

Isokinetic testing



ECSS

Sport Science around the canals

Amsterdam

2nd to 5th of July 2014

2014

*What about the
reproducibility
of fatigue index*



Isokinetic testing is a reference

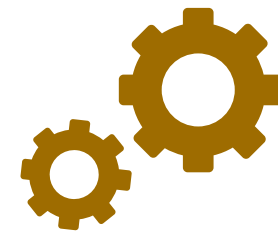
maximal strength
short protocol

fatigability profil
long protocol

indices are essentials and fundamentals

great deal and
no consensus

what about
reproducibility?



Reproducibility and specificity of *Total Work* are greater than that of *Peak Torque*

Reproducibility of *extensors* is greater than that of *flexors*

best performance
cumulated value of first 5,
first 10 & 30 repetitions

cumulated value
of 30 repetitions

*Cumulated value*_{30 reps} · *best performance*⁻¹ · *slope*⁻¹

marker of lactic
anaerobic metabolism

marker of alactic
anaerobic metabolism

marker of
fatigability





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*Isokinetic testing: what about
the reproducibility of fatigue index*



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