

# BÖLÜM 5

## POST-ACTIVATION POTENTIATION ANTRENMANI



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Son zamanlarda, aktivasyon sonrası güçlenme olarak bilinen bir kavram (PAP), sporcularda akut güç gelişimini en üst düzeye çıkarmak için bir araç olarak ortaya çıkmıştır. Bu kavramın akut güç artışı dışında herhangi bir olumlu etkisinin olup olmadığı, kavramın tek başına plyometrik antrenmanları kullanmaktan daha uygun olup olmadığı veya spor rehabilitasyonunda herhangi bir uygulaması olup olmadığı şu anda bilinmemektedir.<sup>1-2-3-4</sup>

Başlangıçta Robbins tarafından tanımlanan PAP, bir kasın uyguladığı kuvvetin önceki kasılma nedeniyle arttığı bir olgudur. Aktivasyon sonrası güçlenme, bir kasın kasılma geçmişinin sonraki kasılmalarının mekanik performansını etkilediğini iddia eden bir teoridir. Bu doğrultuda yorucu kasılmalarının kas performansını azalttığı, ancak kısa süreli yüksek yükler ile yorgunluğa neden olmayan kasılmalarının kas performansını artırabildiği söylenebilir.<sup>5-6-7</sup>

İskelet kasındaki bir izometrik kasılmanın tepe torku, kısa bir maksimum istemli kasılmadan sonra geçici olarak artmaktadır.<sup>1</sup> Dolayısıyla, PAP, kasın daha önceki aktivasyonunun yanı sıra uyarılmış yüksek hızlı kasılmaların kuvvet ve

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