



Analysis of human skin tissue by a skin-meter: A preliminary study

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Author(s)

Sergio Mazzulla, Annarita Carino, Antonino Miano, Fiorenzo Mignini, Giovanni Bartolomei, Guglielmo Martino

ABSTRACT

The aim of this study is to evaluate the skin elasticity in individuals who practise spinning. Mechanical evaluations were conducted, under environmental and physical established conditions, during a physical training period. A total of 12 volunteers aged 35 ± 5 years were enrolled in this study, (60 min) before (control) and (60 min) after practicing spinning. Skin elasticity and area were measured by a Skin Meter and analysed with the Skin Meter software 1.3. In subjects who practiced spinning, the data shown a significant effect: on elasticity, evaluated as the ratio of final retraction (UA) and final distension (UF), on viscoelasticity express as the ratio delayed distension (UV) and immediate distension (UE); and on measurements of skin area vs control subjects. Skin Meter can be useful for a non-invasive screening of skin condition with also a potential extension in subjects with skin pathologies or to monitor skin oxidative stress in sportive subjects.

KEYWORDS

Skin Meter; Elasticity; Skin Parameters; Spinning

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