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Benefit effects of roller technique in inflammation induced by notexin


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Roller technique has been involved in the recovery of neuronal, vascular and muscles damage. Using rats (7 months age) treated with Notexin and Notexin + roller technique, we determined changes in inflammation proteins and cell death by Western-blot. An increase in NFκB and a decrease in PPAR-γ protein expression were noted after Notexine addition. Treatment with Notexin + roller technique produced a decrease in NFκB pro-inflammatory protein with an increase in PPAR-γ anti-inflammatory protein compared to Notexin samples. Looking by changes in vascular new genesis after muscle damage, we detect decrease in VEGF and VEGFR1 protein expression produced after Notexin action. On the other hand, an increase of both proteins in Notexin + roller samples was observed compared to Notexine. To determine changes in apoptosis, we assay Smack/Diablo, AIF and Cytochrome c protein expressions. Roller technique, diminished apoptosis produced by Notexin addition in all apoptosis proteins. In conclusion, roller technique produced recovery from damage induced by Notexin, reducing inflammation and cell death. The introduction of this technique in athletes will be necessary in the future to obtain early and better recovery after tissue damage.

Speaker Biography

Joaquín Barrachina-Igual was born in 22 of October 1996. He has a degree in Physical Activity and Sport Science, by Catholic University of Valencia (2010-2014). His Master's Degree was in "Teacher Training Secondary, Baccalaureate, Vocational Training and Language Teaching" (2015). At this moment he is doing his PhD with a Doctoral Fellowship with Reference number ACIF72017/126 from "Generalitat of Valencia", Spain, (from 2016 until 2020) and with the title, "Effect of High Intensity Strength Training and Myofascial Self-Conditioning on Sacopenia in Frail Elderly and Pre-frail Elderly" Catholic University of Valencia, best University record of the 2014 promotion Languages English, level B2 (First Certificate) (2015).

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