

ICE COMPRESS AND SPORT MASSAGE REDUCES DOMS SHOULDER IN ARROW ATHLETES

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SUMMARY

Background: Archery is a combination of sport and art. It is called olahraga because it uses functional muscles, such as the trapezius, triceps and deltoids and also requires physical endurance. To become an expert or proficient in archery, it is mandatory for him to carry out programmed training, both technical training and strengthening exercises (weight training). Excessive weight training can cause injury. One of the most common muscle injuries is Delayed Onset Muscle Soreness (DOMS). As a promotive effort to overcome DOMS problems in archery athletes, a Communication, Education and Information (CEI) medium is needed.

Purpose: Increase knowledge especially for physiotherapists about sports massage with ice compress to reduce DOMS in archery athletes. **Method:** The selected CEI media is in the form of video. Video was chosen as CEI media because it has several advantages. The video was made taking into account the guidelines from the University of 'Aisyiyah Surakarta. **Results:** CEI media is in the form of a video entitled "sports massage with ice compress reduces DOMS in archery athletes". The video contains about DOMS, sports massage, and ice compresses. **Conclusion:** The video entitled "sports massage with ice compress reduces DOMS in archery athletes" was chosen as a media for health promotion targeting health practitioners, especially physiotherapists.

Keywords: Arrow athletes, DOMS, sport massage, ice compress