

# The effect of post-exercise water immersion on muscular performance in athletes.

ACTRN12617000366358

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**Status** RECRUITING  
**Sponsor** Edith Cowan University  
**Enrollment** 25 participants

## Plain Language Summary

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This study is testing how cold water immersion, hot water immersion, or neutral temperature water immersion after a resistance training workout affects muscle performance and recovery in trained athletes. Each athlete will try all three recovery methods in separate sessions and researchers will measure their body's inflammatory response and recovery.

You may be eligible if:

- You are between 18 and 40 years of age
- You are an elite or sub-elite athlete
- You have been consistently doing whole-body resistance training (at least twice per week) for the past 12 months
- You are proficient in weightlifting

You may NOT be eligible if:

- You have less than 12 months of resistance training experience
- You have a pre-existing injury

Talk to your doctor about whether this trial might be right for you.

## Key Eligibility Criteria

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### Inclusion (1)

- Elite and sub-elite athletes with a minimum 12 months resistance training experience with acknowledged use and proficiency in the weightlifting derivatives will be sought as volunteers for the studies. Athletes will be recruited on the basis that they have been involved in a whole-body resistance training program (greater than or equal to 2/week) for the last 12 months.

## Locations (1 total)

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ACT, Australia