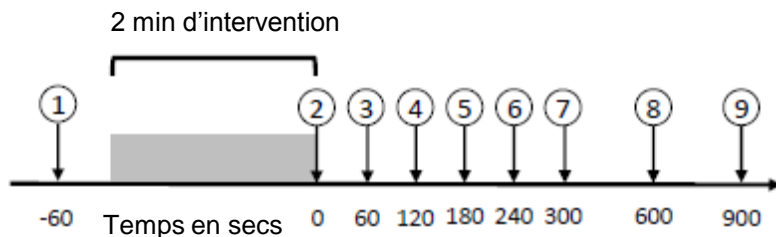
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b

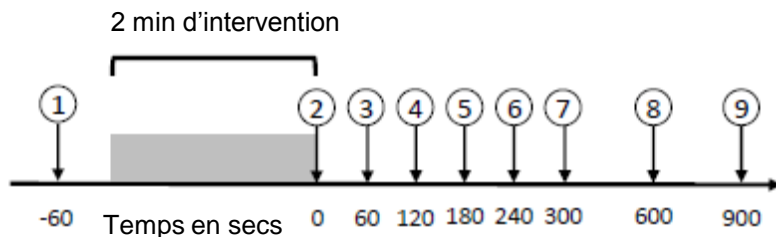
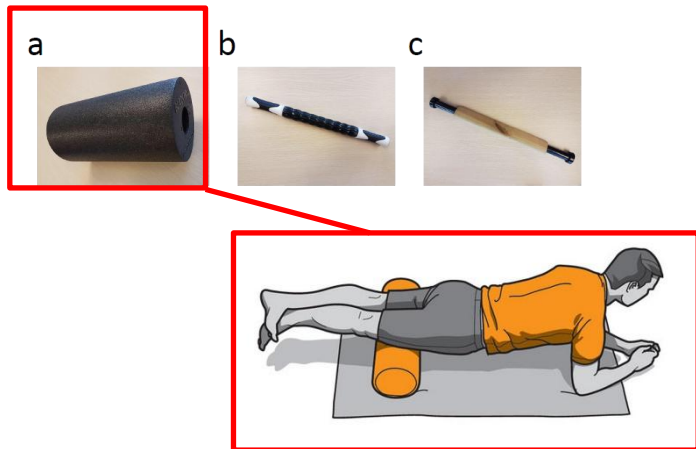


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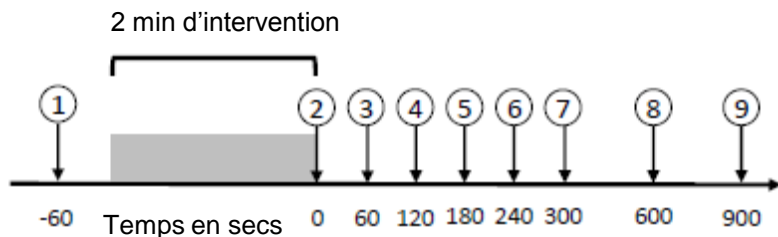
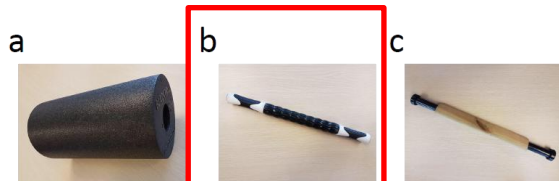
Etude 2 : Protocole expérimental

30 participants recrutés (♂18 et ♀12)



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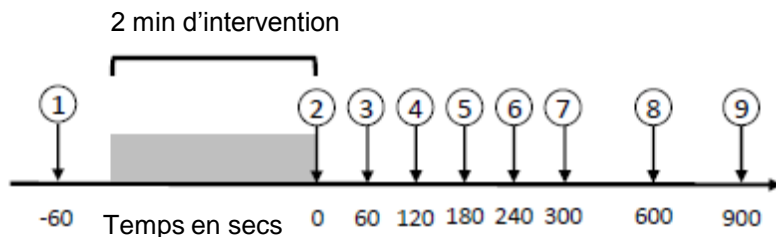
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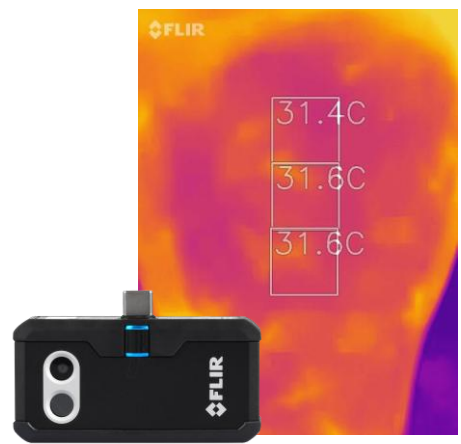
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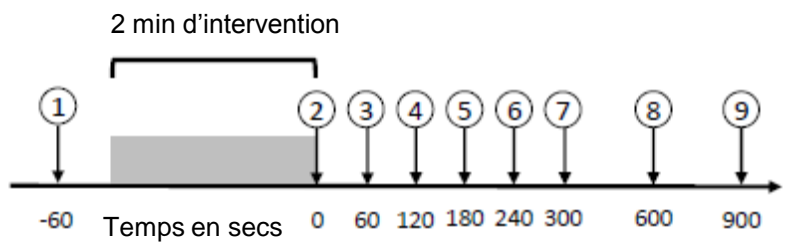
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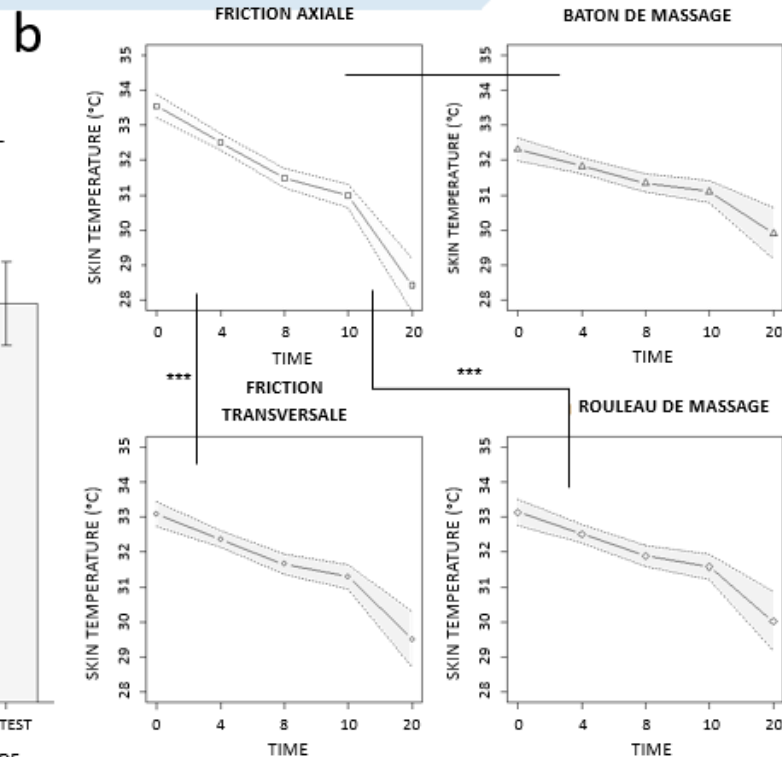
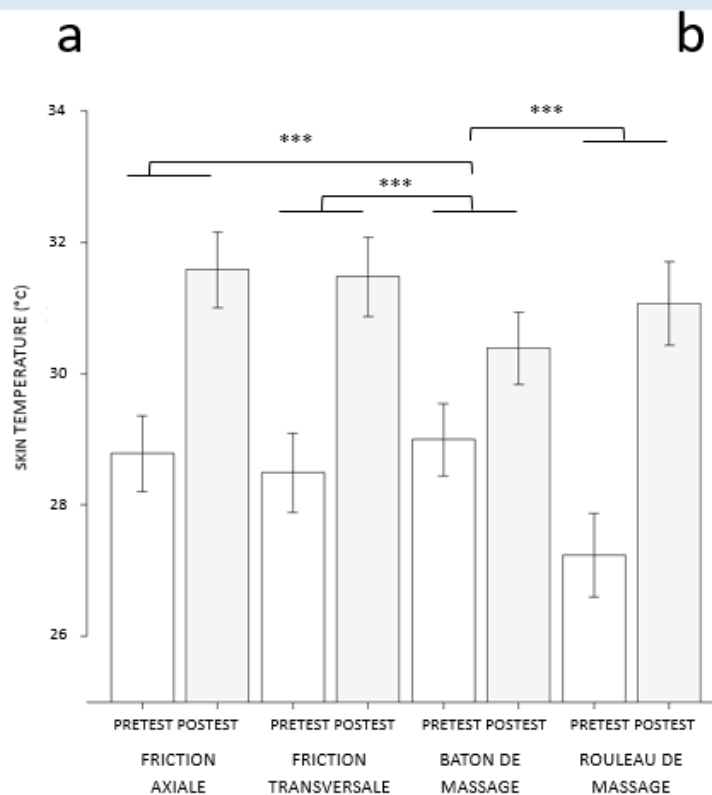
Etude 2 : Protocole expérimental



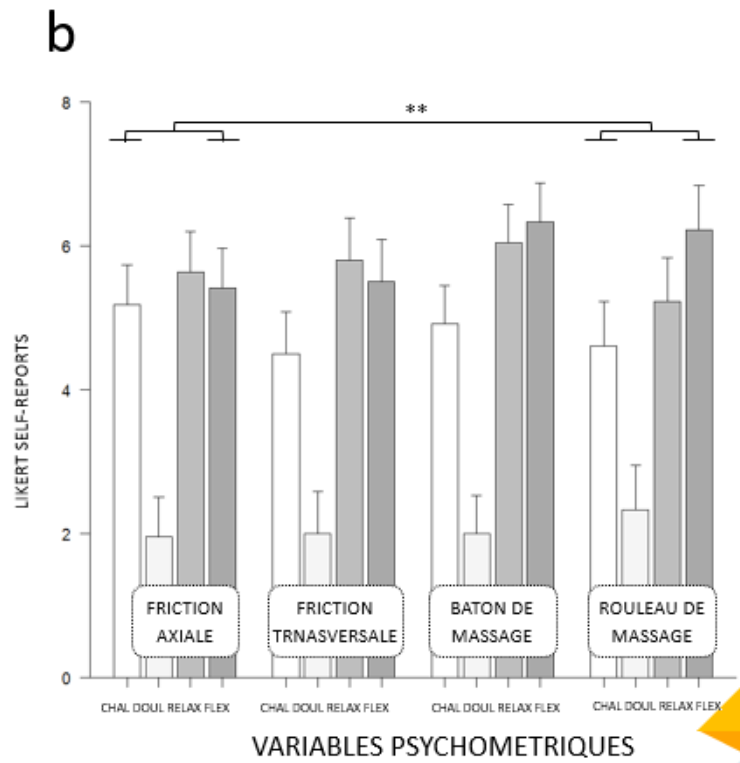
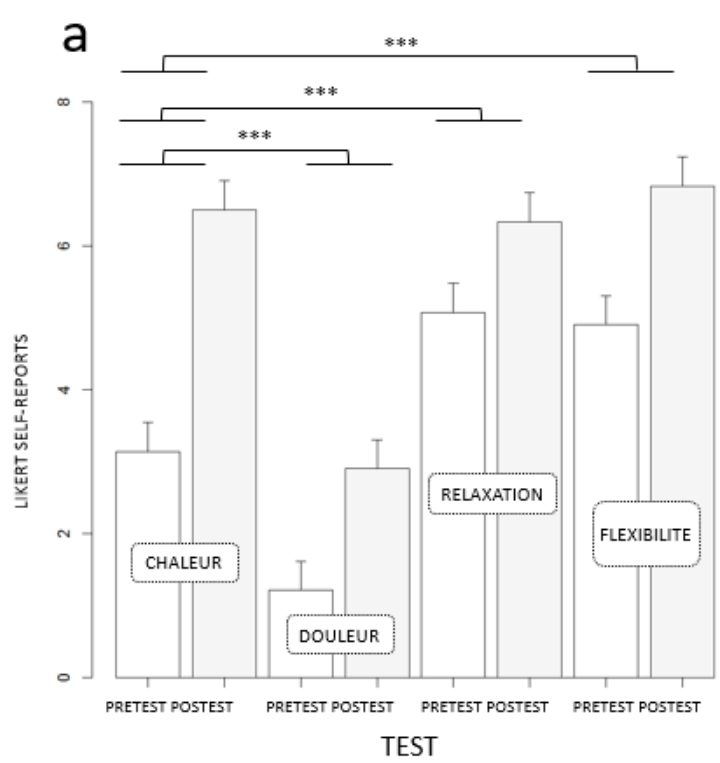
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Douleur	"Pas du tout" _____	"Tout à fait"
Relaxation	"Pas du tout" _____	"Tout à fait"
Flexibilité	"Pas du tout" _____	"Tout à fait"

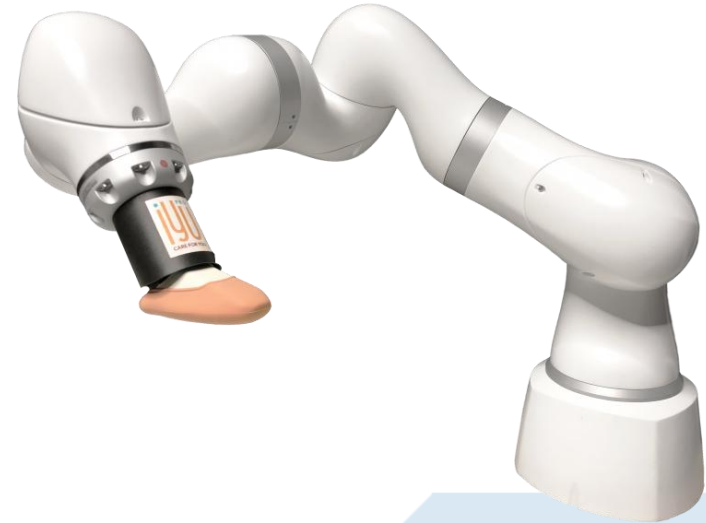


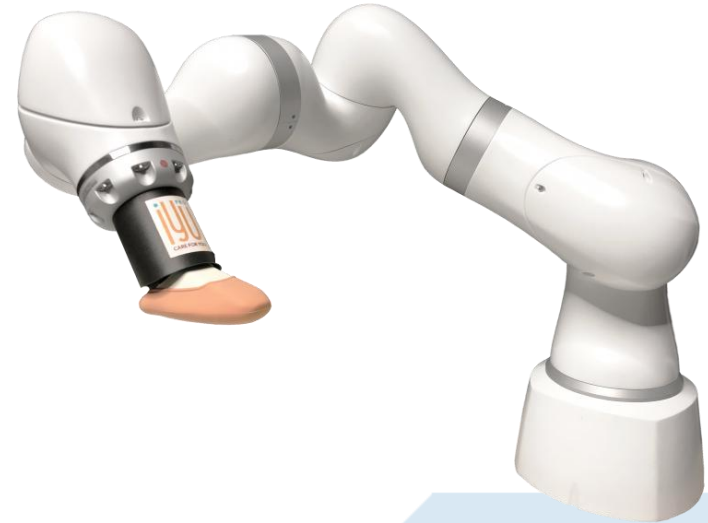
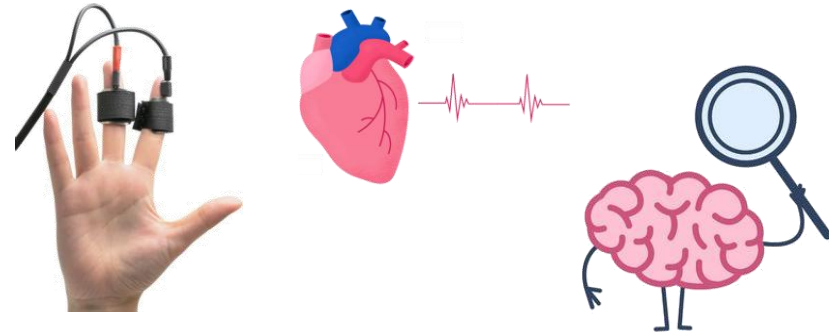
Etude 2 : Résultats



Etude 2 : Résultats







Merci de votre attention