INTRODUCTION

Review question / Objective: The purpose of this meta-analysis was to elucidate the differences in the effects of blood flow restriction training versus non-blood flow restriction training on the physiological parameters of the athletes. The chosen study method was the RCT test.

Condition being studied: Blood flow restriction training is a training method based on a combination of resistance training and specific compression devices.
The subjects of the study were healthy athletes.

METHODS

Participant or population: healthy athletes.

Intervention: Blood flow restriction training.

Comparator: No blood flow restriction training.

Study designs to be included: RCT.

Eligibility criteria: P, Athletes, male or female, any sports activity, no age restriction; I, BFR training (BFR combined with other forms of training); C, Two-group or multi-group trials; O, At least one measure related to physiological parameters (e.g., body mass, VO2max, heart rate, body composition); S, RCT.

Information sources: PubMed, Web of Science, EBSCOhost, and SCOUPS.

Main outcome(s): Body mass, VO2max, heart rate, body composition.

Quality assessment / Risk of bias analysis: Physical Therapy Evidence Database (PEDro) scale.

Strategy of data synthesis: The meta-analysis was performed using RevMan version 5.4 software. High and low heterogeneity were matched to different effect models: low, fixed; high, random.

Subgroup analysis: The age (<22 vs. ≥22 years), height (<176 vs. ≥176 cm), and weight (3 sessions/week), length (≤4 vs. >4 weeks), pressure times (130 mmHg), and size (≤11 vs. >11 cm), and pressure status (continuous vs. intermittent).

Sensitivity analysis: This was tested by removing the study on a case-by-case basis, with the change in effect size reflecting the sensitivity of the study.

Language restriction: English.

Country(ies) involved: China.

Keywords: Blood flow restriction training; physiological parameters; maximal oxygen consumption; cross sectional area; muscle thickness; maximal heart rate; thigh girth.

Contributions of each author:
Author 1 - Kun Yang.
Email: gs64155@student.upm.edu.my
Author 2 - Tengku Fadilah Tengku Kamalden.
Author 3 - Chee Chen Soon.
Author 4 - Johan bin Abdul Kahar.
Author 5 - Rui Li.
Author 6 - Shaowen Qian.