

# **SOCIALIZATION OF MASSAGE-BASED RECOVERY TECHNIQUES TO PREVENT DELAYED ONSET OF MUSCLE SORENESS IN DIY PUSLATDA ATHLETES**

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## **ABSTRACT**

Delayed onset of muscle soreness (DOMS) is a post-exercise or competition muscle pain disorder. This situation also often occurs in athletes and coaches who are participating in training center activities at the Regional Training Center in the Special Region of Yogyakarta (PUSLATDA DIY). in preparation for Pekan Olahraga Nasional (PON), in Papua in October 2021. The purpose of this community service was to conduct online socialization of massage techniques to prevent DOMS to DIY Puslatda athletes using massage techniques to prevent DOMS. This community service received a positive appreciation from the training participants. There was an increase in knowledge and skills as indicated by an increase in the pretest and posttest scores from 70 to 84. The participants stated that the technique was easy and clear and they intend to apply these techniques to athletes. It can be concluded that this activity is useful for increasing the knowledge and skills of the coaches in the PUSLATDA DIY about massage.

Kata Kunci: *massage, DOMS, recovery*