

Active Recovery Zone

University of Alabama Study

Study Protocol

Ten subjects were initially chosen to have core temperature monitored at intervals on four separate dates. Subjects were divided into two groups of 5, Group A and Group B. CorTemp Ingestible Core Body Thermometer Pill was administered at breakfast and readings were taken throughout practice. Originally, 4 subjects would utilize the Athletic Recovery Zone (ARZ) Cooling Bench on each date resulting in 16 readings, however, compliance issues resulted in only 9 subject readings (6 different athletes). These subjects had core temperature read pre and post time on bench. Of the 9 usable readings, 7 were at a 5-minute interval on the bench and 2 were at 10 minutes. One subject was read pre and post time in the cold tub instead of the ARZ Cooling Bench as a control.

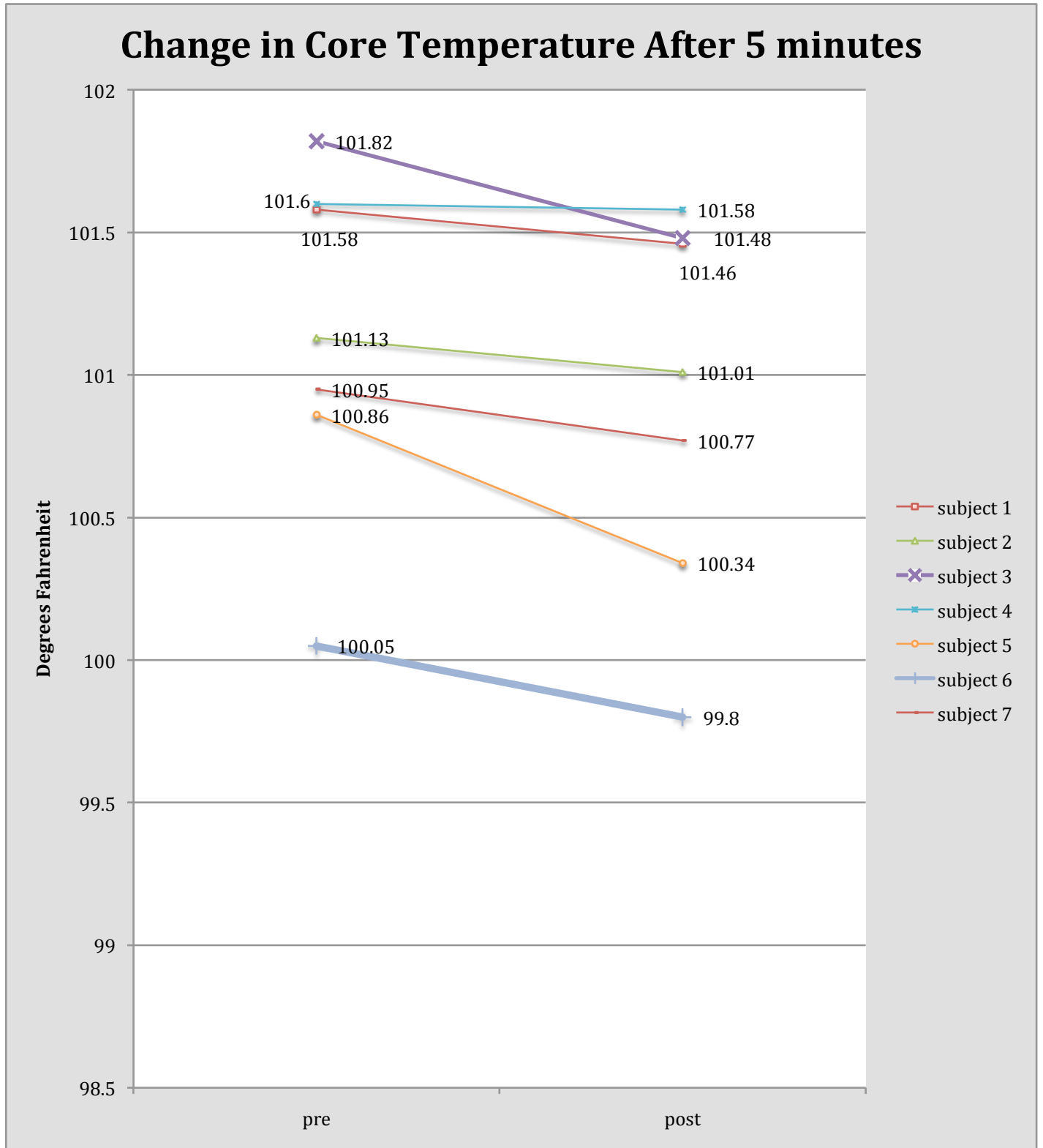
Results

The subjects remaining on the ARZ Cooling Bench for 5 minutes had an average decrease in core temperature by 0.221428571 of a degree Fahrenheit. Those who utilized the bench for 10 minutes had an average decrease of 0.47 degree in core temperature. To compare, the subject using the cold tub, the standard technique for core temperature reduction had .99 of a degree decrease over 5 minutes. However the use of the cold tub technique in a game setting is unrealistic. The ARZ Cooling Bench is applicable on the sidelines of a game to promote cooling and return players to activity.

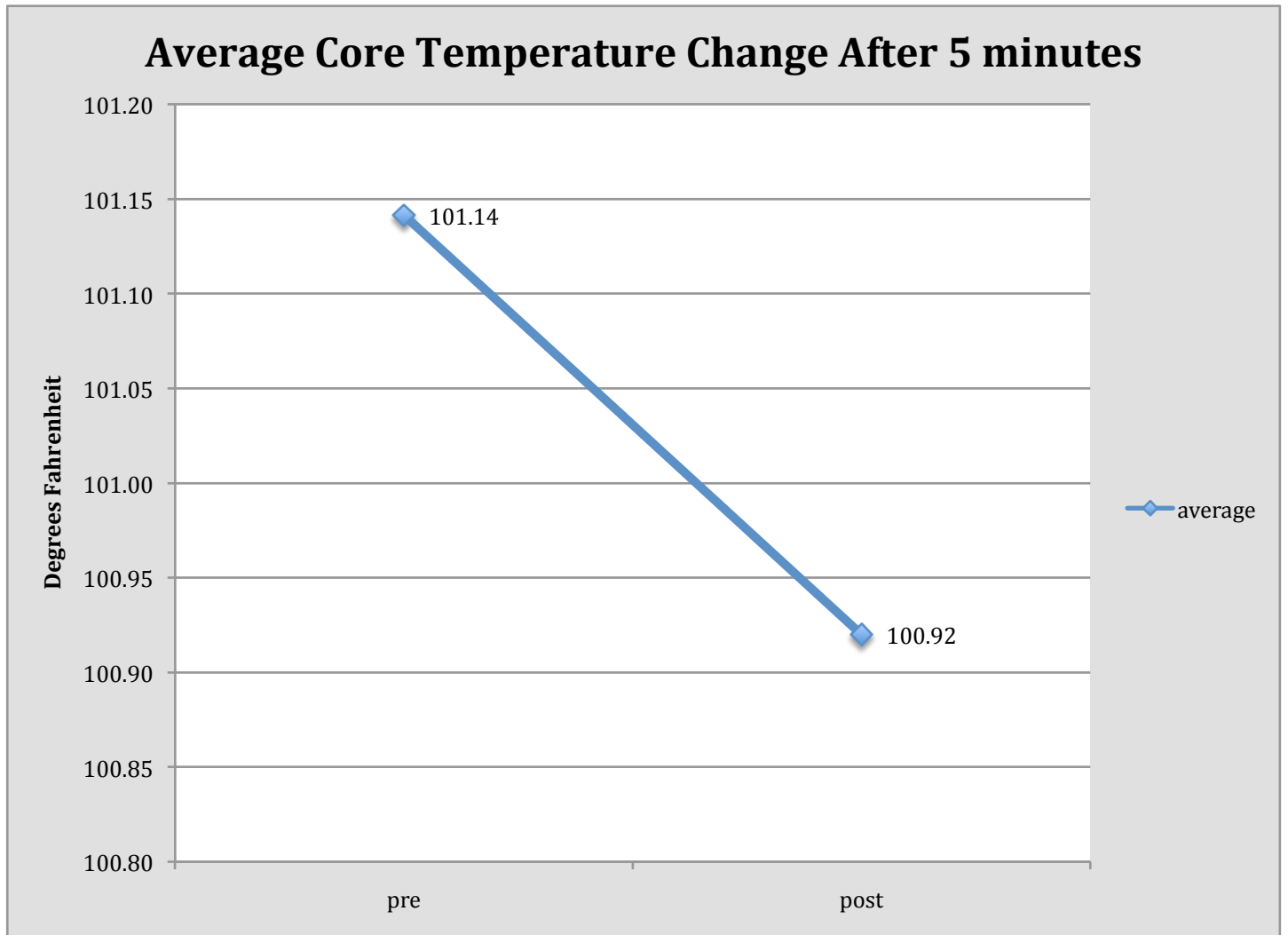
Limitations

The initial study for the ARZ Cooling Bench is limited by both sample size and the reliability of the CorTemp ingestible thermometer. The limited number of athletes and the irregular compliance of the subjects restrict application of the results. Also, frequencies emitted by outside devices disabled CorTemp sensor readings. These readings were omitted. However, the subject readings included in the results are accurate based on CorTemp regulations.

Appendix 1



Appendix 2



Appendix 3

