

APPLICATION ANALYSIS OF FAR INFRARED CERAMICS IN THE REHABILITATION OF SPORTS INJURY

Far infrared ceramic beads can release far infrared light with wavelengths in the range of 8–14 μ m, which matches the waveband of living organisms. They exhibit the pyrometric effect and resonance effect through fomentation and radiation, which can accelerate blood circulation and metabolism and can aid in human body rehabilitation. Therefore, it is of great significance to use far infrared ceramics for the rehabilitation of sports injuries. In this study, we fabricated a new type of infrared ceramic bead and applied these beads on the human body. The results showed their reliable application on the rehabilitation of sports injuries.

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