

Isokinetic exercises. Advantages, disadvantages and indications as a training and rehabilitation method

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Abstract

Isokinetic rehabilitative devices were developed in the late 1960's when the concept of isokinetic exercise was introduced by James Perrine. Since then, numerous studies have been carried out using isokinetic dynamometry. Instead of traditional exercises which involve a dynamic pre-set fixed speed, with resistance that is totally accommodating throughout the range of motion, Perrine developed the concept that implies a preset speed, with resistance, which persists during the entire range of motion

The present article emphasizes the benefits of isokinetism and the limitations that the latter has as a recovery and training technique.

Key words: isokinetic, rehabilitation, training.