

**Referenceliste** til artikel i Dansk Sportsmedicin nr. 4, 2007:

### **"Styrketræning af ældre"**

Af Charlotte Suetta, seniorforsker, læge, PhD

1. Aagaard P, Simonsen EB, Andersen JL, Magnusson P, & Dyhre-Poulsen P (2002). Increased rate of force development and neural drive of human skeletal muscle following resistance training. *Journal of Applied Physiology* 93, 1318-1326.
2. Baumgartner RN, Waters DL, Gallagher D, Morley JE, & Garry PJ (1999). Predictors of skeletal muscle mass in elderly men and women. *Mech Ageing Dev* 107, 123-136.
3. Doherty TJ, Vandervoort AA, Taylor AW, & Brown WF (1993). Effects of motor unit losses on strength in older men and women. *J Appl Physiol* 74, 868-874.
4. Fiatarone MA, Marks EC, Ryan ND, Meredith CN, Lipsitz LA, & Evans WJ (1990). High-intensity strength training in nonagenarians. Effects on skeletal muscle. *JAMA* 263, 3029-3034.
5. Frontera WR, Hughes VA, Lutz KJ, & Evans WJ (1991). A cross-sectional study of muscle strength and mass in 45- to 78-yr-old men and women. *J Appl Physiol* 71, 644-650.
6. Hakkinen K, Newton RU, Gordon SE, McCormick M, Volek JS, Nindl BC, Gotshalk LA, Campbell WW, Evans WJ, Hakkinen A, Humphries BJ, & Kraemer WJ (1998a). Changes in muscle morphology, electromyographic activity, and force production characteristics during progressive strength training in young and older men. *Journals of Gerontology Series A-Biological Sciences and Medical Sciences* 53, B415-B423.
7. Hakkinen K, Newton RU, Gordon SE, McCormick M, Volek JS, Nindl BC, Gotshalk LA, Campbell WW, Evans WJ, Hakkinen A, Humphries BJ, & Kraemer WJ (1998b). Changes in muscle morphology, electromyographic activity, and force production characteristics during progressive strength training in young and older men. *J Gerontol A Biol Sci Med Sci* 53, B415-B423.
8. Howard JE, McGill KC, & Dorfman LJ (1988). Age effects on properties of motor unit action potentials: ADEMG analysis. *Ann Neurol* 24, 207-213.
9. Kawamura Y, Okazaki H, O'Brien PC, & Dych PJ (1977). Lumbar motoneurons of man: I) number and diameter histogram of alpha and gamma axons of ventral root. *J Neuropathol Exp Neurol* 36, 853-860.
10. Lexell J, Taylor CC, & Sjoström M (1988). What is the cause of the ageing atrophy? Total number, size and proportion of different fiber types studied in whole vastus lateralis muscle from 15- to 83-year-old men. *J Neurol Sci* 84, 275-294.
11. Metter EJ, Talbot LA, Schrager M, & Conwit R (2002). Skeletal muscle strength as a predictor of all-cause mortality in healthy men. *J Gerontol A Biol Sci Med Sci* 57, B359-B365.
12. Narici MV, Maganaris CN, Reeves ND, & Capodaglio P (2003). Effect of aging on human muscle architecture. *J Appl Physiol* 95, 2229-2234.
13. Overend TJ, Cunningham DA, Paterson DH, & Lefcoe MS (1992). Thigh composition in young and elderly men determined by computed tomography. *Clin Physiol* 12, 629-640.
14. Rantanen T, Volpato S, Ferrucci L, Heikkinen E, Fried LP, & Guralnik JM (2003). Handgrip strength and cause-specific and total mortality in older disabled women: exploring the mechanism. *J Am Geriatr Soc* 51, 636-641.
15. Roubenoff R (2003). Sarcopenia: effects on body composition and function. *J Gerontol A Biol Sci Med Sci* 58, 1012-1017.
16. Roubenoff R (2000). Sarcopenia: a major modifiable cause of frailty in the elderly. *J Nutr Health Aging* 4, 140-142.
17. Skelton DA, Greig CA, Davies JM, & Young A (1994). Strength, power and related functional ability of healthy people aged 65-89 years. *Age Ageing* 23, 371-377.

18. Suetta C, Aagaard P, Rosted A, Jakobsen AK, Duus B, Kjaer M, & Magnusson SP (2004a). Training-induced changes in muscle CSA, muscle strength, EMG, and rate of force development in elderly subjects after long-term unilateral disuse. *J Appl Physiol* 97, 1954-1961.
19. Suetta C, Magnusson SP, Rosted A, Aagaard P, Jakobsen AK, Larsen LH, Duus B, & Kjaer M (2004b). Resistance training in the early postoperative phase reduces hospitalization and leads to muscle hypertrophy in elderly hip surgery patients--a controlled, randomized study. *J Am Geriatr Soc* 52, 2016-2022.