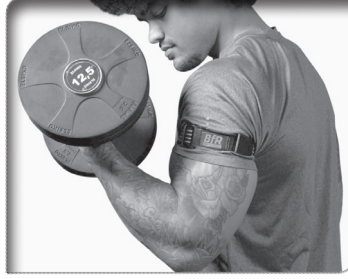


BÖLÜM 6

KAN AKIŞI KISITLAMA ANTRENMANI



Can AKYILDIZ¹

KAN AKIŞI KISITLAMA ANTRENMANI HAKKINDA TEMEL BİLGİLER

Kan akımı kısıtlama yöntemi (KAK)'nın temel amacı düşük şiddetteki yüklenmelerde yani 1 TM'nin %20 ile %40'ı arasında değişen yüklerle egzersiz sırasında kan akışının kısıtlanarak aerobik dayanıklılık gerektiren aktivitelerde uyarlamalar ve gelişmeler elde etmektir.^{1,2,3}

Kan akışının kısıtlanması bir ekstremiteye şişirilebilir bir manşet, elastik bantlar, tıbbi turnike veya benzer etkiyi yapacak başka bir cihaz kullanılarak uygulanabilir. Farklı istisnalar olsa da genel bir kural olarak bilimsel literatürde ve pratikte kullanılan antrenman şiddeti %20 ile %40 arasındadır.³ Bu bağlamda kan akımı kısıtlama antrenmanı uygulaması yapılırken güvenliği korumak amacıyla belirtilen aralıklardaki şiddetlerde gerçekleştirilmesi gerektiğini belirtmek önemlidir. Ayrıca kan akımı kısıtlama antrenmanının genel bir kuralı olarak 1 TM'nin

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Manşonlar ve Elastik bandajlar



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