



Tigers test electrode therapy

By CARLEY JELLETT

IN A bid to minimise the effects of plane travel and aid recovery after interstate trips, Richmond is testing new technology ahead of tomorrow's match against Fremantle at Subiaco.

The entire Richmond squad will use the technology on flights to and from Perth in an attempt to gain an edge when playing away from Melbourne.

The Australian initiative, Bodyflow, uses electrodes to stimulate bodily fluids such as blood and lymph through a mild electrical stimulus and can also be used to treat coked muscles and inflammation from sprains and strains.

Some Tigers players have tested the technology previously, but last night was the first time the club used it on all 22 players.

Conditioning and rehabilitation coach Warren Kofoed said the club will not know if the treatment has been successful until a few days after the match.

"We are trying to negate some of the negative effects of travel," he said.

"I don't think we'll know the outcome of this trial until a few days' time and I think it will depend on the different players' preparation and how they go about it as to whether different players will take it on."

He added, if the trial is successful, the club would consider using the technology on a regular basis.

"If the trial is successful and the players are saying that this is

VFL ROUND 3

TODAY

Tasmania v Geelong
Bellerive Oval, 1.10pm
Coburg Tigers v North Ballarat
ABD Group Stadium, 2pm
Williamstown v Port Melbourne
Burbank Oval, 2pm
Northern Bullants v Collingwood
MC Labour Park, 2pm
Casey Scorpions v Box Hill Hawks
Casey Fields, 7pm

TOMORROW

Werribee Tigers v Bendigo Bombers
Bartercard Oval, 2pm
Sandringham v Frankston
Trevor Barker Beach Oval, 2pm

aiding their preparation, I think that they will continue to use it."

Richmond will be without defender Joel Bowden, who has been dropped after a slow start to the season.

Bowden will play for Coburg in the VFL. The 29-year-old will be joined on the sidelines by Kayne Pettifer (suspension), Greg Tivendale and Matt White, who have both been omitted, replaced by Chris Hyde, Luke McGuane, Jack Riewoldt and Shane Edwards.

Riewoldt rejoins the side for the first time in 2008 after kicking 11 goals in two VFL matches with Coburg.

The Dockers also made four changes. They welcome back out-of-sorts forward Chris Tarrant, as well as Dean Solomon, Luke McPharlin and Scott Thornton, but lose tough midfielders Heath Black and Matthew Carr, as well as

Robert Warnock and Ryan Murphy, who have been named emergencies.

Carr will play for East Fremantle against Peel today but assistant coach Chris Scott said Black could spend the weekend training after being concussed against Collingwood in round one.

Midfielder Des Headland will celebrate his 150th game and Scott paid tribute to his former Brisbane Lions premiership teammate.

"I remember when he left Brisbane, everyone was really disappointed to lose a player that we thought was about to show his full potential," Scott said. "He was an outstanding junior who struggled when he came into AFL football and that was probably a product of being at a club that had a pretty senior group in place."

"Des is about 27 now and we still think his best football is in front of him. He has had a great pre-season and we are really excited about what he can give us over the next year or two."

The Dockers will be hoping to continue the recent trend of winning home games after playing in derbies. Fremantle has won four of its past six matches after taking on the Eagles and hasn't lost at home the following week since 2004.

Adelaide named Robert Shirley and Bryce Campbell for its match against Hawthorn in Tasmania to replace Luke Jericho (cracked sternum) and Kris Massie (hamstring). Shane Crawford will return from suspension, replacing Jordan Lewis.

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