•Purpose

The purpose of the study was to investigate the effects that a self-massage program, using the **Intracell Stick,** would have on anaerobic sprint performance and field tests of flexibility as well as power.

•Participants

The study utilized 30 males, ages 20 to 35 years. All were recreational athletes who exercised an average of 7.5 hours per week for 6 months prior to the study.

•Research Design

Fifteen subjects were randomly assigned to the treatment group and 15 to the control group. Each subject was tested on 2 occasions over a 14 day period. Only subjects in the treatment group incorporated the **Intracell Stick** into their training.

•Intervention

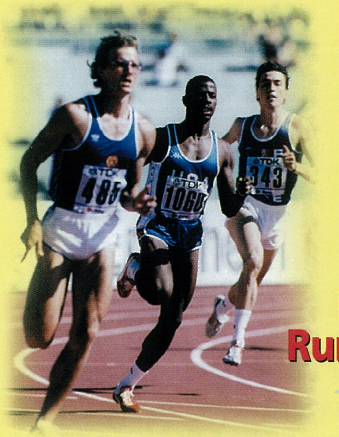
The treatment group administered the **Intracell Stick** twice daily, performing 50 self-directed strokes to the quadriceps, hamstrings, calves and lower back. Interventions occurred upon waking and after daily training sessions.

Improved Flexibility

64%

Increased Power Generation

10%



Enhanced Running Speed

5%

•Test Battery

Flexibility was measured via the sit and reach test. The 40 meter dash was used to evaluate running speed. Lower limb power was evaluated by the vertical jump test.

•Discussion

This study investigated the effect of a 14 day passive flexibility intervention using the **Intracell Stick.** Results showed a significant improvement in all three tests for the group of subjects who received the treatment. Meanwhile, subjects in the control group did not display statistically significant improvements in any component of the test battery.

•Conclusion

The increase in flexibility by the treatment group is consistent with the other improvements in the test battery exhibited by this group. In essence, it is the improvement in flexibility that triggers increased power generation, which in turn plays a role in enhancing running speed. This is the ergogenic cascade for the **Intracell Stick.**

The Stick®
A Toothbrush for Muscles

Percent Improvement from Pre-Test to Post-Test

	Flexibility	Power	Speed
Treatment Group	64%	10%	5%
Control Group	9%	0%	0%

The efficacy of the **Intracell Stick**, as an Ergogenic Aid with respect to selected measures of Power Generation, Flexibility and Speed.

Study Approved by
Human Subjects Committee
Florida State University

Brian Matthew Hickey, PhD

ICT 06/0207

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Technology Intracell

A Research Study

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