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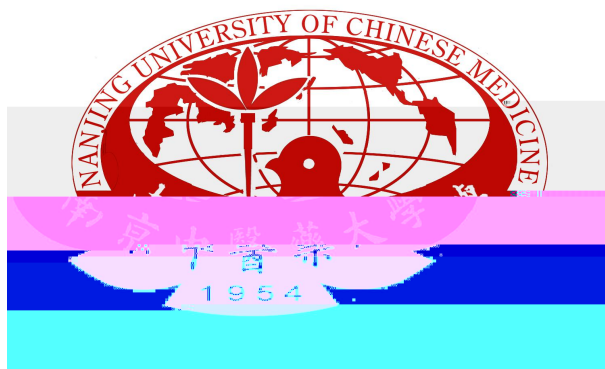
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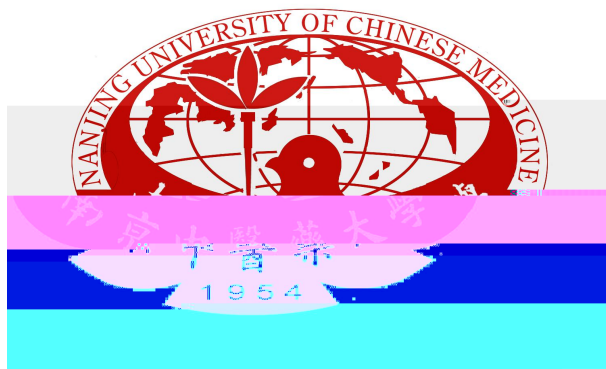
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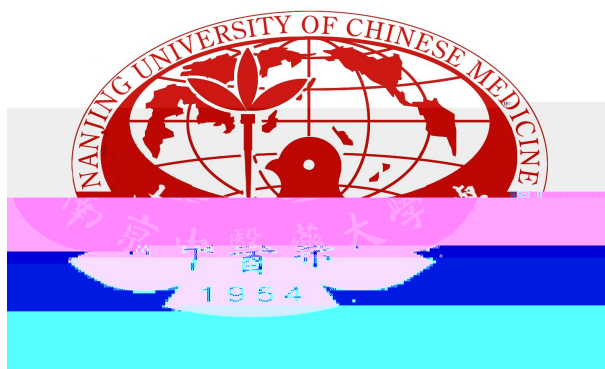


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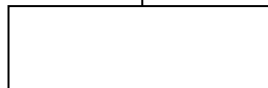
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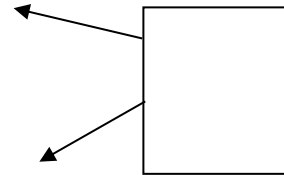
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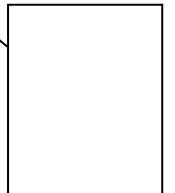


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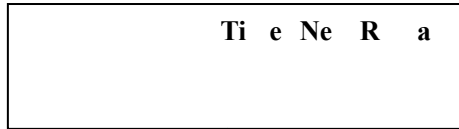


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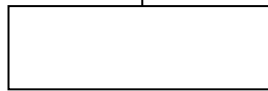
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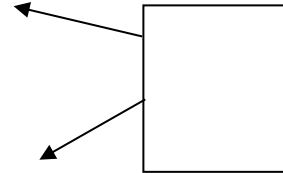
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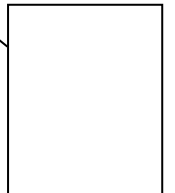


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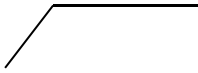
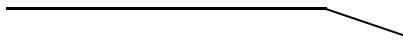
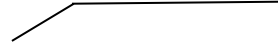


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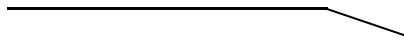
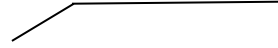
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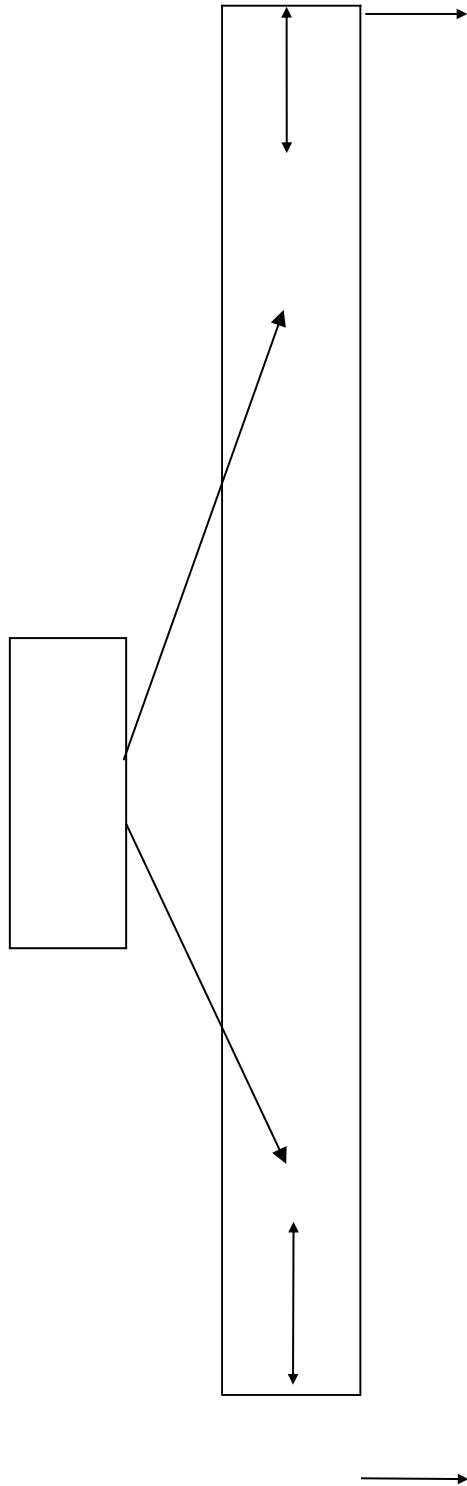
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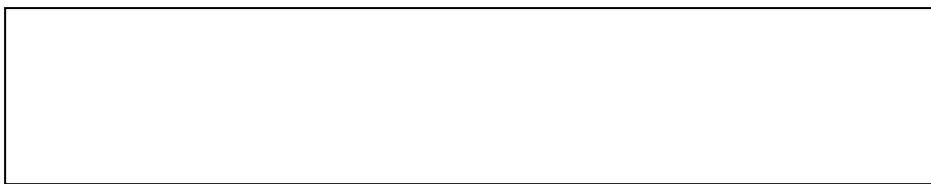
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Abstract

As we know,traditional Chinese medicine (TCM)has its unique advantage in relieving exercise-induced fatigue and strengthening sporting abilities,which makes TCM gaining more and more importance in terms of prevention and treatment of delayed onset muscle soreness(DOMS).

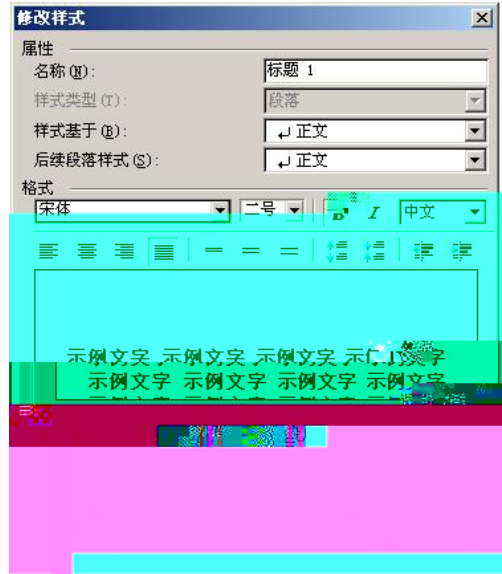
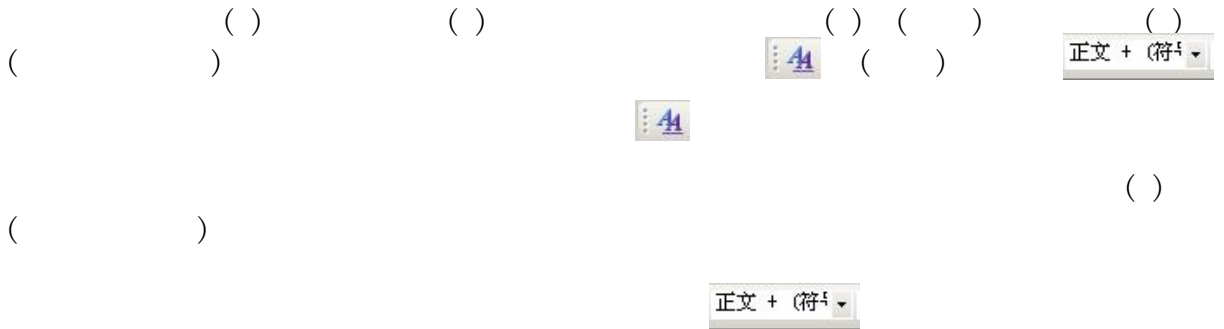
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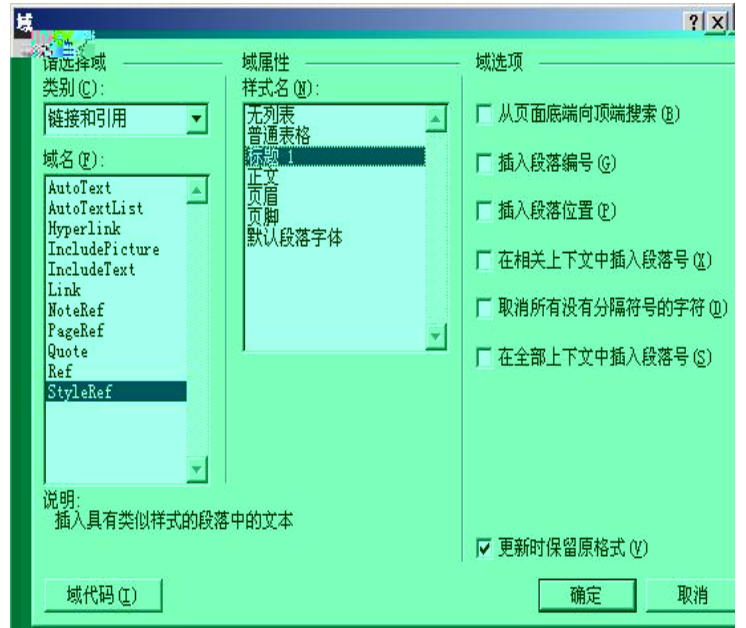
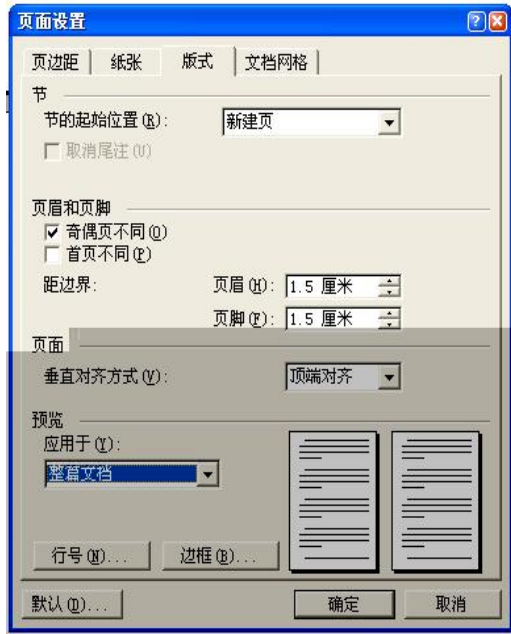
Key words : Tuina with dredging meridians and governor vessel method;prevention and treatment;delayed onset muscle soreness;clinical experiment;mechanism

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