

## Determination of upper extremity muscle strength profile of Turkish weightlifting national team athletes / T. Kocahan, Bihter Ak

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### Abstrak

#### **ABSTRAK**

This study aimed to determine the upper extremity isokinetic muscle strength profile of Turkey male weightlifters and shed light on the exercise and training program by sharing these results with the athletes and all team working presently in the weightlifting sports area. This study included 21 weightlifters, who did not have any orthopedic problems, did professional weightlifting for at least 2 years, were cooperative, had a cognitive state required for the assessment, and volunteered to participate in the study. The tests were performed using an isokinetic dynamometer system at angular velocities of 60°/s and 240°/s during concentric contractions. The protocol was applied separately to the right and left extremities for the shoulder internal rotation/external rotation and elbow flexion/extension movements.

The peak torque of internal rotation in the shoulder joint was found to be higher than that of external rotation, and the extension peak torque in the elbow joint was higher than the peak torque of flexion. External/internal rotation rate in the shoulder joint at 240°/s velocity was lower compared with the rate at 60°/s velocity and also at the rates accepted to be normal for both angular velocities.

The elbow flexion/extension rate on the dominant and nondominant sides ranged outside of the rates accepted as normal for both angular velocities. The present findings can guide the weightlifting athletes to reduce the sports injuries that may occur in shoulder and elbow joints and increase their sports performance.