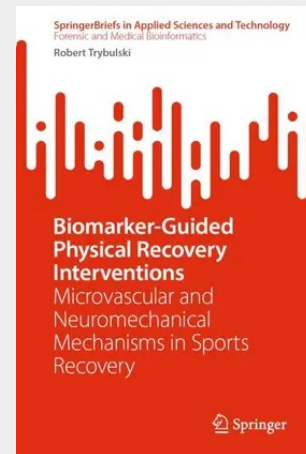


Biomarker-Guided Physical Recovery Interventions

Microvascular and Neuromechanical Mechanisms in Sports Recovery

This book presents a mechanistic analysis of physical recovery interventions interpreted through measurable biological responses. Rather than focusing on training programming, it examines how thermal, mechanical, and needling-based modalities influence skeletal muscle recovery through microvascular regulation, neuromechanical tissue behavior, and pain modulation. This book develops a biomarker-guided framework for designing recovery protocols based on dose–response logic (temperature x pressure x time x mechanical load). It emphasizes endpoint selection, reproducibility, and clinical translation, integrating experimental findings with medical application.

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