

ABSTRACT

The goal of this research is to know the effect of massage technique friction on leg for the wasting rate of lactate. This research uses the randomized pretest-posttest control group design.

This research picks up 21 samplers that is taken randomly from 240 from the amount of samplers that this been chosen, then divided into 3 groups: massage technique friction front (vastus, gastrocnemius), massage technique friction back (hamstring, gastrocnemius), and rest. The time give massage and rest for 5 minutes. The data of lactic acid level in the blood is taken before subjects do activity, immediately after maximum exercise, after 5 minutes of massage technique friction, and after 10 minutes, taken from the samplers fingertip.

Data can be taken from the research result and processed by using the descriptive statistic, normality test, homogeneity test, anova test with the significant level 5%, computerizingly tested with SPSS program. The result that can be obtained shows that wasting rate of lactate group 1: mean: 0.914 mMol/l/minute, group 2 mean: 0.774 mMol/l/minute, and group 3: 0.674 mMol/l/minute.

Conclusions: 1) massage technique friction front 5 minutes waste lactate from muscle faster than massage technique friction back 5 minutes and rest 5 minutes, 2) massage technique friction front 5 minutes waste lactate from muscle faster than rest 5 minutes, and 3) massage technique friction back 5 minutes waste lactate from muscle faster than rest 5 minutes

Key words: massage, blood lactate.

1. Massage technique friction front 5 minutes waste lactate from muscle faster than massage technique friction back 5 minutes and rest 5 minutes (group 1: mean: 0,914 mMol/l/minute, group 2 mean: 0,774 mMol/l/minute, dan group 3: 0,674 mMol/l/minute).
2. Massage technique friction front 5 minutes waste lactate from muscle faster than rest 5 minutes.
3. Massage technique friction back 5 minutes waste lactate from muscle faster than rest 5 minutes

