

Functional Rehabilitation of Sports Injuries – Table 2

Table 2: Examples of Physiologic Changes Related to Detraining	
Cardiac	<ul style="list-style-type: none">• Decline in blood volume• Increase in resting heart rate and heart rate at submaximal exercise• Decline in cardiac stroke volume and cardiac output• Reduction in cardiac mass, specifically of the left ventricle• A higher total peripheral vascular resistance• Sharp decrease in VO₂max
Pulmonary	<ul style="list-style-type: none">• Rapid deterioration in ventilatory function
Metabolic	<ul style="list-style-type: none">• Greater reliance on carbohydrates• Decline in glucose tolerance• Decrease in muscle fiber size• Change in muscle fiber distribution