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Novel Physiotherapies

Review Article Open Acces

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Keywords:Chronic fatigue; Adrenal axis; Overtraining syndrome; Endurance athletes; Stress

Introduction

Running, or any aerobic training in moderation, has a positive e ect on health. ere is a point of diminishing returns, where chronic stress from overtraining, which is common in runners, may be linked to problems in the adrenal gland. Overtraining Syndrome (OS) has been linked with adrenal insu ciency. ere is a direct link between stress and the adrenal glands, and the physical stress of overtraining may cause the hormones produced in these glands to become depleted.

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ACTH response to CRH in experienced road cyclists. e study was performed at the end of a heavy road pacing season a er an additional XL IJHI WPMVNF USBJOJOH TUSFTT XJUIPVU B QSFDFEJOH SFHFOFSBUJPO period. Researchers found an impaired pituitary hormonal response UP FYIBVTUJWF FYFSDJTF JO PWFS USBJOFE FOEVSBODF BUIMFUFT 6SIBVTFO et al. [41] studied short-term exhaustive endurance test on a cycle ergometer at intensity 10% above anaerobic threshold. In OS, the time UP FYIBVTUJPO XBT TJHOJ DBOUMZ EFDSFBTFE CZ PO BWFSBHF -PXFS maximal exercise-induced increase of the ACTH and growth hormone was discovered, as well as a trend for a decrease of cortisol and insulin Hypothalamo-pituitary dysregulation during OS was expressed by an impaired response of pituitary hormones to exhaustive short-endurance exercise.

ACTH response summary