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Introduction

- Floorball high intensity sport; sprinting, change of direction, acceleration & deceleration

- Tournament – high physical loads & little recovery time due to high number of games in short time period

- Increased injury risk with multiple games played a week¹

- Recovery crucial - Total Quality of Recovery (TQR) suggested for monitoring recovery²

Aim: Explore the feasibility and sensitivity of the TQR as a recovery monitoring tool during a 3-day floorball tournament.

Methods

- 11 elite Dutch female floorball athletes during 3-day tournament

- Monitor: TQR2 on a 6-20 scale (fig.1) every 2 hours

Total quality recovery (TQR)	
6	
7	Very, very poor recovery
8	
9	Very poor recovery
10	
11	Poor recovery
12	
13	Reasonable recovery
14	
15	Good recovery
16	
17	Very good recovery
18	
19	Very, very good recovery
20	

Fig 1. Total Quality of Recovery scale²

Results

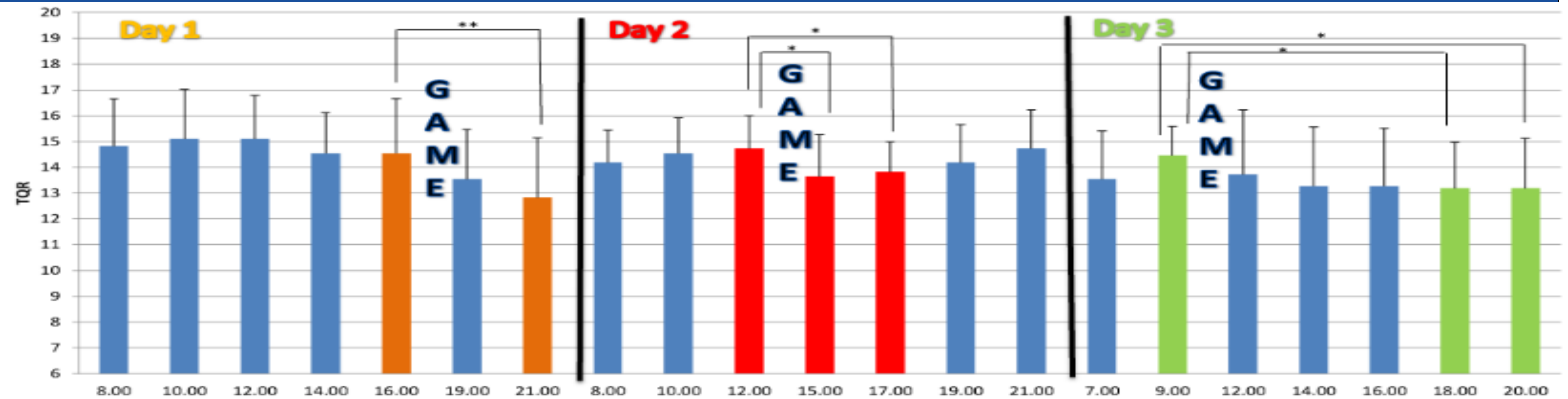


Fig 2. Total Quality of Recovery during 3-day floorball tournament

Discussion & Conclusion

-> The TQR scale seems feasible and sensitive to monitor recovery kinetics during a 3- day tournament

- Base for future research in recovery kinetics around tournaments, these should take into account the time of the day at which the game is played.

- Recovery-enhancing strategies should be developed to optimize recovery kinetics.

Practical implications:

- Individual coaching based on their recovery, optimal performance of athletes

References

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