Age related changes in skeletal muscle strength and modifications through exercise:
A literature review

CHAPTER 1
INTRODUCTION

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In American society, relaxation is a prototypical benefit one strives for, expects and supposedly deserves as a result of retirement and advancing age. This relaxation often comes to mean adopting a more sedentary lifestyle than is typical of our predominately sedentary society. It is often thought that this relaxation is needed because of what is seen as the expected but undesirable sequela of aging, reduced muscular speed and strength.[1] Numerous investigators have shown that there is a decrease in muscular strength associated with aging[2-15] and that this decreased strength has a direct and deleterious effect on the ability of the elderly to perform activities of daily living[2, 4, 8-10, 16-18]. This review looks at the research that has investigated this decrease and reversing the decrease in skeletal muscle strength associated with aging.

BIBLIOGRAPHY

2. Fiatarone MA, Marks EC, Ryan ND, Meredith CN, Lipsitz LA, Evans WJ. High intensity strength training in nonagenarians: effects on skeletal muscle. JAMA 1990;263[22]:3029-34.


