

The Muscle Power in Obese Women; Its Correlation With Body Composition

Y. SERMEZ, N. YAĞCI, E. KAVLAK, E. KOZDAĞ, S. TURSUN, A. KESKİN, H. TAŞKIRAN

PAMUKKALE UNIVERSITY HOSPITAL, DENİZLİ

There are various methods in evaluation of muscle power (MP). One of these is manual method discovered by Lovett. In this study we aimed to investigate MP and its correlations with body composition in both obese and non-obese women. 27 obese (mean age 35.5 ± 7.9 years) and 7 non obese (mean age: 25.7 ± 3.7 years) women included the study. MP was carried out by manual method. According to this method, MP was evaluated among 0 and 5 score. Zero score shows complete paralysis and 5 score shows the most power muscle. Body composition was measured by means of bioelectric impedance analysis(BIA). MP of various region in body (trunk, hip, knee, elbow, shoulder and forearm) was examined. MP was similar in both groups. It was found no correlation between MP and BMI, FM, FFM, I and BW. This study shows that MP in obese women is the same as non obese subjects. At the same time there is no correlation between MP and BMI, FM, FFM, I and BW