

GLOSSARY:

Anesthesiologist: a physician trained in anesthesia and perioperative medicine.

Contractility: It is the reaction of the muscle working against a resistance; shortening of the length of the muscle.

Fibromyalgia: A medical condition characterized by chronic widespread pain and a heightened and painful response to pressure.

Load: The amount of weight (resistance) an athlete is using during exercise execution.

Person-Environment fit (P-E fit): The degree to which individual and environment characteristics match.

Physiatrists: Specialist completed training to enhance and restore functional ability and quality of life to those with physical impairments or disabilities.

Proprioception: the sense of the relative position of neighbouring parts of the body and strength of effort being employed in movement.

Recovery: It is the time necessary for muscles to recuperate after a workout.

Rehabilitation: A specialized branch of combined and coordinated use of medical, social, educational and vocational measures for retaining the individual to the highest possible level of functional ability.

Strength: It is the ability of a muscle to get over resistance.