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## **Post activation potentiation and its benefits on performance of collegiate and professional athletes, a systematic review.**

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## **Post activation potentiation and its benefits on performance of collegiate and professional athletes, a systematic review**

Performance in sports can vary a lot even with small things we do. Post activation potentiation is one such factor that is said to improve the performance of the athlete when it is done before a performance. Aim of this study is to review the effect of post activation potentiation on the performance of collegiate and professional athletes measuring different performance parameters and also to establish a correlation of the load used and rest interval with the performance. Five databases were searched for studies with vertical jump height, horizontal jump distance, throw distance, speed, power, and strength as outcomes by using keywords and found 1427 articles. Out of which 39 articles were eligible to be included in the review after screening for duplicates, title, abstract and full text of the studies found from databases. All these included studies were checked for quality using Downs and Black checklist which gave least score of 18 and highest of 22. Then data has been extracted from the studies using a data extraction form that was predefined by the author. After the data extraction and analysis, the report showed a definite change in the value of results in the studies when compared the outcomes with the baseline values. But only few studies have shown statistical significance. As the data extracted was heterogenous in nature it was difficult to compare the outcomes and to statistically analyse the review data. This review could conclude that there is a significant difference in the values of outcomes before and after the post activation potentiation exercise, but statistical data was not clear. Further research should try to establish homogeneity of the data in terms of activity, load and rest interval between the activity and performance.