

Strength Training with Older Adults

Resources



Reading for the tasks:

Borde et al (2015). Dose–Response Relationships of Resistance Training in Healthy Old Adults: A Systematic Review and Meta-Analysis. *Sports Med* 45:1693–1720.

LINK: <https://pubmed.ncbi.nlm.nih.gov/26420238/>

Papa et al (2017). Resistance training for activity limitations in older adults with skeletal muscle function deficits: a systematic review. *Clin Interv Aging*. 13;12:955-961

LINK: <https://pubmed.ncbi.nlm.nih.gov/28670114/>

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Selected References

Pinedo-Villanueva et al (2019). Health Care Costs Associated With Muscle Weakness: A UK Population-Based Estimate. *Calcified Tissue International*. 104:137–144

LINK: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6330088/pdf/223_2018_Article_478.pdf

Meyhew et al (2019) The prevalence of sarcopenia in community-dwelling older adults, an exploration of differences between studies and within definitions: a systematic review and meta-analyses *Age Ageing*; 48(1):48-56.

Cruz-Jentoft et al (2019) Sarcopenia: revised European consensus on definition and diagnosis. *Age Ageing*. 48(1): 16–31.

Akima et al (2020). Muscle function in 164 men and women aged 20--84 yr. *Med Sci Sports Exerc*. 33(2):220-6.

Wang et al (2020). Muscle mass, strength, and physical performance predicting activities of daily living: a meta-analysis. *Journal of Cachexia, Sarcopenia and Muscle*; 11: 3–25.

LINK: <https://pubmed.ncbi.nlm.nih.gov/31788969/>

Li et al (2018). Associations of Muscle Mass and Strength with All-Cause Mortality among US Older Adults. *Med Sci Sports Exerc*. 50(3): 458–467.

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Original Investigation

February 16, 2021

Effect of High-Intensity Strength Training on Knee Pain and Knee Joint Compressive Forces Among Adults With Knee Osteoarthritis The START Randomized Clinical Trial

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JAMA. 2021;325(7):646-657. doi:10.1001/jama.2021.0411

LINK: https://jamanetwork.com/journals/jama/fullarticle/2776330?guestAccessKey=9bd06b99-c999-4ef8-b128-443601ee8ca1&utm_source=silverchair&utm_medium=email&utm_campaign=article_alert-jama&utm_term=mostread&utm_content=olf-widget_02182021