

# THE EFFECT OF DR.ALIB RECOVERY METHOD ON THE PSYCHOPHYSIOLOGICAL STATE OF TOP-LEVEL ATHLETES AND NON ATHLETES (A PILOT STUDY)

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Moscow 17.05.2019

# BACKGROUND:

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Athletes work hard to prepare and perform successfully throughout a competitive seasons. Recovery is extremely important for the high performance athlete and may provide benefits during repetitive high-level training and competition.



# The aim of the research

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1. Assessments of the athletes psychophysiological and functional state.
2. Optimization of the athletes overall state through recovery methods, ensuring the achievement of best possible results.
3. Significantly increase the effectiveness of training process.

# Methods.

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Sixty people were assessed. They were grouped into the three categories:

A- twenty football players,

B - twenty masters athlete,

C- twenty workers.

Recovery included two parts. The first concerned monitoring adaptation to training. The second part included methods used to enhance recovery.

# Special ECG Varicard

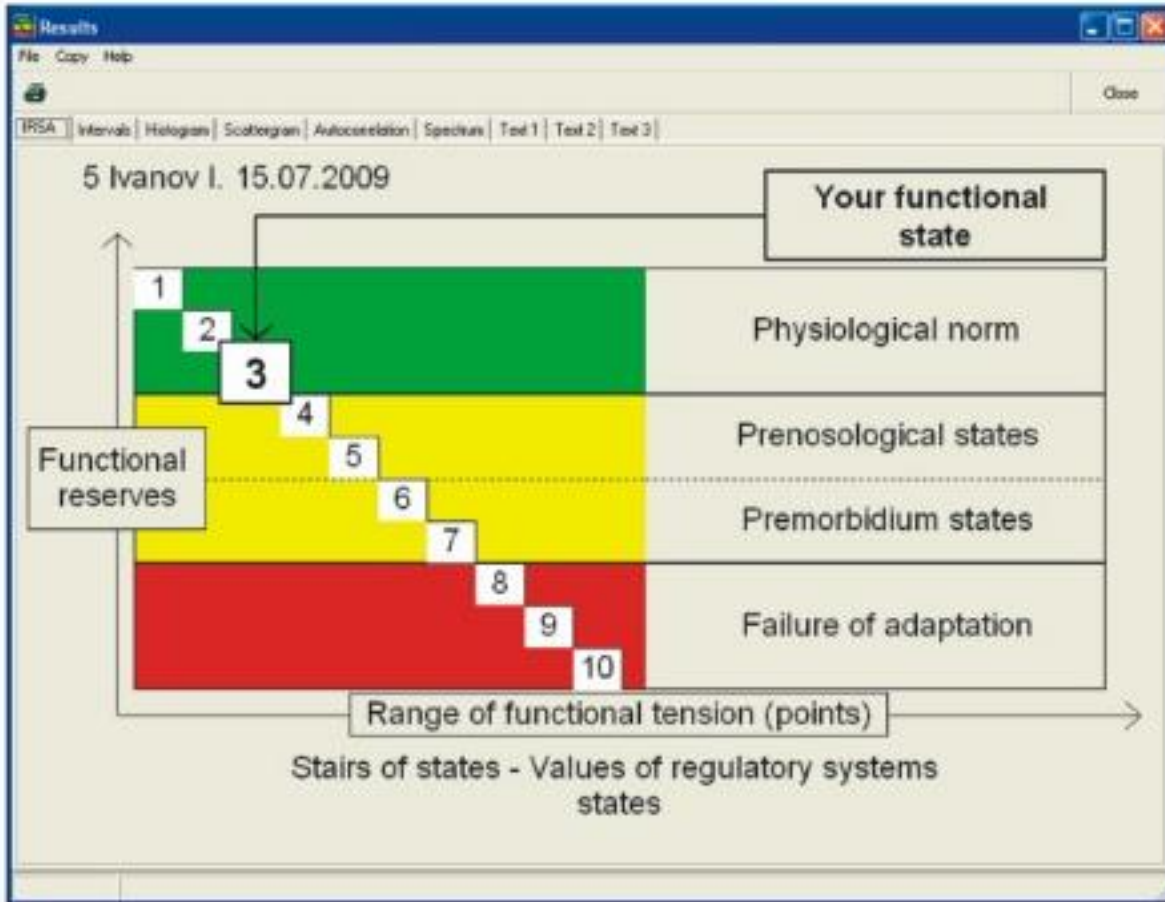
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Special ECG Varicard is working with method of measuring heart rate variability. This method allows during 5 minutes to evaluate the activity of the nervous, hormonal, immune systems, repair and regeneration, adaptation to stress, systemic energy levels.

It display it in the form of the scale "Traffic light", where the stress level zones is displayed by colors, which are simple for interpretations.

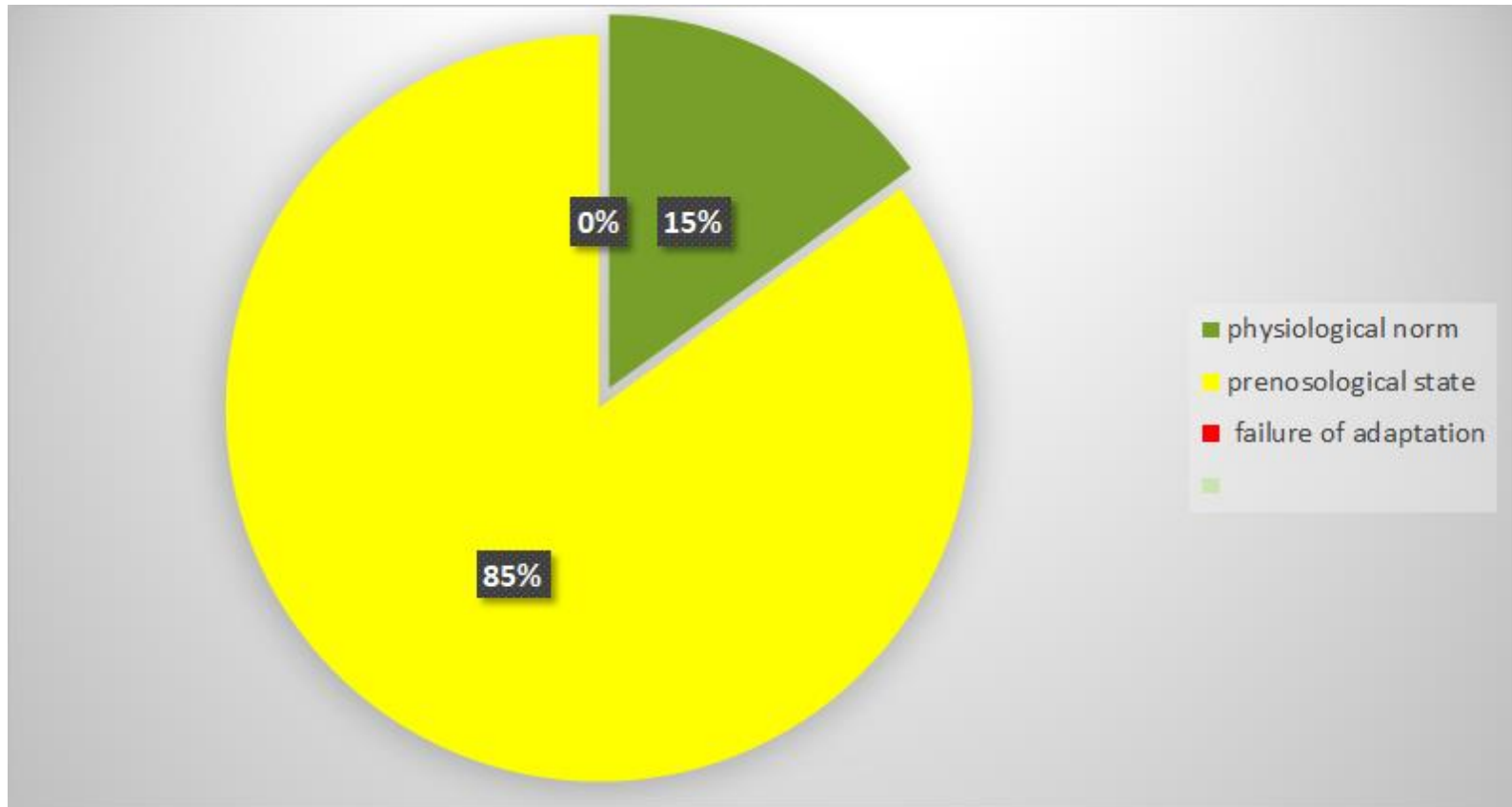


# Special ECG Varicard



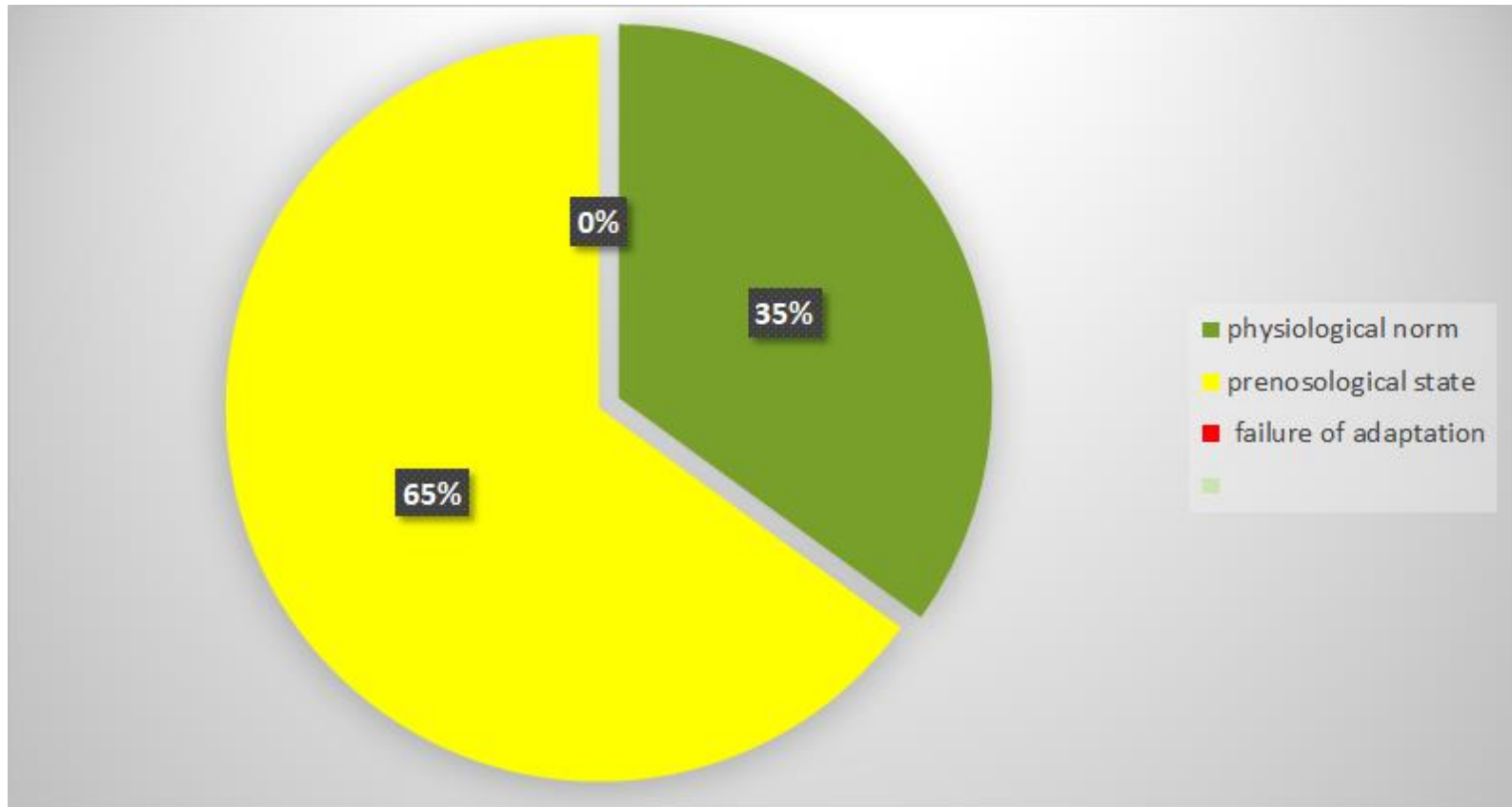
# GROUP A (football players)

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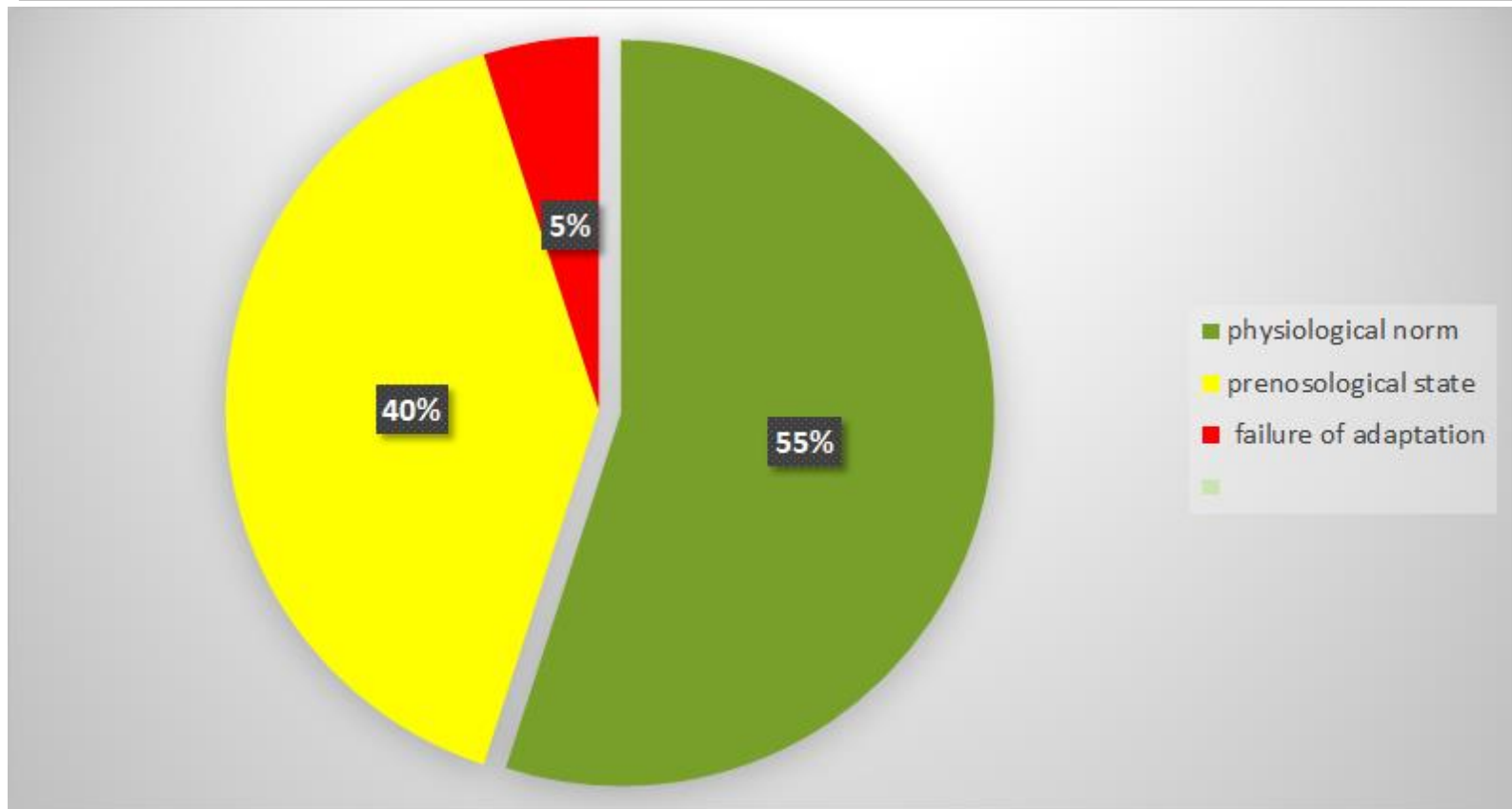
# GROUP B (masters athlete)

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# GROUP C (workers)



# Methods

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## DR.ALIB RECOVERY METHOD

1. Vibrating Foot Massager
2. Foot Massager Kneading Shiatsu Therapy
3. iMRS
4. Vital Rays
5. Air pressure massage lymphatic drainage
6. IMRS personal program
7. Shock wave therapy

# Vibrating Foot Massager

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Vibration increases blood and lymph circulation and activating trophic processes in body tissues.



# Foot Massager Kneading Shiatsu Therapy

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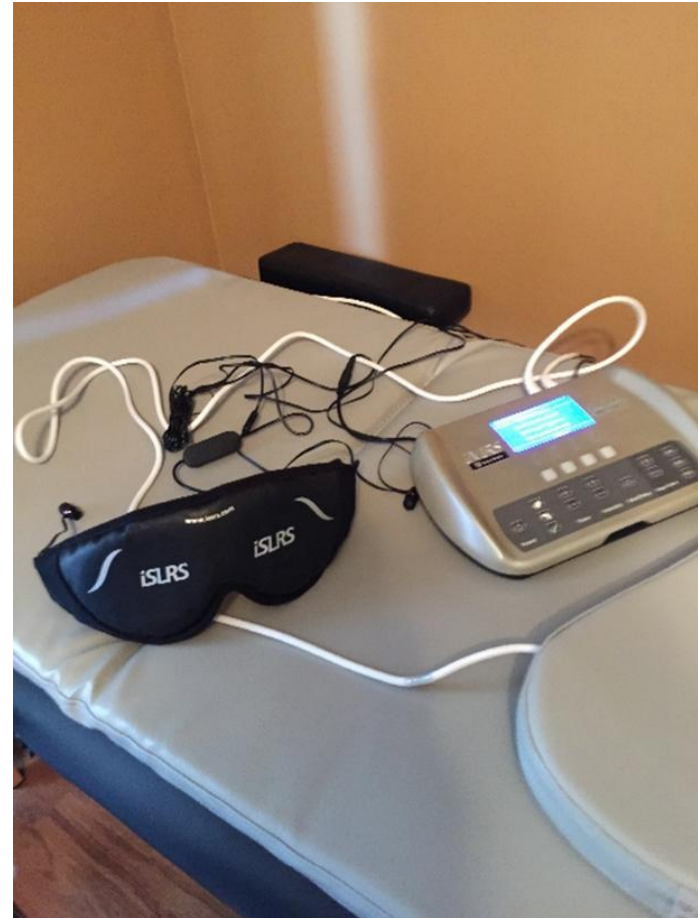
Massage therapy technique practiced with soft and strong pressures on the reflex points of the body.



# IMRS

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increases the circulation in the microcapillaries and gets the cells the blood they need, improves ATP energy production, circulation of nutrients to the cells, circulation of toxins from the cells and in the regeneration of all types of tissue including bones and nerve cells.



# Vital Rays

has a mechanical effect on the receptors, by compressing and relaxing the tissues. Improves the functional state of the central nervous system, muscle and vascular tone, the state of the sympathetic-adrenal system, the circulatory system, normalizes metabolism



# Air pressure massage lymphatic drainage machine

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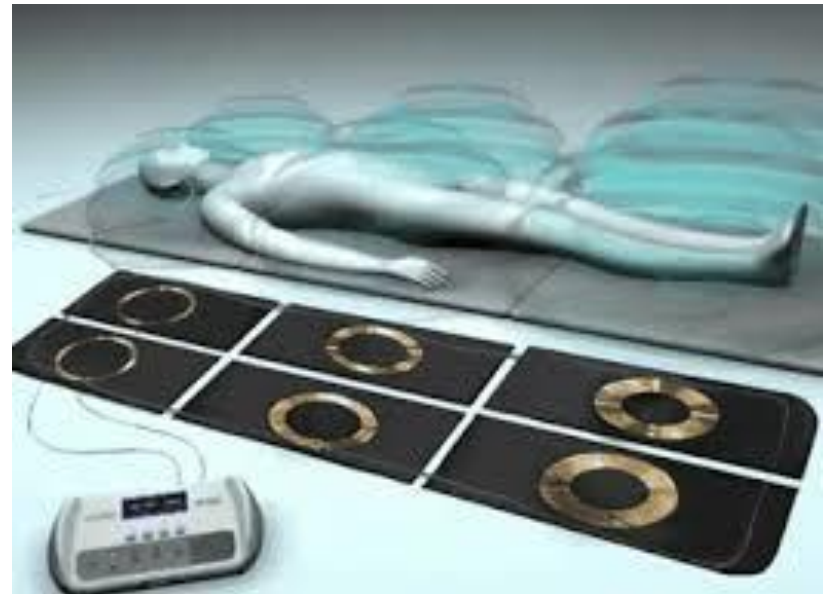
- aids the increase of lymph flow.
- helps to clear the tissue of debris and reduce edema
- helps to enhance the tissue regeneration process by keeping the tissue as healthy as possible.
- reduces lactate levels



# IMRS personal program

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- post exercise recovery program
- competition preparation program
- antistress program





# Shock wave therapy

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The mechanical effect of shock waves in tissues includes the activation of ion channels in cell membranes, increased metabolism.

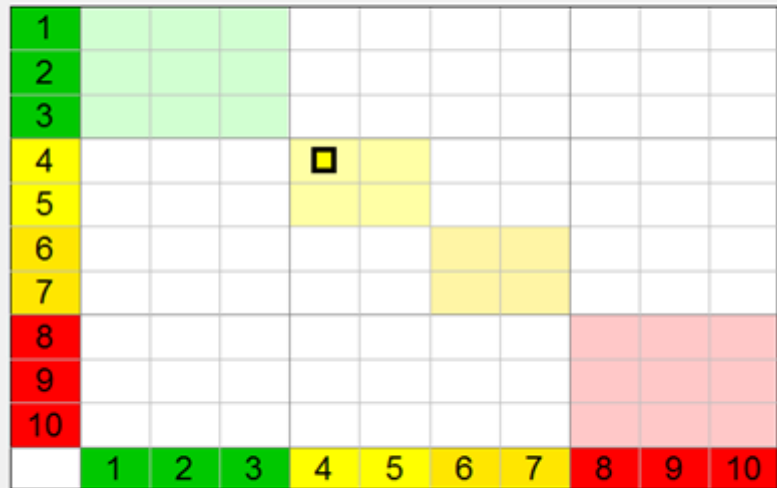


# RESULTS

## GROUP B (2 GRECO - ROMAN WRESTLERS) BEFORE RECOVERY:

| n 1 K      |       |        |       |      |           |
|------------|-------|--------|-------|------|-----------|
| Date       | Time  | Gender | Age   | HR   | Rec. time |
| 10.04.2019 | 13:33 | male   | 19.22 | 66.2 | 00:04:53  |

IRSA+

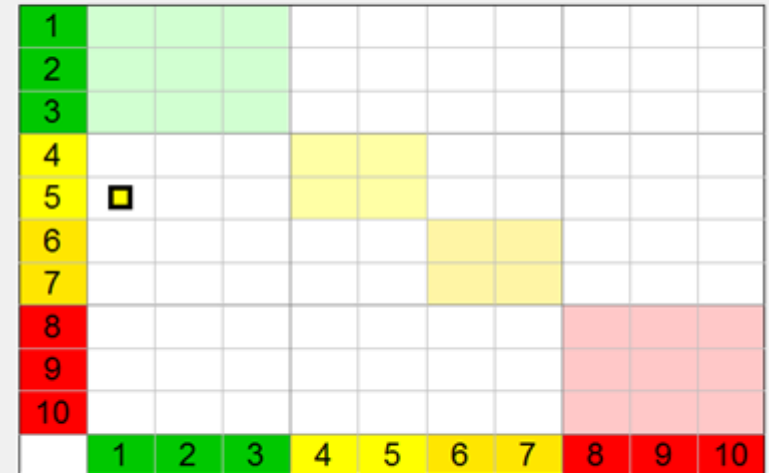


- Physiological norm
- Prenosological states
- Premorbidity states
- Failure of adaptation

NTI

| n 2 S      |       |        |       |      |           |
|------------|-------|--------|-------|------|-----------|
| Date       | Time  | Gender | Age   | HR   | Rec. time |
| 10.04.2019 | 13:48 | male   | 19.22 | 59.8 | 00:05:00  |

IRSA+



- Physiological norm
- Prenosological states
- Premorbidity states
- Failure of adaptation

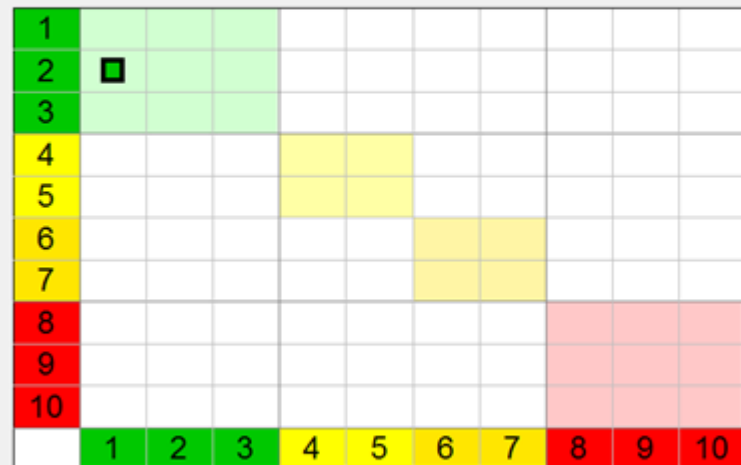
NTI

# RESULTS

## ACTED & DECOVERED SESSIONS

| n 2 k      |       |        |       |      |           |
|------------|-------|--------|-------|------|-----------|
| Date       | Time  | Gender | Age   | HR   | Rec. time |
| 22.04.2019 | 13:41 | male   | 19.25 | 67.5 | 00:04:59  |

IRSA+

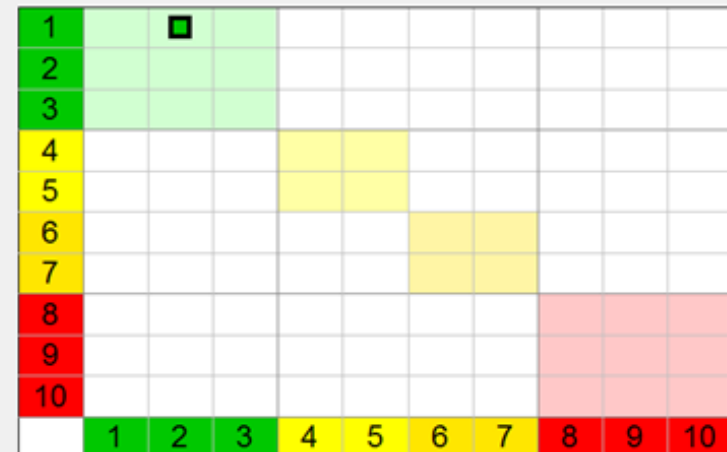


- Physiological norm
- Prenosological states
- Premorbidum states
- Failure of adaptation

NTI

| n 1 S      |       |        |       |      |           |
|------------|-------|--------|-------|------|-----------|
| Date       | Time  | Gender | Age   | HR   | Rec. time |
| 22.04.2019 | 13:25 | male   | 19.25 | 69.6 | 00:04:59  |

IRSA+

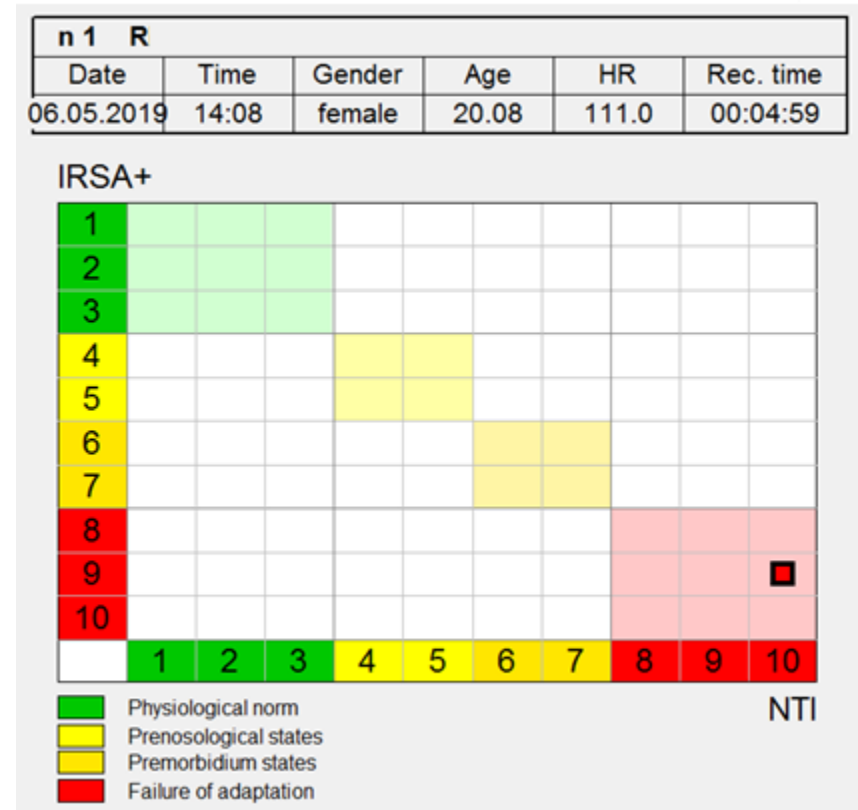
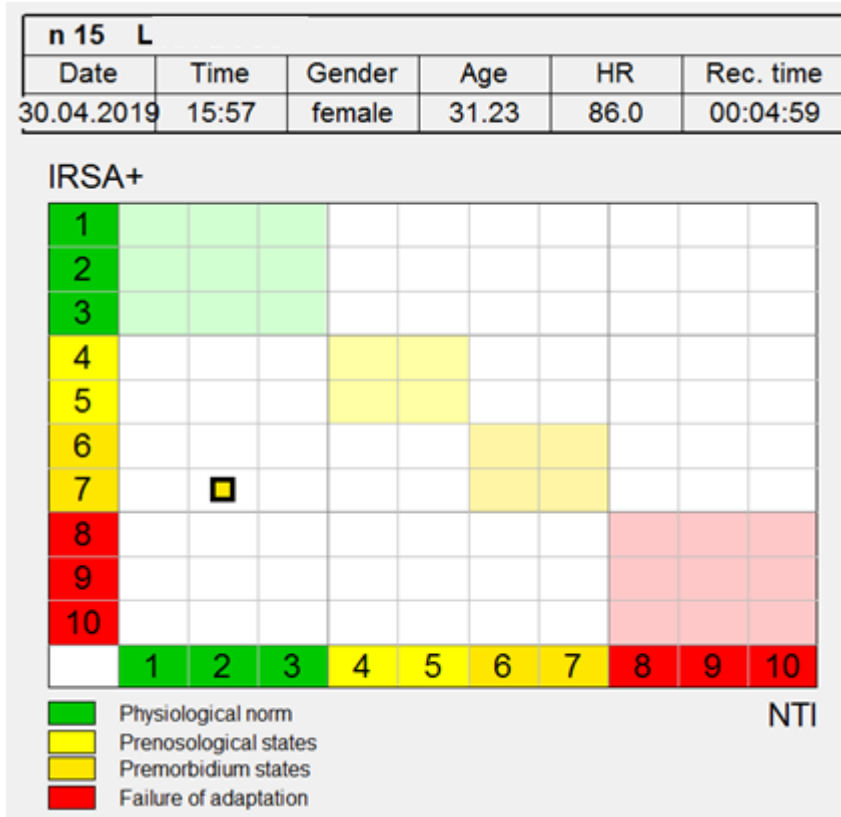


- Physiological norm
- Prenosological states
- Premorbidum states
- Failure of adaptation

NTI

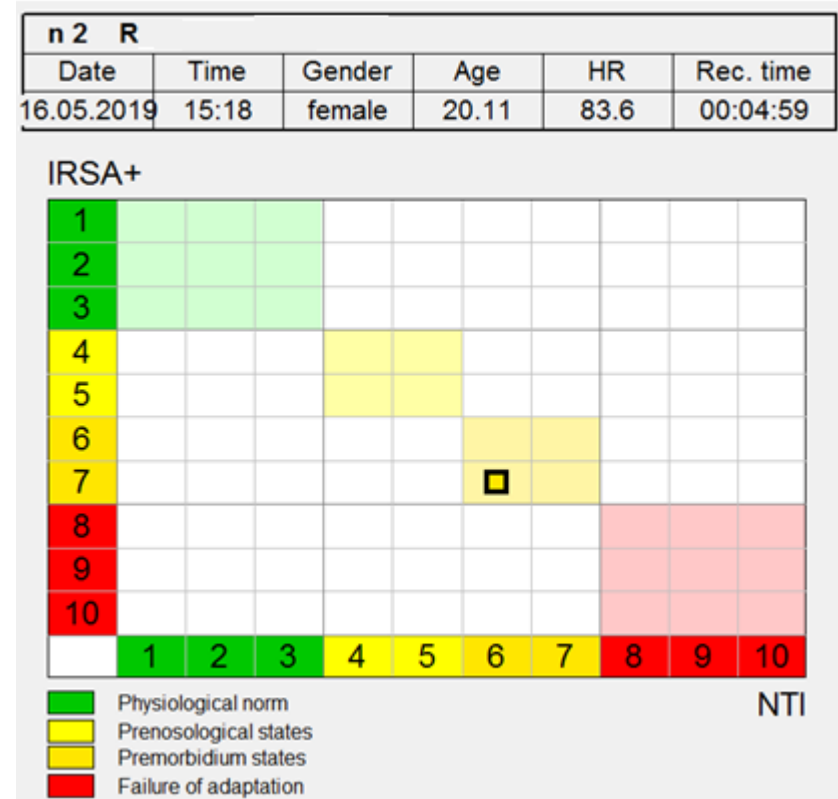
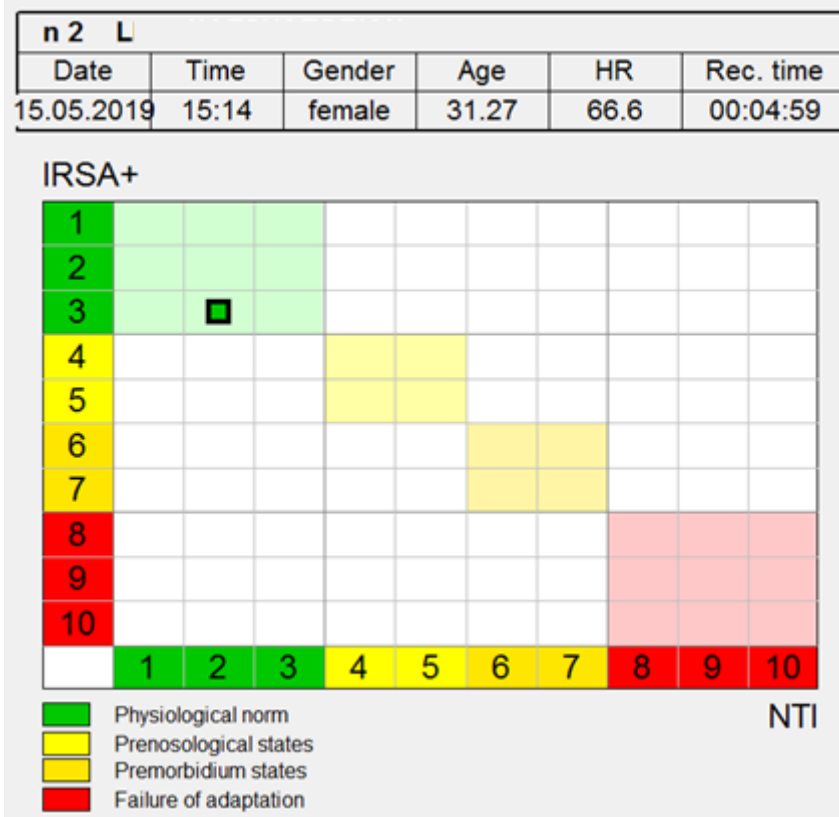
# RESULTS

## GROUP C (2 WORKERS) BEFORE RECOVERY:



# RESULTS

## AFTER 4 RECOVERY SESSIONS



# psychophysiological test:eyes measurement evaluation

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Результаты прохождения теста: BEFORE

## Тест пройден

Количество линий: 3

A: исходная длина 12.0 см, фактическая длина 9.3 см < на 22.50%

B: исходная длина 3.5 см, фактическая длина 3.3 см < на 5.71%

C: исходная длина 10.0 см, фактическая длина 7.3 см < на 27.00%

Средний процент: 18.40%

Результаты прохождения теста:

## Тест пройден

AFTER

Количество линий: 3

A: исходная длина 13.0 см, фактическая длина 12.8 см < на 1.54%

B: исходная длина 3.5 см, фактическая длина 3.9 см > на 11.43%

C: исходная длина 12.0 см, фактическая длина 11.8 см < на 1.67%

Средний процент: 4.88%

# psychophysiological test:eyes measurement evaluation

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Результаты прохождения теста: BEFORE

## Тест пройден

Количество линий: 3

A: исходная длина 12.0 см, фактическая длина 11.7 см < на 2.50%

B: исходная длина 4.0 см, фактическая длина 3.7 см < на 7.50%

C: исходная длина 12.0 см, фактическая длина 11.5 см < на 4.17%

Средний процент: 4.72%

Результаты прохождения теста: AFTER

## Тест пройден

Количество линий: 3

A: исходная длина 12.0 см, фактическая длина 11.7 см < на 2.50%

B: исходная длина 4.5 см, фактическая длина 4.3 см < на 4.44%

C: исходная длина 10.0 см, фактическая длина 9.9 см < на 1.00%

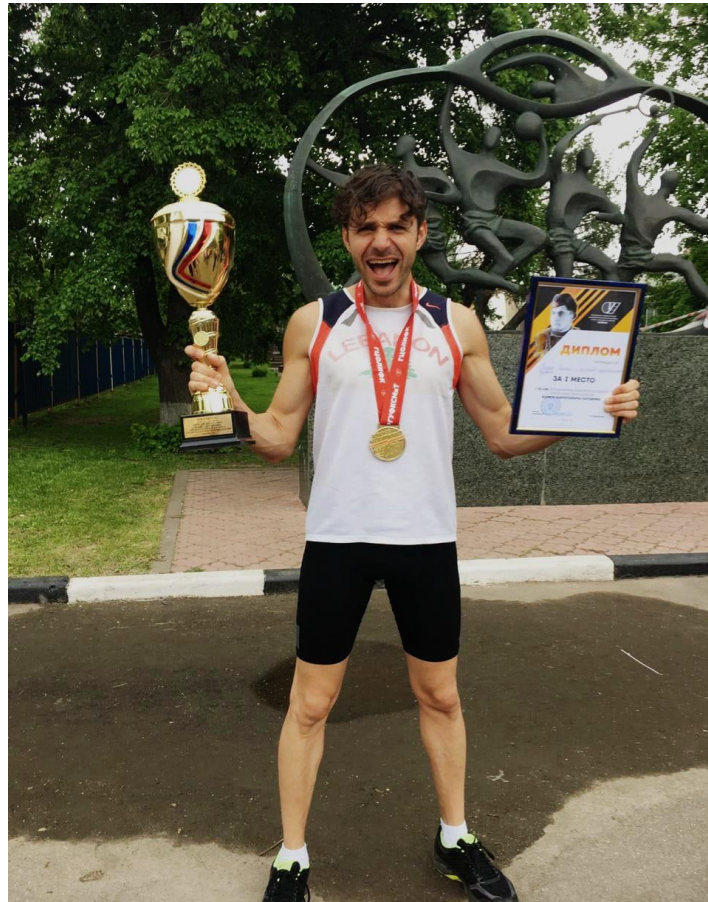
Средний процент: 2.65%

# CONCLUSION

1. The Football players are having a predisposition to decompensation and stress more than other athletes.
2. Some of the masters Athletes from group B are using other methods of recovery such as vitamins and sauna also having an increased fatigue.
3. I conclude that these methods are not enough and need to have an integrated approach.
4. Dr.Alib recovery method shows a positive result at this stage of the research.
5. The next stage is to continue testing for more groups of athletes.



# THANKS FOR YOUR ATTENTION!



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