

TENDON POWER

How a woman's tendons differ from a man's and how that difference impacts your training



Original Research

Miller, B., et al.
Tendon collagen synthesis at rest and after exercise in women. *Journal of Applied Physiology* 102:541-546, 2007.

PHYSICALLY, WOMEN AND MEN ARE NOT THE SAME. FOR EXAMPLE, THERE ARE DISTINCT, LARGE DIFFERENCES IN COLLAGEN SYNTHESIS RATES BETWEEN MEN AND WOMEN.

Training methods for athletes typically do not consider gender differences. In fact, in today's society, if you were to suggest that a woman should not train the way a man does, you would be considered sexist. But from a scientific perspective and from a sports performance enhancement perspective, it is critical to investigate what differences there are between male and female athletes, to embrace those differences, and to devise training regimens that allow women to excel based on *their* physiology. For example, research has reported that female athletes incur more sport-related musculoskeletal injuries than men. So is it possible that there is something in the female musculoskeletal system that is different from the male system, that in turn might predispose a female athlete to more injuries than a male athlete? And if so, might that be an indication that certain training-specific variables need to be changed for the female athlete to accommodate this difference? A group of scientists from Denmark, Scotland, and the United Kingdom set out to investigate.

Power Key: gender differences, tendons, training recovery