

GRIP STRENGTH AND MUSCLE FATIGUE



STANDARDS

- **3.2.7B, 3.2.10B, 3.2.12B** – Evaluate experimental information; describe and interpret information using qualitative and quantitative skills.
- **3.3.7B, 3.3.10B, 3.3.12B** – Describe and examine the chemical and structural basis of living organisms.

INTRODUCTION

Skeletal muscle is composed of bundles of individual muscle fibers (see Figure 1) and has unique properties which allow it to respond to stimuli by contracting. Individual muscle fibers respond to a stimulus (e.g., nerve impulse) with an all or none response, meaning the muscle fiber contracts to its maximum potential or not at all. Once a muscle has contracted, relaxation must occur before it can contract again. There are three basic types of muscle fibers: *slow fibers*, *fast fibers*, and *intermediate fibers*. Fast fibers contract quickly but for a relatively short duration. Slow fibers respond less rapidly, but are capable of a more sustained contraction. The strength of contraction of a whole

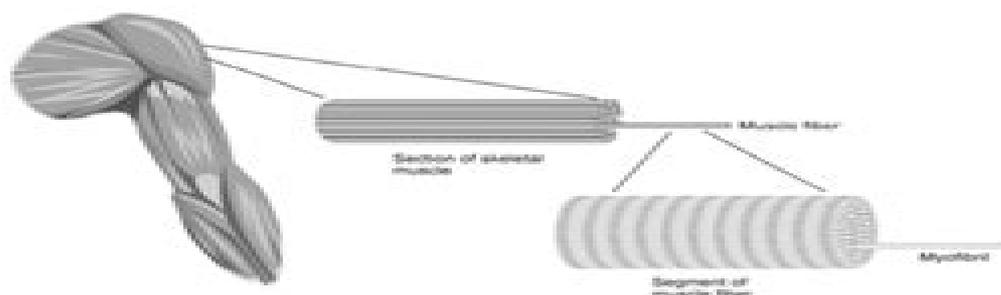


Figure 1

muscle is dependent on the number of muscle fibers involved.

Muscle fatigue occurs with prolonged or repetitive use of a muscle group, and is familiar to anyone who has ever carried a heavy suitcase or walked up a long flight of stairs. With fatigue, there is a sense of weakness and even discomfort, which eventually leads one to discontinue the activity that is causing it. The mechanism of fatigue is multifactorial and not fully understood, but is felt to involve the central nervous system, peripheral nervous system, muscle units and individual muscle fibers. At the level of muscle cells, depletion of energy stores may be important.

Regular exercise improves muscular function and delays the onset of fatigue, thus increasing the amount and duration of work that can be performed. Exercise is important for optimal athletic performance, prevention of injury in athletes and non-athletes, and

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Muscle Strength Shrawan Kumar,2004-04-27 Muscle strength is an important topic for ergonomics practitioners and physiologists to understand especially as it relates to workplace injuries Muscle strength and function is at the heart of many injuries that lead to reduced productivity and economic strain on the worker the company and society as a whole This comprehensive source o

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Work Design: Occupational Ergonomics Stephan Konz,2018-05-04 This book gives readers the tools they need to achieve work design that is ergonomically effective while remaining economically feasible Whether studying work design ergonomics in a college classroom preparing for the Board of Certification in Professional Ergonomics BCPE exam or working as a professional in the field readers can depend on this book to provide them with the information they need Work Design is a single source for ergonomics work design and work measurement Its engineering orientation equips readers with practical design information and procedures its explicit organization conversational style and clear explanations make it easy to read and understand The book s many charts and graphics dynamically illustrate important concepts and principles and its extensive references give readers confidence in the material Towards Human Work

Masaharu Kumashiro,E. D. Megaw,1991 **Biology** ,1996 **Journal of Mechanical Design** ,1979 **Contemporary Clinical Neurophysiology** William Albert Cobb,Hans van Duijn,1978 *Workers and Their Tools* Leo Greenberg,Don B. Chaffin,1977 *Occupational Ergonomics* ,1990 **Technical Report Series** ,1993 *Neuromuscular Stimulation* Frank Clifford Rose,Rosemary Jones,Gerta Vrbová,1989 **Glencoe Science** ,2002 **Dissertation Abstracts International** ,2001 **2001 Lippincott's Nursing Drug Guide** Amy Morrison Karch,2001 CD ROM includes Drug monographs for the top 200 drugs and printable patient teaching information **Government Reports Announcements & Index** ,1993 *Government Reports Announcements* ,1973 **Aerospace Medicine and Biology** ,1966 **OTS Selective Bibliography** United States. Dept. of Commerce. Office of Technical Services, Engineering Anthropometry Methods J. A. Roebuck,K. H. E. Kroemer,W. G. Thomson,1975-06-03

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