BÖLÜM 21

KAS KUVVETİNİ ARTTIRAN EGZERSİZLER

Şahide Eda ARTUÇ[1]

Giriş

Kas kuvvetinin arttırılması, sportif performansı arttırmada, lökomotor sistem yaralanmalarının önlenmesinde ve rehabilitasyonunda, kas ve yumuşak dokularda katabolizmanın arttığı fizyolojik (yaşlılık) veya patolojik (yaralanmalar, sistemik hastalıklar vs) durumlarda fonksiyonel kapasitenin sağlanması adına önem taşır (1).

Kas performansı, bir kasın iş yapabilme kapasitesini ifade eder. Tanım basit görünmesine rağmen, kas performansı fonksiyonel hareketin karmaşık bir bileşenidir ve vücut sistemlerinin tamamından etkilenir. Kas performansını etkileyen faktörler arasında kasın morfolojik özellikleri, nörolojik, biyokimyasal ve biyomekanik etkiler ile kardiyovasküler, metabolik, bilişsel ve duygusal işlevler yer alır (1-2).

Kas performansının temel unsurları kuvvet, güç ve enduranstır. Kas performansının bu unsurlarından herhangi birindeki bozulma sonucunda aktivite sınırlamaları (fonksiyonel sınırlamalar) ve katılım kısıtlaması (sakatlık) veya artan işlev bozukluğu riski ortaya çıkabilir. Hareketsizlik, kullanmama, yaralanmalar ve hastalıklar gibi birçok faktör kas performansında bozulmaya neden olarak güçsüzlük ve kas atrofisine yol açabilir (3).

Kuvvet: Direncin üstesinden gelmek için bir kas veya kas grubu tarafından tek bir maksimum çaba sırasında ortaya çıkan en büyük ölçülebilir kuvvettir.

Güç: Kas performansının bir başka yönü olan kas gücü, bir kas tarafından birim zamanda üretilen iş (kuvvet x mesafe) olarak tanımlanır (kuvvet x mesafe/zaman).

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