

Comment on “Kinematics and Electromyographic Analysis of Elbow Flexion During Inertial Exercise” by Tracy et al.

As a long-standing member of the NATA, I have witnessed the evolution of the layout and content of our journal into the respected and important communication tool that it now represents to the health care fields.

I was especially interested in and pleased to see the inclusion of the article by Tracy et al: “Kinematic and Electromyographic Analysis of Elbow Flexion During Inertial Exercise” in the September issue (*JAT*, 1995;30: 254–258). Both Mr. Tracy and Mr. Obuchi were graduate students of mine at Georgia State University and my interest and clinical experiences with inertial exercise were discussed with them during their program. So, it was with personal investment that I read the

article and, in turn, my works were liberally cited in the study.

Consequently, it concerns me that the article abstract states that no research on effectiveness of inertial exercise on improving muscle can be cited. Reference 2 represents a study published specifically to examine the effectiveness of inertial training, also using elbow flexion motions. The conclusions of Reference 2 clearly demonstrate effectiveness of muscle torque training based on statistical sampling and referred approval by the *Index Medicus* journal, *Journal of Orthopaedic and Sports Physical Therapy*, and I have enclosed a copy of this abstract for your review.

While I applaud the authors for their important study on inertial exercise, I request that the issue question of “effectiveness” be clarified or corrected for the readership as you deem appropriate.

Thank you for your kind attention to this matter.

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Author’s Response

The abstract of our study “Kinematic and Electromyographic Analysis of Elbow Flexion During Inertial Exercise” published in the September issue inadvertently omitted reference to a current study by Albert et al that was cited in the text. This study showed significant increases in muscular torque due to inertial exercise. The omission was an oversight on our part of important research that supports the use of inertial exercise as a muscular training device.

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