

Central European Journal of Sport Sciences and Medicine

a quarterly journal



University of Szczecin
Faculty of Health
and Physical Education

Vol. 42, No. 2/2023

Contents

Georges Hatem, Elie Eid, Ibrahim Zaraket, Sandra Mechref, Sanaa Awada, Amal Al-Hajje, Samar Rachidi ENERGY DRINK CONSUMPTION AMONG PHYSICALLY ACTIVE PERSONS IN LEBANON: A MULTICENTER CROSS-SECTIONAL STUDY	5
Jan Vagner, Ingrid Palascákova Springrova, Eva Baranova, Sarka Tomkova, Elena Bendikova PRESS UP EXERCISES AS AN ALTERNATIVE TO CONVENTIONAL THERAPY OF RADICULAR SYMPTOMS IN PATIENTS WITH LOW BACK PAIN	17
Eleni Zaggelidou, Alexandros Malkogeorgos, Georgios Zaggelidis, Christos Galazoulas THE EFFECT OF DIFFERENT TYPES OF WARM-UP PROTOCOLS ON THE RANGE OF MOTION AND ON MOTOR ABILITIES OF RHYTHMIC GYMNASTICS ATHLETES AND BALLET DANCERS	31
Harsirjan Kaur, Sarika Chaudhary, Charu Chhabra CORE STRENGTH AS A PARAMOUNT CONTRIBUTOR FOR POTENTIAL UPPER LIMB ISOMETRIC STRENGTH – A CORRELATIONAL STUDY	45
Yiannis Michailidis INFLUENCE OF BEETROOT SUPPLEMENTATION ON OXYGEN MUSCLE SATURATION OF SEMI-PROFESSIONAL SOCCER PLAYERS FOLLOWING A REPEATED SPRINT TEST	55
Sai Kishore, Praveen Ravi, Dobson Dominic, Ramya Gnanapragasam COMPARISON OF EFFECTIVENESS OF PROLOThERAPY AND CORRECTIVE EXERCISE PROGRAM VS PROLOThERAPY AND ISOMETRICS STRENGTHENING ON PAIN AND FUNCTIONAL IMPROVEMENT IN SUPRASPINATUS TENDINOPATHY IN A TERTIARY CARE CENTRE	65
Tomasz Galkowski, Katarzyna Leźnicka, Kinga Michnik, Grzegorz Pawlus THE IMPORTANCE OF PERSONALITY TRAITS, OPTIMISM AND QUALITY OF LIFE FOR PAIN THRESHOLD AND PAIN TOLERANCE IN THE ELDERLY	75
Amrinder Singh, Yogini Makhijani, Monika Sharma, Shweta Shenoy, Jaspal Sandhu IMMEDIATE EFFECTS OF KINESIO-TAPING AND JOINT MOBILISATION ON SHOULDER IN OVER-HEAD ATHLETES WITH GLENOHUMERAL INTERNAL ROTATION DEFICIT	85