

**Evaluation of proprioceptive neuromuscular facilitation technique
by the Kabat method on functional aerobic capacity of sedentary
men #76**

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The objective of the present study was to compare the influence of Proprioceptive Neuromuscular Facilitation (PNF) technique, utilizing diagonal patterns of the Kabat method for upper limbs (UL) on cardiorespiratory and metabolic variables during a ramp-type ergospirometry test with (R-ET). 9 healthy sedentary men, were subjected to complete check-up and R-ET on a cycloergometer, with power increments of 20W/min until physical exhaustion, before and after an eight-week intervention period. Ventilatory and metabolic variables were recorded breath by breath using an ergospirometer (CPX/D MedGrafics - Breeze, St. Paul, Minnesota, USA). The Anaerobic threshold (AT) was determined from a visual analysis and at the peak of the exercise was considered the average of the 5 last breaths. Training protocol consisted of UL exercises in the diagonals of Kabat, at sitting posture, for three series of six repetitions with 80% of a maximum repetition. Wilcoxon test, $\alpha = 5\%$ was used. No statistical differences were found in all variables studied (oxygen uptake [VO₂], heart rate [HR], respiratory exchange ratio [RER] and power [P]) when comparing before and after intervention values ($p > 0.05$). The PNF technique by the Kabat method did not alter cardiorespiratory and metabolic variables in young men.

Key words: Kabat; functional aerobic capacity; men.