Impact of Warrior Poses on Quadricep Muscle Activation

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Abstract

The purpose of this study was to compare the impact of Warrior poses I, II, and IV on quadricep muscle activity. The null hypothesis stated that no significant differences would be found in quadriceps muscle activation between the three Warrior poses. Six college-aged females (20.67 ± 0.62 yrs) with at least two years of experience participated in the study. Surface electromyography (sEMG) was recorded during maximum voluntary isometric contractions (MVICs) of the right and left vastus medialis (VM), and vastus lateralis (VL). Participants performed the Warrior poses and held each pose for 10 seconds. A 1-min break was given between each pose. All trials were recorded. Sensors detected muscle activity was processed and sent to EMGworks® for analysis. Calculation of root mean squares (RMS) were used to select MVIC for normalization. Mean muscle activation values indicated that the quadriceps muscle were activated in all poses no significant differences were found between Warrior poses I, II, and IV. The null hypothesis was accepted.

Introduction

Yoga is an alternative form of exercise that improves health and fitness through the integration of the mind, body, and spirit. Yoga improves strength and flexibility, reduces the risk of cardiovascular disease and improves quality of life. Although yoga has many benefits, researchers aim to identify yoga postures that strengthen muscles surrounding the knee while minimizing potentially damaging knee loads. Quadriceps strengthening is recommended for managing knee pathologies such as osteoarthritis (OA). Loss of quadriceps strength is also implicated in the initiation and progression of knee pathologies such as osteoarthritis (OA). Knee loads.

Methods

Setting
- Human Performance Laboratory at small private Midwestern University
- Spring 2020

Participants
- 6 female college yoga practitioners (20.67 ± 0.62 yrs., 66 ± 4.8 kg, 168.3 ± 4.5 cm)

Procedures
- Demographics were measured with stadiometer.
- 5-min. warm-up on cycle ergometer.
- Skin surface was cleaned and electrode sensors placed on the muscle belly of the R & L vastus lateralis & vastus medialis.
- MVIC was collected for each muscle using weight bench.
- 3 Warrior poses were performed while video-recorded.
- Sensors detected muscle activity and sent signals to EMGworks® to be processed.
- Randomized Block Design two-factor ANOVA without replication was used to analyze the data.

Results

Table 1
Mean percent MVIC activation: LVM

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<td>41.27</td>
<td>42.91</td>
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Table 2
Mean percent MVIC activation: RVM

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<td>49.28</td>
<td>44.74</td>
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Table 3
Mean percent MVIC activation: RVL

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<td>70.12</td>
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Table 4
Mean percent MVIC activation: LVL

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<td>70.76</td>
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Conclusions

Although the quadriceps muscles were activated in all poses no significant differences were found between Warrior poses I, II, and IV. The muscle activation present in the quadriceps muscles during each Warrior pose may suggest that because each pose is similar (although have different purposes) may account for the results found in the study. Researcher concluded that there was no significant difference in mean muscle activity for the vastus lateralis and vastus medialis between the three Warrior poses, however quadriceps muscle activation was present which may indicate the potential benefit of each pose. Further research is needed with a larger sample size and modification in duration for holding the pose could be changed.

References


