

Mercy Sports Medicine Strength Training



In today's society, strength training is a very important component of athletics. It helps athletes become faster, stronger and help meet the demands of their sports. Health benefits such as reducing risk of disease or ailments with age are a few of the benefits. With strength training, there are a vast amount of exercises to do for the entire body. To add to the different exercises there are even different ways to do them. With everything strength training, whether it is for athletic gains or general health, it is beneficial for everyone.

Strength training can help with reducing the sign and symptoms of diseases that come with aging. Conditions such as arthritis, osteoporosis, obesity, back pain, and even depression can be reduced if not prevented. For example, with aging, the bones in the body become more porous and weak, involving proper strength training on a routine basis creates a load on the body in which it needs to adapt to. With the load, the bones will actually not become as porous and will remain strong and possibly become stronger. Improvements with these can help with things such as balance and reduce the chance of falling and injuring the body.

There are many different exercises that can help improve one's health. Exercise techniques such as isometric, isotonic and isokinetic can help an individual with their routine. Isometrics are strength training exercises that are done in a static position rather than dynamic.

***Information provided by:
Ryan Gutzky, AT, ATC, Mercy***

Isotonic exercises are done in a dynamic standpoint to help strengthen the entire muscle. General weight lifting exercises such as bench press, bicep curls, tri-cep dips, and shoulder dips would be good examples for upper body exercises. Squats, leg curls, leg extensions, and leg presses would be some good examples of lower body exercises.

In the athletic world, just doing these exercises are not enough. Different sports require different demands. Going a little bit further, even within the same sport, different positions can have different demands. An offensive lineman in football will not have the same workout routine as a goalkeeper in soccer. With this, it is important to understand the different demands needed for the different goals in ones' routine. In all, strength training is a beneficial habit that one can add into their daily life. Even simple exercises would be better than none at all.

The long term health benefits can prevent diseases and ailments from taking place at a younger age. There are many exercises that a person can learn, and with the different goals one sets, a person can have different results.



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