

Wrist Cooling, Exercise Performance in the Heat and Recovery

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Abstract:

The combination of environmental heat stress and exercise poses a significant physiological challenge and is known to impair performance. While pre-cooling has shown promise in improving performance in the heat, many of the proven methods (e.g. cold water immersion) are impractical. Recently, a novel wearable wrist cooling band (Dhama) has been developed to be used during exercise. The purpose of this study was to investigate whether the wrist cooling bands could improve exercise performance in the heat and/or lessen the h .9(pr)-()Tj -pa 0.004nt-3.2(o i)-12.7.9(pr)-1-1.8Tpl0.005 Tw 0.25 0.005 Tw 0.2