

Overtraining Syndrome Symptoms and Diagnosis in Athletes

Reference: Weakley, Halson, and Mujika IJSPP 2022

Designed by @YLMSportScience

Proposed symptoms of the overtraining syndrome in athletes



Decreased sensitivity of serotonin receptors

Increased lymphocyte production compared to healthy athletes

Increased occurrence of upper respiratory tract infections

Blunted cortisol awakening response

Blunted hormonal response to exercise

Decreased neutrophils production compared to healthy athletes

Increased risk of injury

Reduction in maximal performance and time to fatigue
No change in submaximal performance

Mood disturbance
↓ loss of vigor

Decreased caloric intake

Change in HR_R and resting and exercising heart rate

Increased body fat

Change in steroid hormone quantity and ratios

Elevated IL-1 β , IL-6, and TNF following exercise

Increased exercise induced muscle damage

Demonstrated symptoms of the overtraining syndrome in athletes



Overtraining In Sport

**Manfred Lehmann, Carl Foster, Uwe
Gastmann, Hans Keizer, Jürgen M.
Steinacker**

Overtraining In Sport:

Overtraining Athletes Sean O. Richardson, Mark B. Andersen, Tony Morris, 2008 Through experts perspectives and athletes personal experiences the reader gets a broad and engaging account of the intra and interpersonal aspects of why people overtrain and the outcomes of overtraining Overload, Performance Incompetence, and Regeneration in Sport Manfred Lehmann, Carl Foster, Uwe Gastmann, Hans Keizer, Jürgen M. Steinacker, 2007-11-23 This volume summarizes the proceedings of the Reisensburg workshop which took place at Reisensburg Castle in November 1997 The castle is built on the site of an ancient Roman compound and situated in the south of Germany at the Danube river Scientists from Australia, Austria, Belgium, Estonia, Germany, Italy, Netherlands, South Africa, Switzerland, and the United States participated in the workshop Like the 1996 workshop the proceedings of which will be published in Medicine and Science in Sports and Exercise in 1998 the 1997 workshop also focused on the topic of overtraining in its widest sense to deepen our knowledge in this particularly sensitive field of sports science and sports practice The authors see the present volume in a context with the proceedings presented by Guten ed Running Injuries Saunders Philadelphia 1997 and Kneider Fry and O'Toole eds

Overtraining in Sport Human Kinetics Champaign IL 1997 Overtraining that is too much stress combined with too little time for regeneration can be seen as a crucial and threatening problem within the modern athletic community of which significance can already be recognized reading daily newspapers During the 1996 European championships a gymnast shook his head almost imperceptibly closed his eyes briefly and left the arena without looking up He was fatigued personified

Suddenly I just couldn't do any more I just wanted to rest A look at his schedule showed why **Overtraining Syndrome in Athletes** Flavio Cadegiani, 2020-09-24 This book discusses major changes in our understanding of the most prevalent non-orthopedic sports related condition overtraining syndrome OTS arguing that it should be considered as the manifestation of burnout in athletes rather than simply the result of excessive training While the chronic adaptations of the cardiovascular and musculoskeletal systems to exercise are well documented those of the endocrine system are less well known and adaptations of the hormonal ranges for athletes are yet to be determined There is also a lack of standardized diagnostic criteria consistent assessment methods and biomarkers This book offers a systematic review of the hormonal aspects of overtraining syndrome and a comparison with sports related syndromes triggered by chronic deprivation of different sorts including the female athlete triad and its derivative RED-S and burnout syndrome of the athlete BSA It demonstrates that these conditions although studied separately from each other may all be different manifestations of the same condition leading to maladaptive dysfunctional forced adaptations to a hostile environment changes in response to chronic depletion of energy and mechanisms of repair causing multiple dysfunctions The author proposes that OTS Paradoxical Deconditioning Syndrome PDS RED-S TRIAD and BSA are parts of a same condition or at least a group of similar conditions Further the book offers a chronological overview of OTS based on preliminary research Given its broad scope this concise reference book will

appeal to a range of health professionals It allows readers including those without a strong academic background to gain a systematic understanding of OTS *Overtraining in Sport* Richard B. Kreider, Andrew C. Fry, Mary Louise O'Toole, 1998

Conclusions and Future Directions Future Research Needs and Directions Michael G Flynn **Overtraining and Recovery in Elite Athletes** Laurel T. Mackinnon, 1996 **Overtraining and Recovery in Elite Athletes** Laurel Traeger

Mackinnon, 1996 Athlete's guide to overtraining , **Sports-Specific Rehabilitation** Robert A. Donatelli, PhD, PT, OCS, 2006-10-11 A comprehensive resource for focusing on returning injured athletes to their optimal performance This book discusses exercise principles muscle fatigue muscle damage and overtraining concepts pathophysiology of overuse injuries core evaluation in sports specific testing physiological basis of exercise specific to sport and special considerations for the athlete Social features such as evidence based clinical application boxes provide the reader with a solid body of research upon which to base their practice Aligned to the Guide to Physical Therapy Practice to help learn how to work with athletes injuries and help them make a physical comeback while following best practices Incorporation of muscle physiology demonstrates it as the basis for athlete's exercise prescription Coverage of pathophysiology of overuse injuries illustrates the damage to the musculoskeletal system Inclusion of treatment and training approaches for athletic rehabilitation shows how to restore the musculoskeletal system back to full flexibility strength power and endurance Evidence based clinical application boxes found throughout the book cite key studies and provide real world application to a clinical setting Extensive photographs show hands on demonstrations of important rehabilitation techniques helping the clinician to accurately apply them during treatment Overtraining and Recovery in Elite Athletes Laurel Traeger Mackinnon, 1991 **The Elite**

Young Athlete Neil Armstrong, Alison M. McManus, 2011 A key resource for coaches scientists and clinicians Sport is by its nature competitive and even during youth it is performed at different levels with elite young athletes at the top of the performance pyramid A coordinated series of comprehensive research based reviews on factors underlying the performance of children and adolescents involved in competitive sport is presented in this volume Leading exercise and sport scientists provide the latest information on the physiology of young elite athletes the essential role of nutrition and the effects of endurance high intensity and high resistance training and overtraining as well as on the importance of laboratory and field based monitoring of young athletes performances Further thermoregulation and environmental factors that might affect performance are reviewed Finally strategies for preventing sudden cardiac death and the diagnosis and management of common sport injuries in young athletes are discussed The book provides up to date evidence based information for sports scientists coaches physiotherapists pediatric sports medicine specialists and other professionals involved in supporting elite young athletes **Research Quarterly for Exercise and Sport** , 2009 **Enhancing Recovery** Michael Kellmann, 2002 A guide for exercise scientists coaches and athletes who want to learn new ways to treat and prevent athletic overtraining and underperformance this book draws on the fields of medicine physiology periodization training and psychology as well as

studies of motivation health and lifestyles to explore all aspects of underrecovery in sports and in everyday life Emphasis is on recovery and intervention strategies from a psychological and physiological perspective Kellmann is on the faculty of sport science at the University of Bochum in Germany Annotation copyrighted by Book News Inc Portland OR **Overtraining in Sport** Brandon M. Marcello,2006 Overtraining has been one of the most popular topics in meetings and journals dealing with top level sports The problem has been well known for 70 years but many specifics concerning overtraining are still very unclear The purpose of this study was to examine the acute and chronic effects of a competitive softball season on its respective players competing at the Division I level and to determine if there were any global changes in performance physiological or psychological variables which indicated some type of overtraining syndrome Twenty female subjects were recruited for this study Twelve subjects were recruited from the University Softball team SB 20 3 1 2 yrs the other eight from the general student population GEN 22 0 1 4 yrs Participants were measured at preseason and 3 time points throughout the 16 week season to assess changes in performance physiological and performance variables Statistical analyses were performed by utilizing an ANOVA with repeated measures level of significance was set at p **International Journal of Sport Psychology** ,2006 **Sport Psychology** Richard H. Cox,1998 This edition provides revised coverage of important topics such as exercise behaviour social physique eating disorders and drug abuse as well as new coverage of humanistic theory and issues related to the psychology of optimal experience **Journal of Sport Rehabilitation** ,2003 **The Sport Psychologist** ,2008 **Journal of Sports Medicine and Physical Fitness** ,2006 **Overtraining Athletes** Sean O. Richardson,2008 Overtraining in Selected Division 1 College Team Sport Athletes Allison E. Kelly,2005

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