

Materials List for:

Non-invasive Assessments of Subjective and Objective Recovery Characteristics Following an Exhaustive Jump Protocol

Erich Hohenauer^{1,2,3}, Peter Clarys³, Jean-Pierre Baeyens^{2,3,4}, Ron Clijsen^{1,2,3}

¹Department of Business Economics, Health and Social Care, University of Applied Sciences and Arts of Southern Switzerland

²University College Physiotherapy "Thim van der Laan"

³Department of Movement and Sport Sciences, Vrije Universiteit Brussel

⁴Faculty of Medicine and Health Sciences, University of Antwerp

Correspondence to: Erich Hohenauer at erich.hohenauer@supsi.ch

URL: <https://www.jove.com/video/55612>

DOI: [doi:10.3791/55612](https://doi.org/10.3791/55612)

Materials

Name	Company	Catalog Number	Comments
Anthropometer 100	GPM Anthropometric Instruments (URL: http://www.seritex.com/)	not applicable	Standing body-height can be measured with other accurate systems
TANITA TBF 611	TANITA corporation (URL: http://www.tanita.com/en/)	500314M	
Just Jump System	Probotics Inc. (URL: http://www.probotics.org/JustJump/JustJump.htm)	23056311	This system includes the jump mat and the jump height recorder. Other accurate systems, measuring vertical jump height may be used alternatively
Zamar Therapy ZT Clinic	Zamar Medical D.O.O (URL: http://www.zamar.care/)	MG675AA00F	This is a continuous programmable cooling and heating device
Zamar Large Thigh Thermal Wraps	Zamar Care (URL: http://www.zamar.care/sport.html)	not applicable	2 Thigh Thermal Wraps are needed
Zamar Equi Insulated 4.7 m "V"t Pipe & Safety Connector	http://www.zamar.care/clinic.html	ZAM-1ACS410	
Non Tox Freeze 4	Pakelo Motor Oil S.r.l. (URL: http://www.pakelo.com/)	0131.34.47	
Schmerzskala (VAS 0 - 10 cm)	Mundipharma Medical Company (URL: http://www.mundipharma.ch/index.php?id=73)	not applicable	
BORG scale (6 - 20)	URL: http://www.mesics.de/fileadmin/user/literature/Allgemein/Borg-Skala_Loellgen.pdf	not applicable	