**Novel Analog For Muscle Deconditioning**

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**ABSTRACT**

Existing models (such as bed rest) of muscle deconditioning are cumbersome and expensive. We propose a new model utilizing a weighted suit to manipulate strength, power, or endurance function relative to body weight (BW).

Methods: 20 subjects performed 7 occupational astronaut tasks while wearing a suit weighted with 0-120% of BW. Models of the full relationship between muscle function/BW and task completion time were developed using fractional polynomial regression and verified by the addition of pre- and postflight astronaut performance data for the same tasks. Spline regression was used to identify muscle function thresholds below which task performance was impaired.

Results: Thresholds of performance decline were identified for each task. Seated egress & walk (most difficult task) showed thresholds of leg press (LP) isometric peak force/BW of 18 N/kg, LP power/BW of 79 J/kg, isokinetic knee extension (KE)/BW of 6 Nm/kg, and KE torque/BW of 1.9 Nm/kg.

Conclusions: Laboratory manipulation of relative strength has promise as an appropriate analog for spaceflight-induced loss of muscle function, for predicting occupational task performance and establishing operationally relevant strength thresholds.

**INTRODUCTION AND PURPOSE**

• Lower body muscle strength and power is related to performance of ambulatory tasks of daily living in older adults (1-4).
• Minimal strength / power requirements to perform ambulatory activities of daily living are related to body mass (4).
• Greater body mass requires more strength / power
• Develop and validate a methodology for evaluation leg strength / power requirements of occupational astronaut tasks.

**METHODS**

• Subjects were tested for leg press (LP) maximal isometric force (MIF), power and work (21 reps at 40% MIF) as well as knee extension MIF and isokinetic peak torque at 60 deg/sec.

• Subjects performed a series of occupational tasks including seated egress & walk, ladder climb, rock translation, hatch opening, recover y from fall, and construction board.

• Tasks were performed wearing a weighted garment loaded with 0, 20, 40, 60, 80, 100 or 120% of body weight distributed over the body according to limb weight segments to minimize changes in the center of gravity.

**RESULTS**

Weighted suit used to manipulate strength or power/body weight ratio

Spline (red line) and fractional polynomial models, with 95% confidence intervals (black curve with gray shading) predicting time to completion from the seat egress and walk task from leg press power/body weight ratio. Models were estimated from weighted suit experimental subjects (open circles), with the spline model extended throughout the range of astronaut pre-flight (open triangles) and post-flight observations (filled triangles).

**STATISTICAL MODELING**

**Spline Regression**

• Extension of OLS regression that estimates the relationship between outcome and predictor as a piecewise linear function composed of two or more linear segments.
• Used to model a single-knot/two-slope linear association between all strength/body weight predictors and the time to completion for each task.
• Modeled a two-slope association, where the intersection of the two segments (knot) represents the threshold where the association between strength/body and performance changes. Separate models were estimated varying the knot location by percentile increments throughout the range of X including a no-spline (linear) model. The model of best-fit was chosen based on the highest multiple R2 coefficient of determination.

**Fractional Polynomial Regression**

• Generalization of polynomial regression that allows fractional powers and/or powers of the natural log of X in the estimation of a curvilinear relationship.
• Used to estimate the full curvilinear association between individual strength/body weight predictors and time to completion.
• Consistent with our threshold-hypothesis we restricted our models to include, at most, three terms including the Y-intercept.

**REFERENCES**