

Analysis of relationship between retraction and muscular strength in individuals of specific populations #31

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The aim of this study was to verify the relationship between the degree of retraction and the muscular force in individuals of specific populations. Volunteers of the masculine gender, with age between 17 and 46 years old, were divided in four groups: GI (Sedentary, n=11); GII (Muscultation, n=11); GIII (Worker, n=9); GIV (Worker + Muscultation - n=10). Tests of retraction in the muscular groups of the shoulder had been evaluated, in knee and posterior chain. The palms grip strength was measured by dynamometry, was held to test the arm bending, strength of quadriceps, hamstrings and chest. In the results to degrees of flexibility for adduction of the shoulder, the group GIV ($143.79^{\circ} \pm 8.71$) had to be significantly higher than the group GIII ($122.87^{\circ} \pm 11.87$) to the right side (R). GIII ($117.26^{\circ} \pm 9.05$), in turn, showed lower compared to GII ($131.06^{\circ} \pm 17.47$) group for the left (L) ($p < 0.05$). To rotators of shoulder muscles, there was significant difference, with lower values for the group GIII ($81.22^{\circ} \pm 8.63$), compared to GII ($98.65^{\circ} \pm 13.40$), to the R side, and GIII ($75.00^{\circ} \pm 7.05$) compared the GI ($98.15^{\circ} \pm 7.68$) and GII ($93.82^{\circ} \pm 19.00$), side L ($p < 0.01$). The chain later muscle points higher ranges in centimeters for the GIV (5.32 ± 4.71) compared to the group GI (1.00 ± 5.02) ($p < 0.01$). For bending the arm and holds palm forests, the gains went to musculation athletes of individuals in relation to groups without weight training. Therefore, the practice of exercises of weight training does not seem important to the development of permanent muscle shortening to individuals, enabling greater power generation in individuals that practice.

Key-words: retraction muscular, strength muscular, sedentary, musculation.

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