

Researcher: Alexander Wilk

Presentation Title: Application of Occlusion Training

Research Focus: Exercise Science

Schools: Kent State University

Abstract:

We assessed the occlusion pressure of and the variables that may affect it from day to day in order to help improve prescribed pressures for exercise prescription. 8 subjects with no known cardiovascular or metabolic diseases were analyzed. Each session was 48 hours apart and measured occlusion pressure, blood pressure and arm circumference. Subjects were also questioned about there. Last exercise session, last meal, last dose of caffeine and time the woke up. Amongst the subjects a trend between blood pressure and occlusion pressure was noted but not for all cases. Further studies on occlusion pressure with larger subjects' pools looking at time of day as well as the effects of external variables maybe necessary to explain unexplained changes in pressures.