

Muscle Quality and Sports Injury

국가대표팀 트레이너

나웅철

I. Anatomy(Agonist-Antagonist)

- Shoulder Joint
Rotator cuff - Pectoralis major m.
- Elbow Joint
Triceps Brachii - Biceps brachii
Extensor - Flexor
- Low Back
Erector Spinae - Abdominal Wall
- Knee Joint
Quadriceps - Hamstring
- Ankle Joint
Tibialis anterior - Tibialis posterior

II. Rehabilitation program

Recovery of Muscle Quality → Tendon → Ligament → Bone

1. Ballance of Muscle

Agonist Antagonist

70% 30% → 예견된 부상

60% : 40% → 부상 가능성

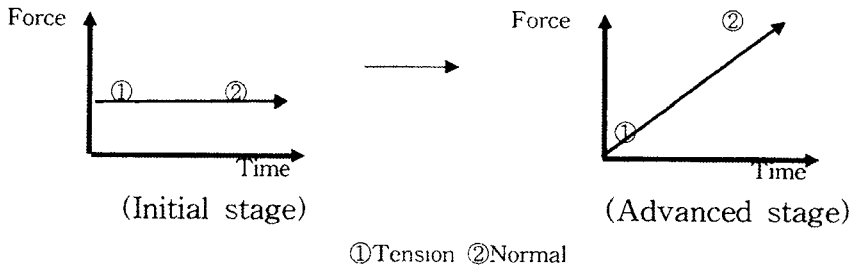
55% · 45% → 다소 안정적

50% 50% → 이상적

- 차별화된 Training이 요구됨

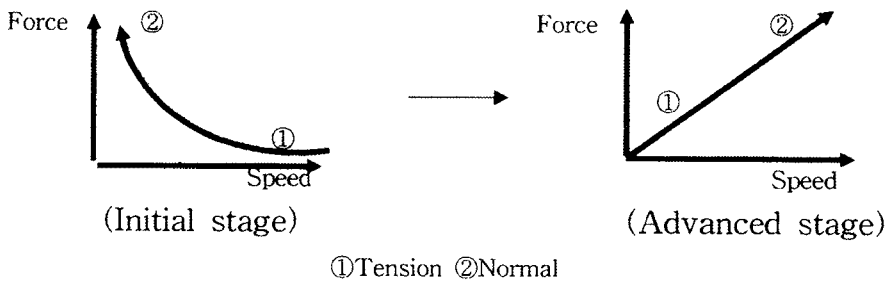
2. Flexibility of Muscle(Rom)

· Stretching, Isometric Tr



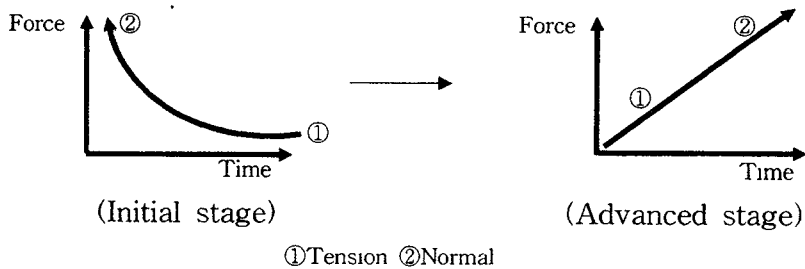
3. Endurance of Muscle

· Isokinetic Training



4. Strength of Muscle

· Isometric Tr
· Isotonic Tr(Concentric,Eccentric)



5. Agility and power

6. Return to sport