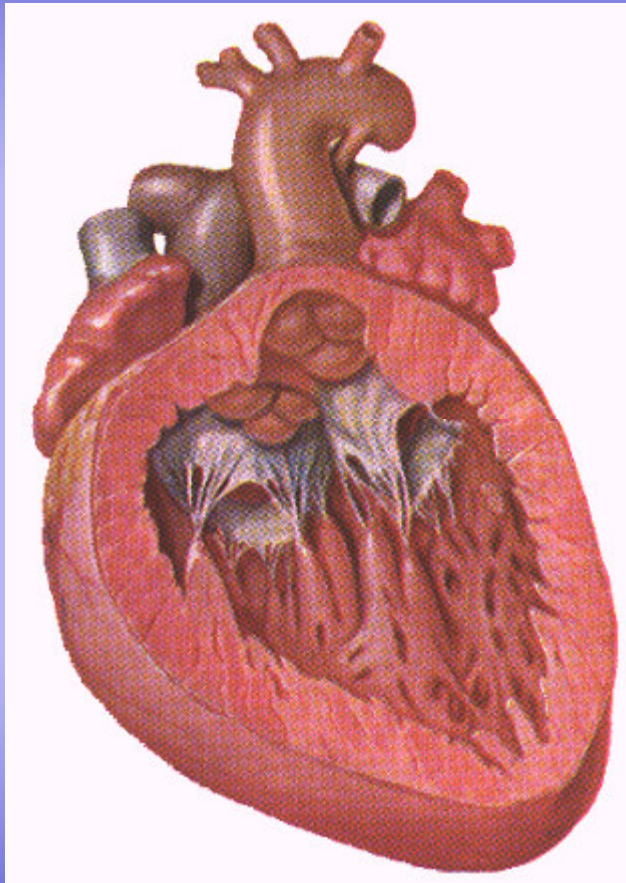
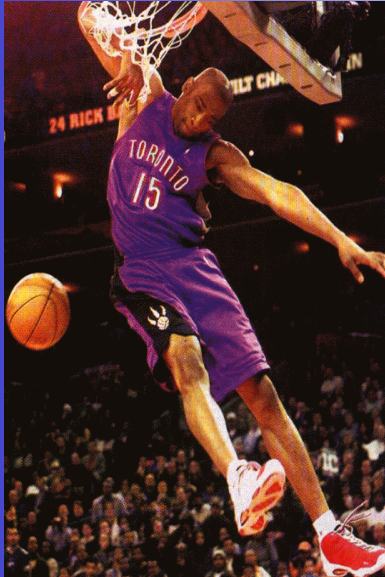


CORAZON Y DEPORTES

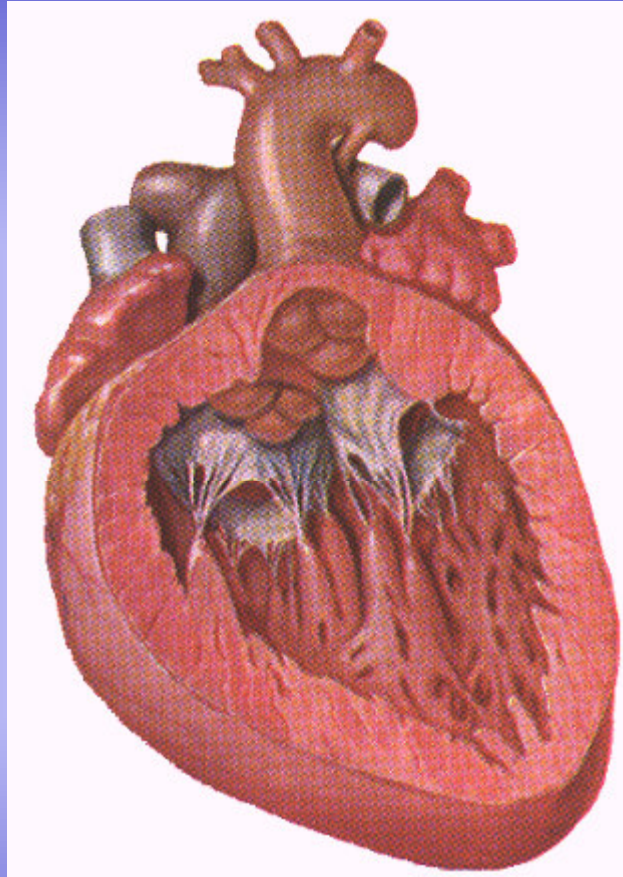


Dr. Jorge E. Franchella

CORAZON Y DEPORTES

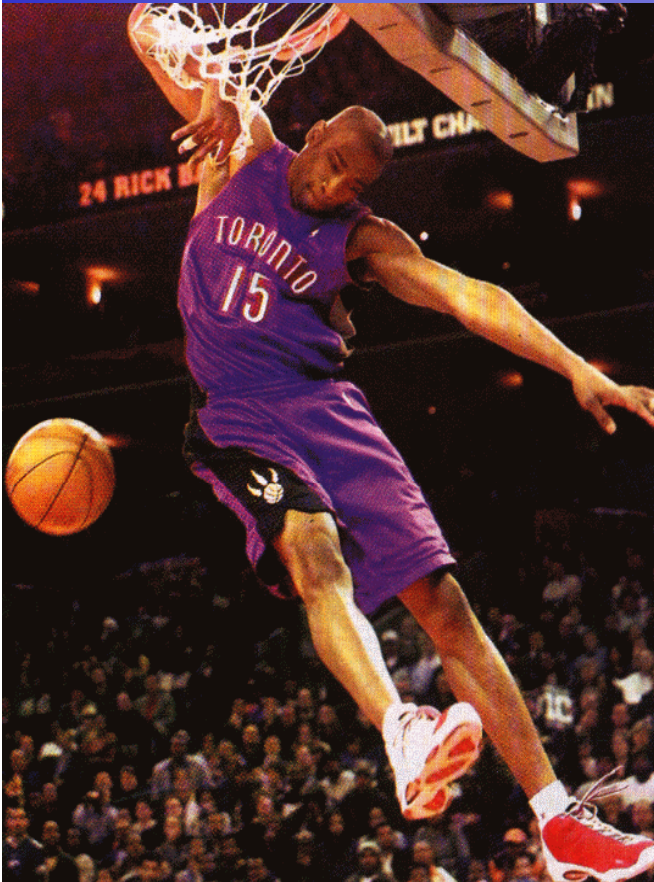


CORAZON del
DEPORTISTA

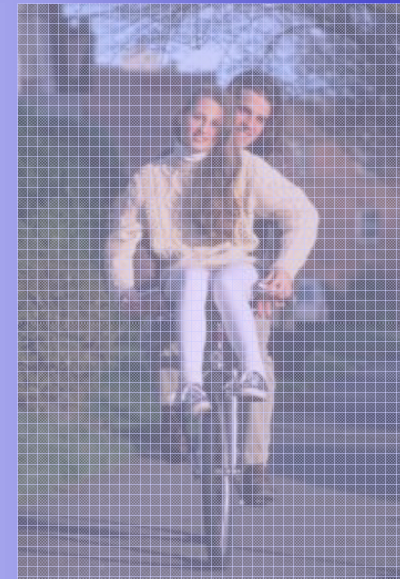
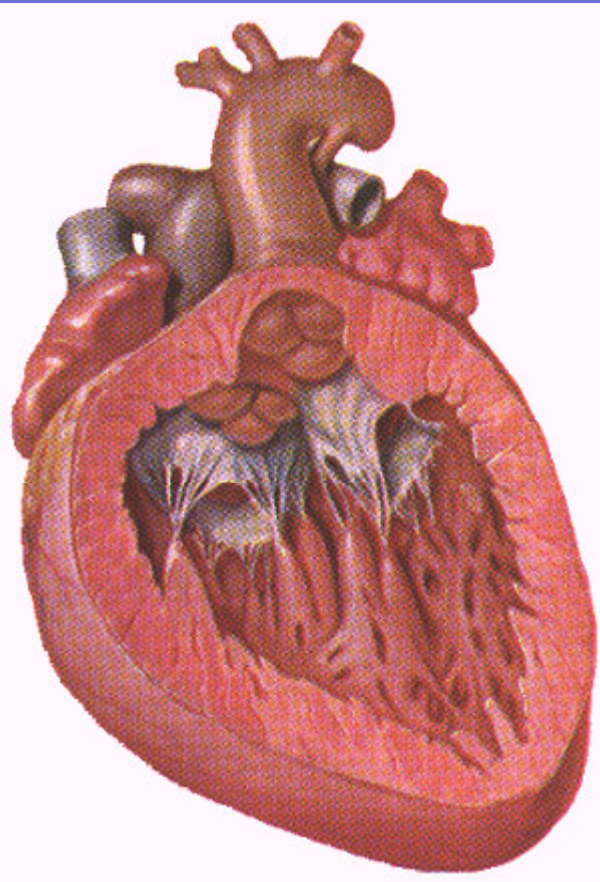


DEPORTE Y
CARDIOPATIAS

CORAZON Y DEPORTES



CORAZON del
DEPORTISTA

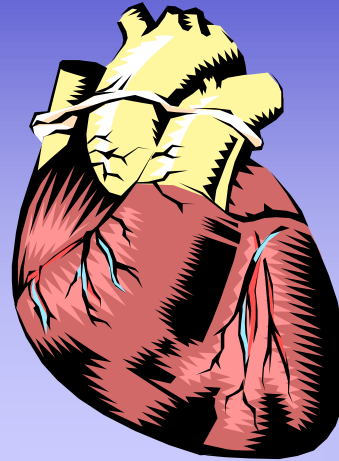


DEPORTE Y
CARDIOPATIAS

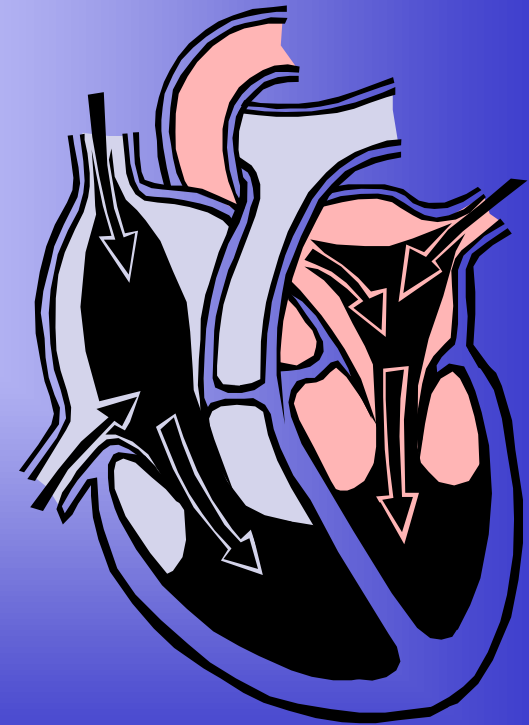
CORAZON Y DEPORTES



REDISTRIBUCION
DEL FLUJO SANGUÍNEO



AUMENTO
DEL VOLUMEN MINUTO

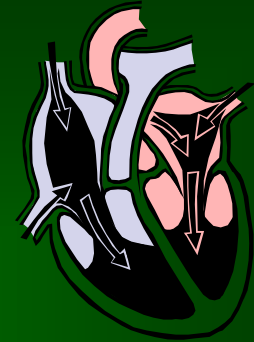




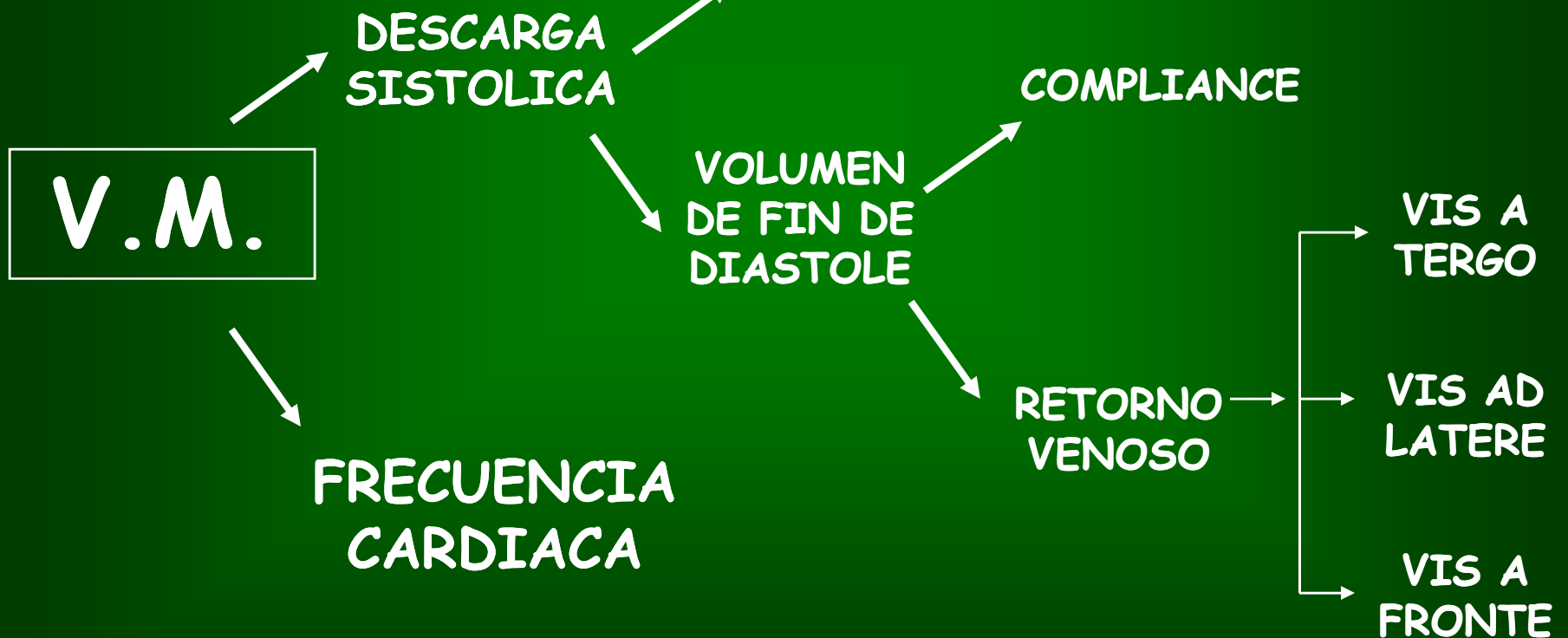
CORAZON Y DEPORTES

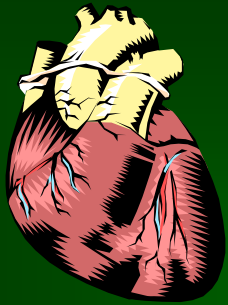
AUMENTO DEL VOLUMEN MINUTO

ENTRENABLE



CONTRACTIBILIDAD

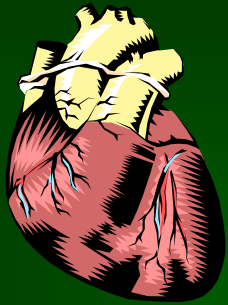




CORAZON Y DEPORTES

Regulacion al esfuerzo

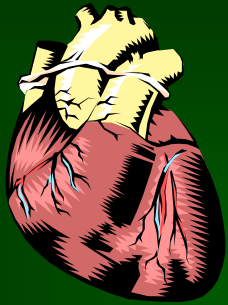
VFD	DS	FC	VM
140	70	70	4900 ml/m 4.9 litros/m



CORAZON Y DEPORTES

Regulacion al esfuerzo

VFD	DS	FC	VM
140	70	70	4900 ml/m 4.9 litros/m
140	70	200	14000 ml/m 14 litros/m

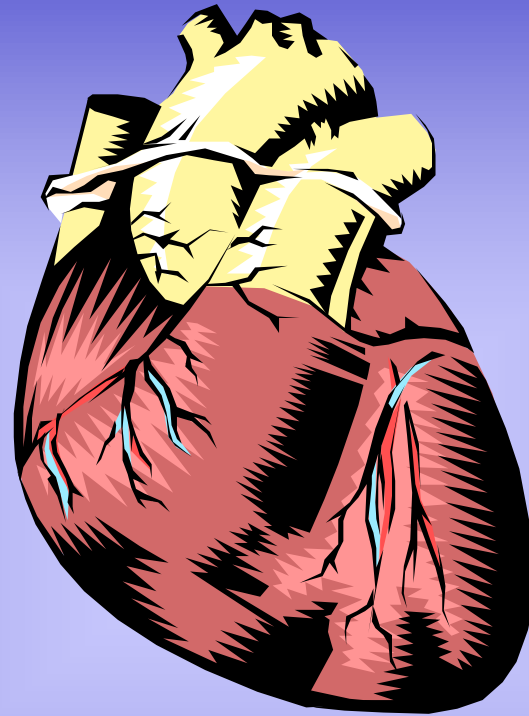


CORAZON Y DEPORTES

Regulacion al esfuerzo

VFD	DS	FC	VM
140	70	70	4900 ml/m 4.9 litros/m
140	70	200	14000 ml/m 14 litros/m
140	100	200	20000ml/m 20 litros/m

CORAZON Y DEPORTES

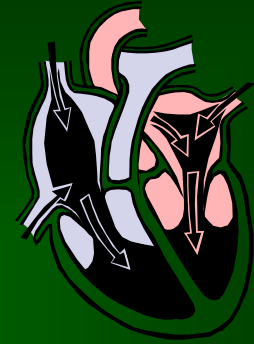


REGULACION DE LA
PRESION ARTERIAL



CORAZON Y DEPORTES

REGULACION DE LA PRESION ARTERIAL



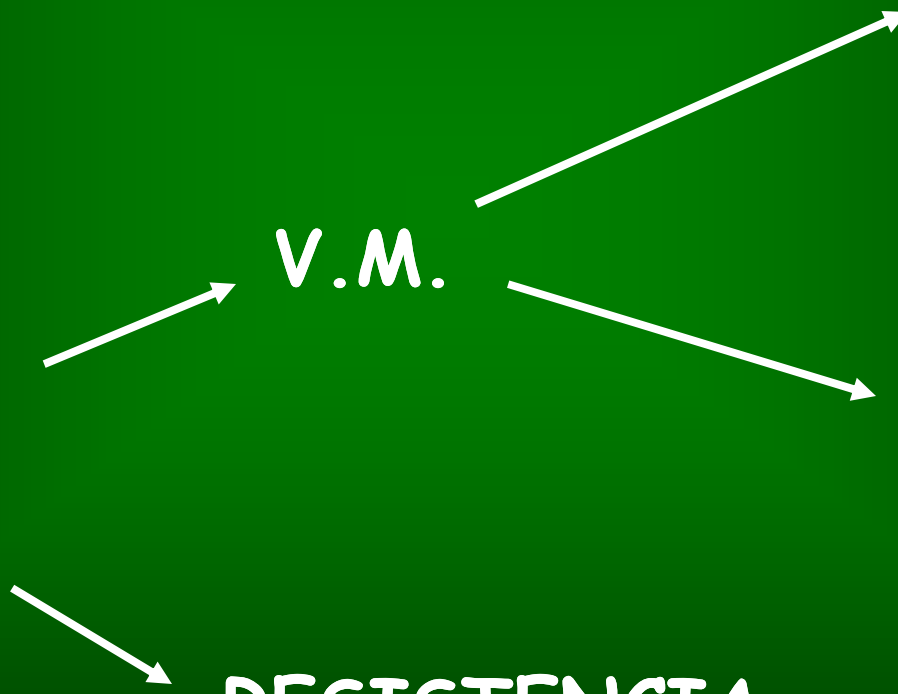
TENSION
ARTERIAL

V.M.

DESCARGA
SISTOLICA

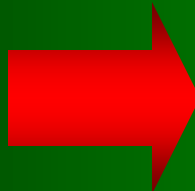
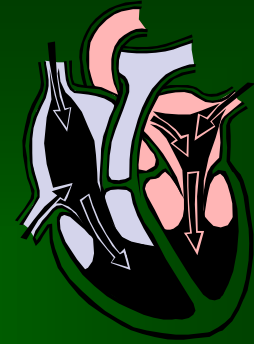
FRECUENCIA
CARDIACA

RESISTENCIA
PERIFERICA



CORAZON Y DEPORTES

REGULACION DE LA PRESION ARTERIAL



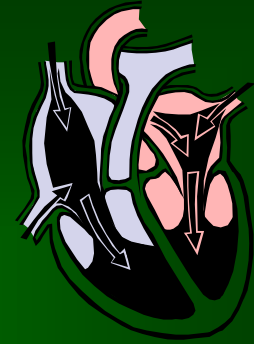
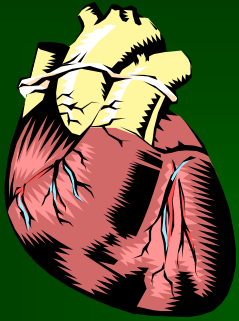
Mx: 140 mm Hg.

Mn: 80 mm Hg.

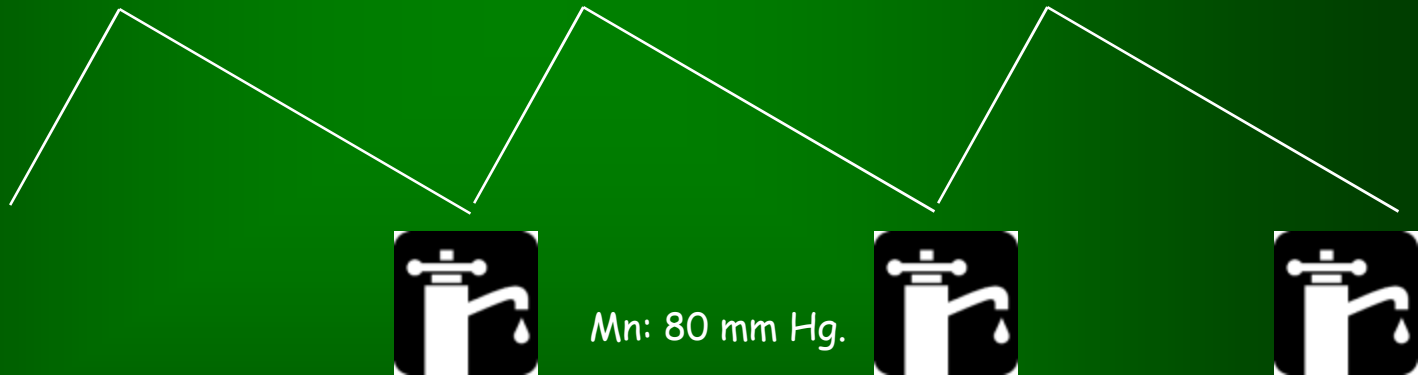
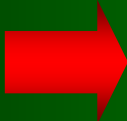


CORAZON Y DEPORTES

REGULACION DE LA PRESION ARTERIAL

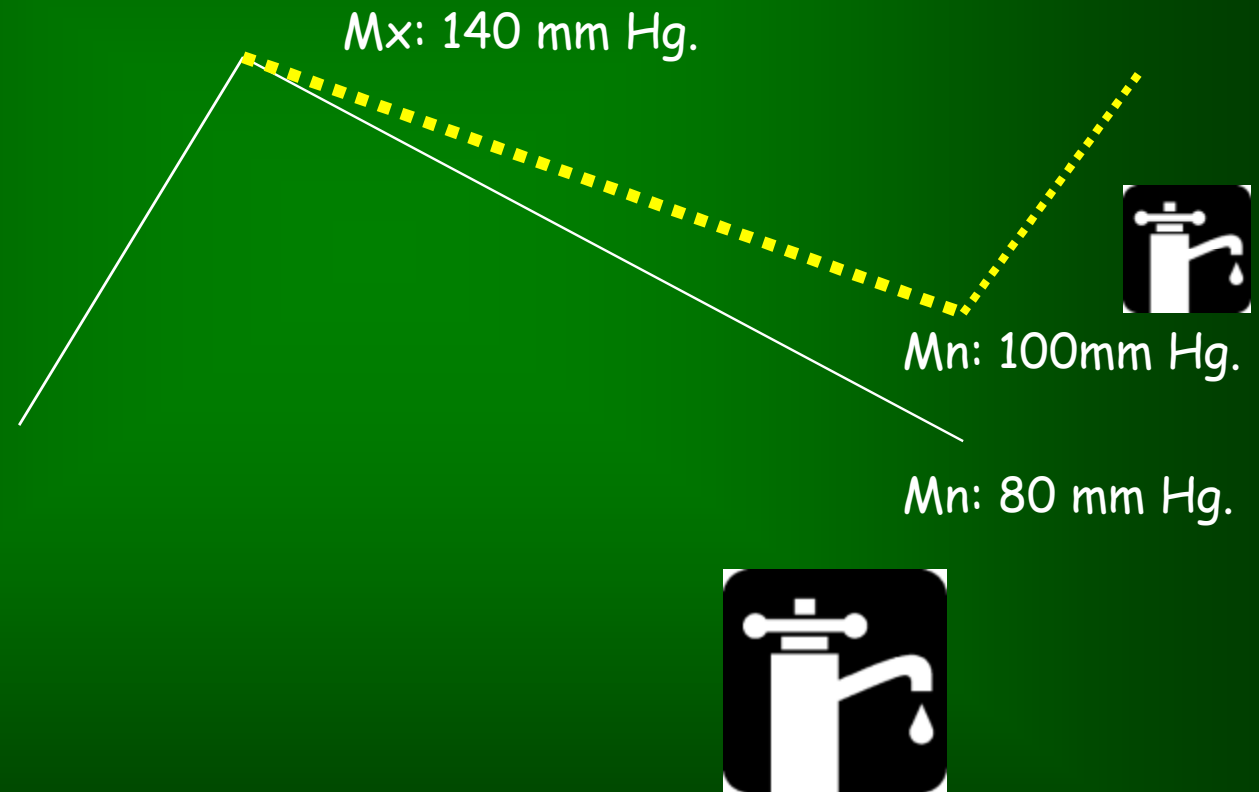
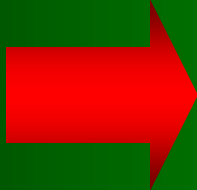
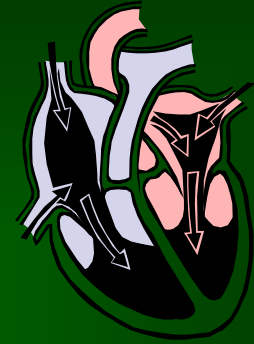
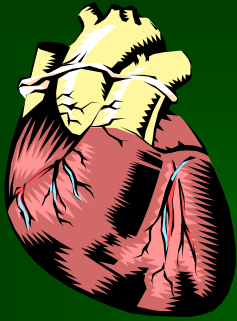


Mx: 140 mm Hg.



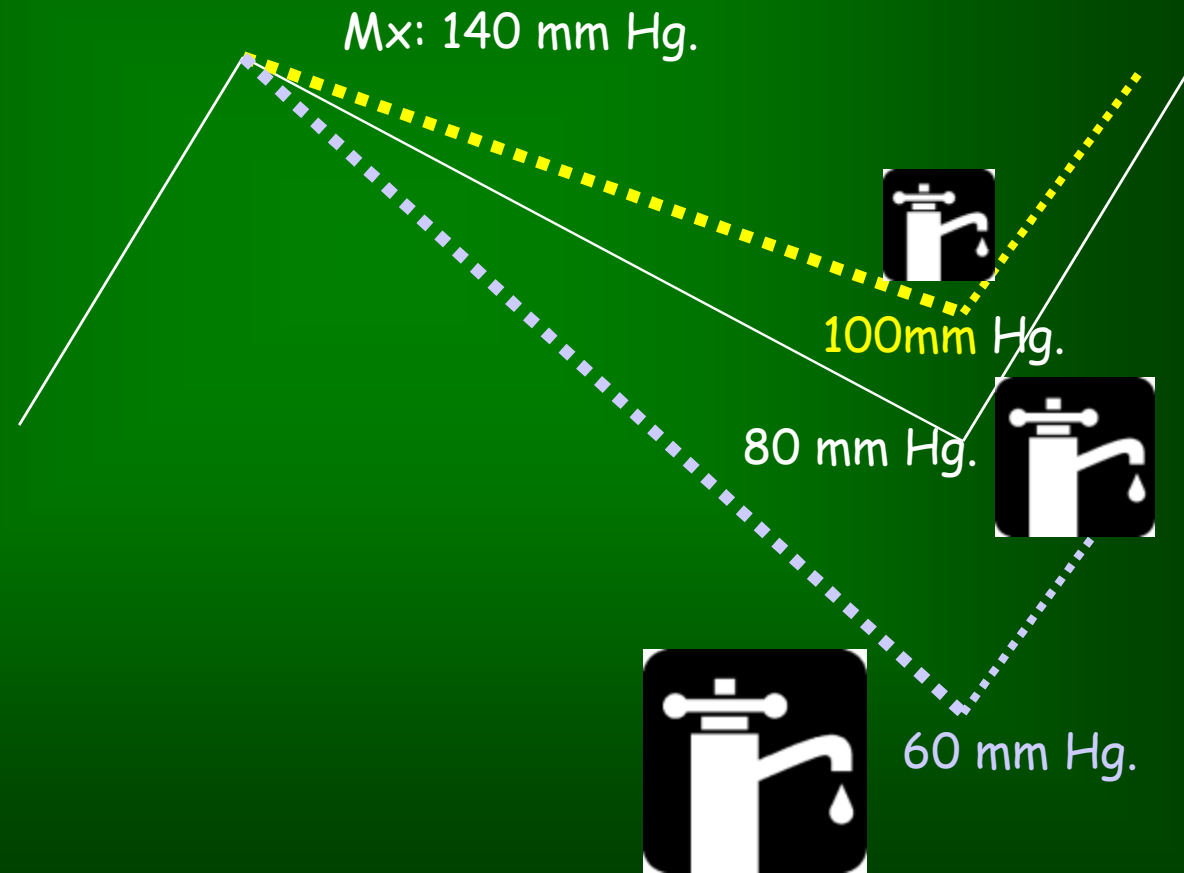
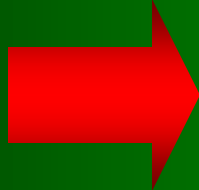
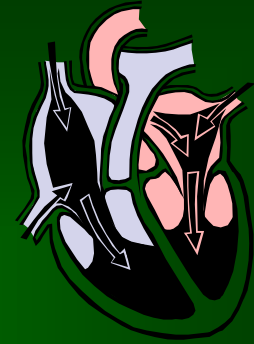
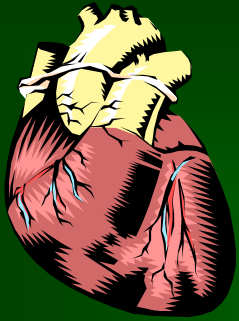
CORAZON Y DEPORTES

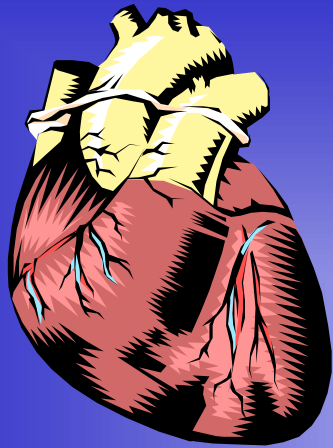
REGULACION DE LA PRESION ARTERIAL



CORAZON Y DEPORTES

REGULACION DE LA PRESION ARTERIAL

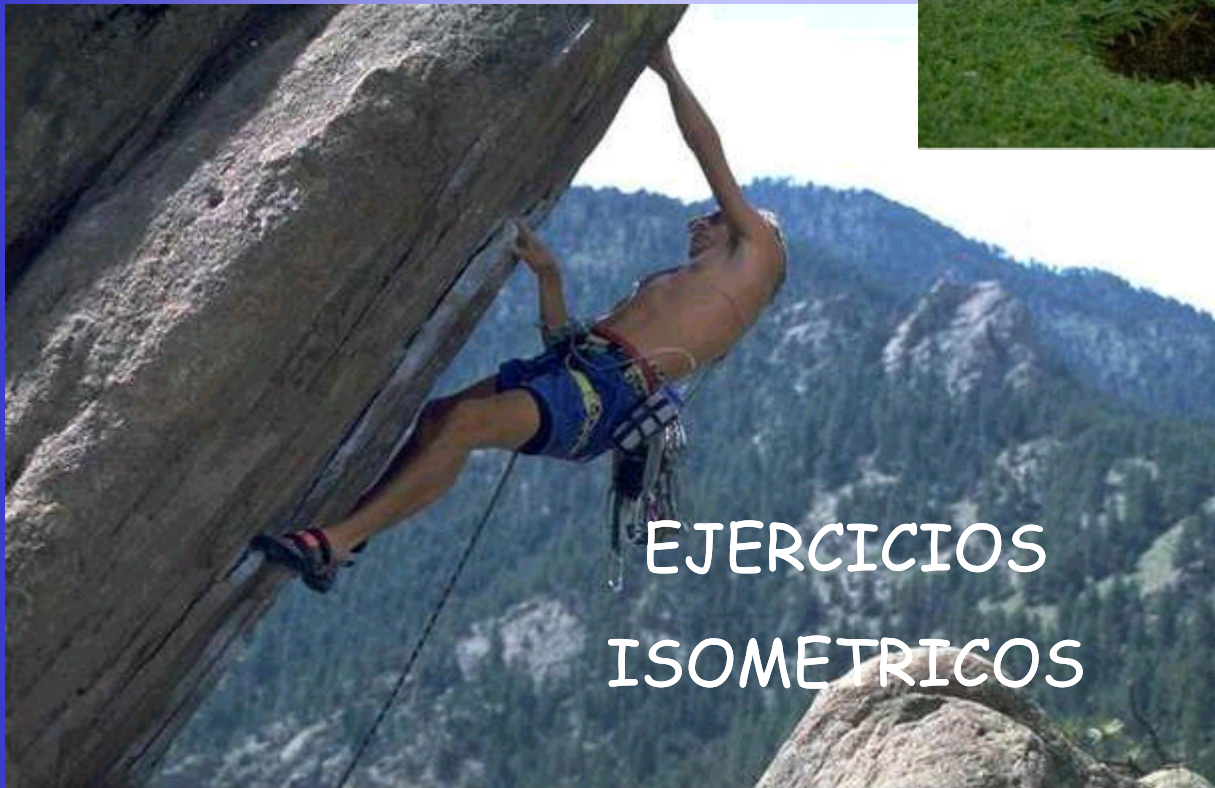




CORAZON Y DEPORTES

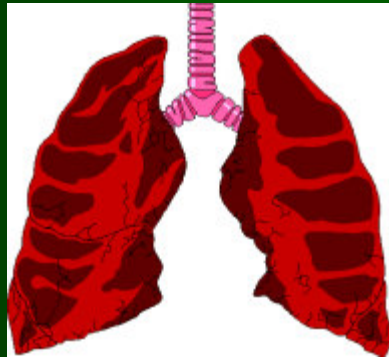


EJERCICIOS
ISOTONICOS

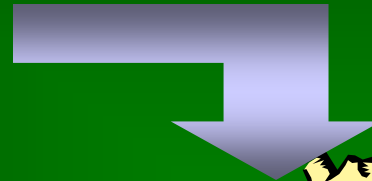
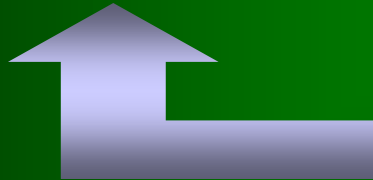


EJERCICIOS
ISOMETRICOS

REGULACION CARDIOVASCULAR DURANTE EL ESFUERZO



PULMON
PRESION
INTRATORACICA

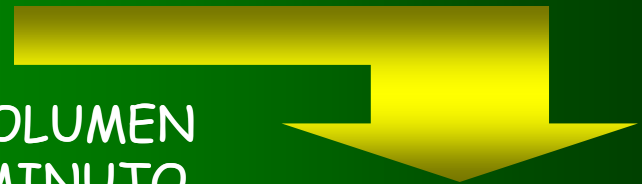


FUERZA DE CONTRACCION
(FRANK STARLING)

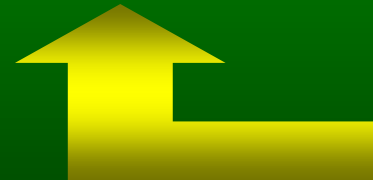


CORAZON

VOLUMEN
MINUTO



MUSCULOS



RETORNO VENOSO



CORAZON Y DEPORTES



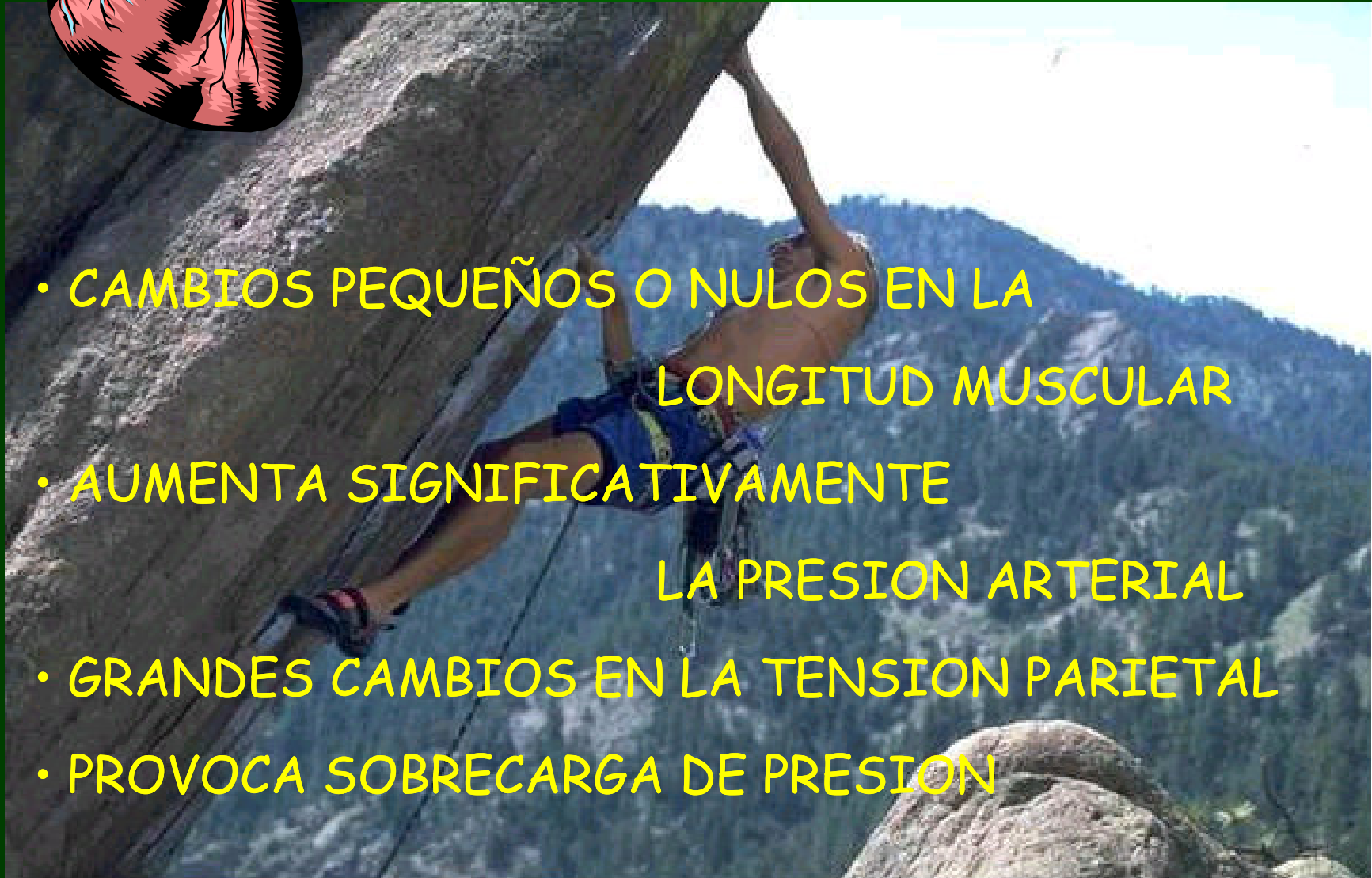
EJERCICIOS
ISOMETRICOS

CORAZON Y DEPORTES

EJERCICIO ISOMETRICO: ESTATICO



- CAMBIOS PEQUEÑOS O NULOS EN LA LONGITUD MUSCULAR
- AUMENTA SIGNIFICATIVAMENTE LA PRESION ARTERIAL
- GRANDES CAMBIOS EN LA TENSION PARIETAL
- PROVOCA SOBRECARGA DE PRESION

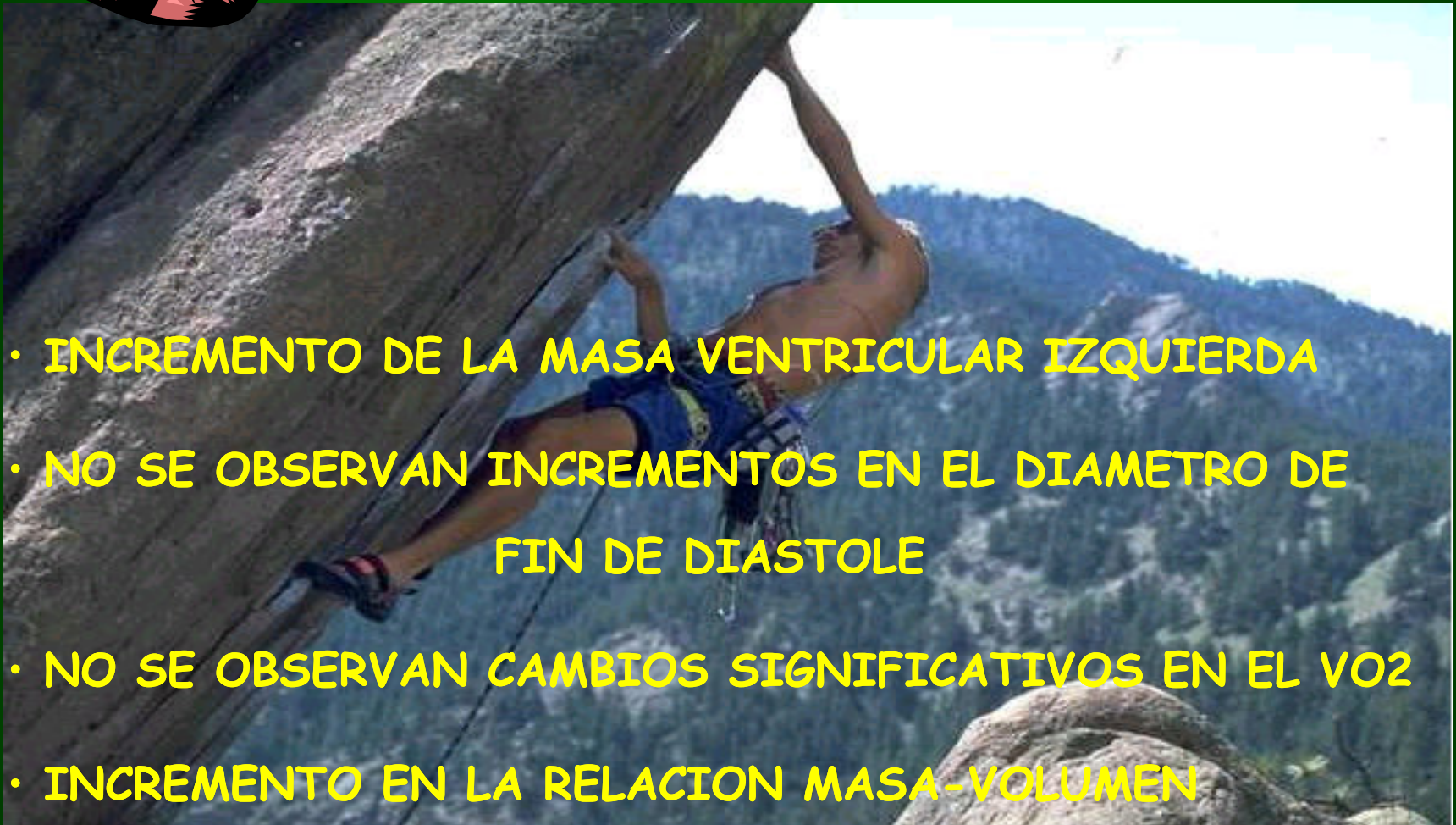




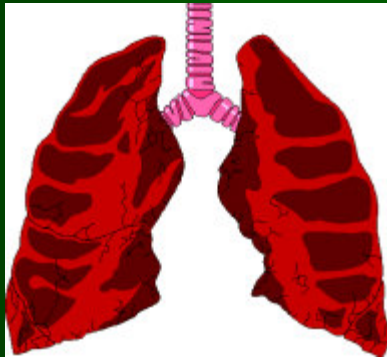
CORAZON Y DEPORTES

ADAPTACION AL ESFUERZO ISOMETRICO

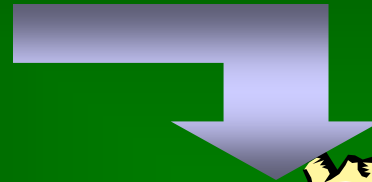
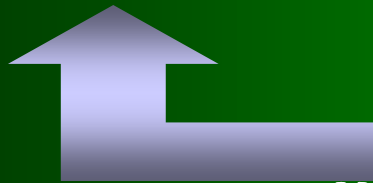
- INCREMENTO DE LA MASA VENTRICULAR IZQUIERDA
- NO SE OBSERVAN INCREMENTOS EN EL DIAMETRO DE FIN DE DIASTOLE
- NO SE OBSERVAN CAMBIOS SIGNIFICATIVOS EN EL VO₂
- INCREMENTO EN LA RELACION MASA-VOLUMEN



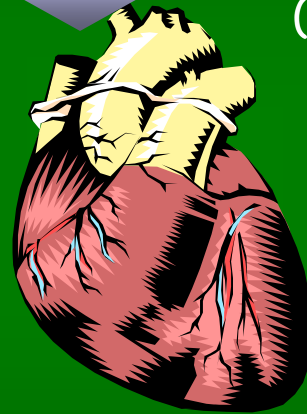
REGULACION CARDIOVASCULAR DURANTE EL ESFUERZO ISOMETRICO



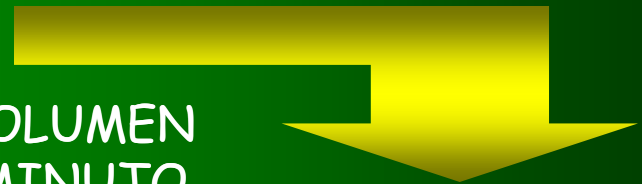
PULMON
PRESION
INTRATORACICA



FUERZA DE CONTRACCION
(FRANK STARLING)



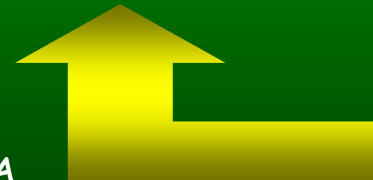
CORAZON



VOLUMEN
MINUTO

MUSCULOS

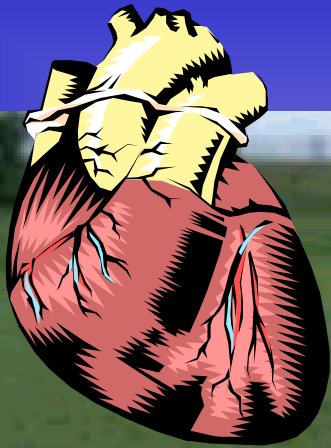
BRUSCO AUMENTO DE
TENSION ARTERIAL
FRECUENCIA CARDIACA
CONTRACTIBILIDAD
VOLUMEN MINUTO



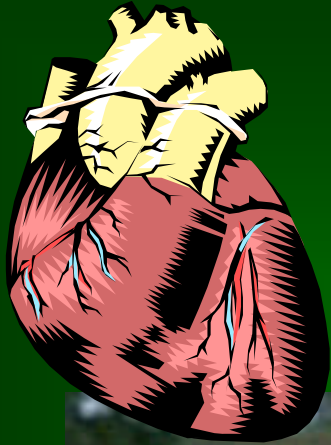
RETORNO VENOSO
CASI NO SE MODIFICA



CORAZON Y DEPORTES



EJERCICIOS
ISOTONICOS



CORAZON Y DEPORTES

EJERCICIO ISOTONICO: DINAMICO

CAMBIOS EN LA LONGITUD MUSCULAR

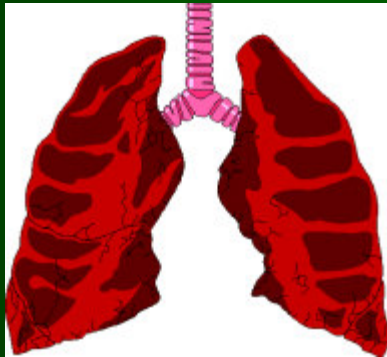
PEQUEÑOS CAMBIOS EN LA TENSION

INCREMENTO DEL RETORNO VENOSO

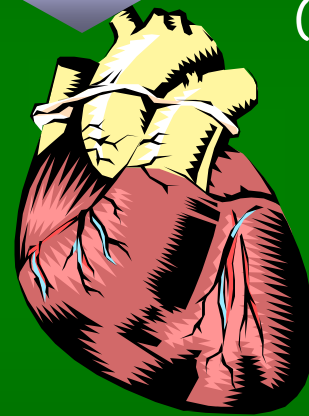
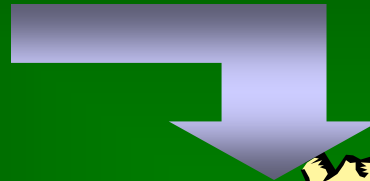
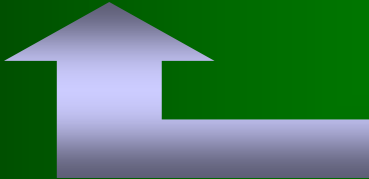
SOBRECARGA DE VOLUMEN CARDIOVASCUAR



REGULACION CARDIOVASCULAR DURANTE EL ESFUERZO



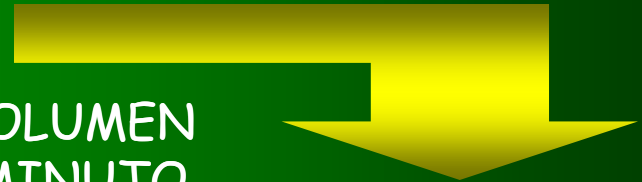
PULMON
PRESION
INTRATORACICA



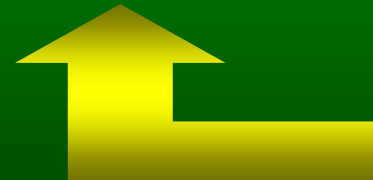
CORAZON

FUERZA DE CONTRACCION
(FRANK STARLING)

VOLUMEN
MINUTO
AUMENTA



MUSCULOS



RETORNO VENOSO
AUMENTA

