

The effect of supplementation of ginger in combination with resistance training on knee pain and quadriceps strength in men with knee pain

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The aim of this study was to determine the effect of supplementation of ginger in combination with resistance training on knee pain and quadriceps strength in men with knee pain. This study was semi-experimental nature and just survey was carried out. The sample size of the study was to determine the 30 eligible men who have had knee pain. For the whole sample group was divided (30) into two groups (15 people) include supplementation with resistance training and resistance training to randomly. The subjects whose mean age range $53/20 \pm 5/59$ years and body mass index $25/88 \pm 1/68$ kg / m The study participants consisted of 250 mg 4 times daily or 1 gram of ginger powder was taking the form of capsules. Both groups were taken before and after the 4-week training period pain and muscle strength measurements. VAS questionnaires measure pain and muscle strength measurements were made by Dynamometer. Dependent t and independent t statistical method used to analyze the data using SPSS version 21. The results in both groups had a significant reduction in the pain. But in the RT group supplemented with resistance training groups had significantly lower Ginger(P

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