# Article information:

Neuromuscular Control During the Bench Press Movement in an Elite Disabled and Able-Bodied Athlete - PMC  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5765801/>

# Article summary:

1. The study compared neuromuscular control during the flat bench press exercise between an elite able-bodied athlete and an athlete with lower limb disability.

2. The analysis revealed statistically significant differences in peak activity of all considered muscles between the two athletes, as well as for load changes between 60 to 100% 1RM, 70 to 100% 1RM, and 80 to 100% 1RM.

3. The flat bench press performed without legs resting firmly on the ground leads to increased engagement and activation of upper body muscles, and isolated initial positions can be used to generate greater engagement of muscle groups during the exercise.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article "Neuromuscular Control During the Bench Press Movement in an Elite Disabled and Able-Bodied Athlete" aims to compare the neuromuscular control of an elite able-bodied athlete and an athlete with lower limb disability during the flat bench press exercise. The study found statistically significant differences in peak activity of all considered muscles between the two athletes, as well as significant differences in peak activity for load changes between 60 to 100% 1RM, 70 to 100% 1RM, and 80 to 100% 1RM.

The article provides valuable insights into the differences in neuromuscular control between able-bodied and disabled athletes during a specific exercise. However, there are some potential biases and limitations that should be considered.

Firstly, the sample size is small, consisting of only two elite athletes. This limits the generalizability of the findings to a larger population. Additionally, both participants were male, which may limit the applicability of these findings to female athletes.

Secondly, there is no mention of any potential risks associated with performing this exercise for individuals with disabilities. While it is noted that competitive sports can enhance health and quality of life for individuals with disabilities, it is important to consider any potential risks associated with specific exercises or movements.

Thirdly, while the article notes that there are differences in neuromuscular control between able-bodied and disabled athletes during this exercise, it does not explore why these differences exist or how they may impact performance or training strategies.

Finally, there is a lack of exploration into counterarguments or alternative explanations for the observed differences in neuromuscular control. It would be valuable to consider other factors that may contribute to these differences beyond just physical ability or disability status.

Overall, while this article provides valuable insights into neuromuscular control during a specific exercise for able-bodied and disabled athletes, it is important to consider its limitations and potential biases. Further research with larger sample sizes and more diverse populations is needed to fully understand the differences in neuromuscular control between able-bodied and disabled athletes during exercise.

# Topics for further research:

* Risks associated with bench press exercise for individuals with disabilities
* Gender differences in neuromuscular control during bench press exercise
* Impact of neuromuscular control differences on performance and training strategies
* Psychological factors affecting neuromuscular control in disabled athletes
* Comparison of neuromuscular control in other exercises for able-bodied and disabled athletes
* Role of assistive devices in improving neuromuscular control during exercise for individuals with disabilities

# Report location:

<https://www.fullpicture.app/item/04f844220a2ebb797a33c73b0b2979ed>