

The Effects of Resistance Band Training on Orthostatic Stress Response in Young Previously Physically Inactive Women

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Abstract

Orthostatic intolerance, or the inability of the cardiovascular system to appropriately adjust to the pull of gravity upon standing from a sitting or supine position due to decreased muscle tone or failure of baroreceptors and chemoreceptors, has been treated using either pharmacological methods or non-pharmacological methods. Studies of non-pharmacological interventions have included resistance training, strength training, and the use of compression garments. However, no study to date has investigated the potential impact of short term (4-week) home-based resistance