



Inactivity: Physiological Effects

Harold Sandler

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Inactivity: Physiological Effects describes the physiological deconditioning inherent in inactivity and immobilization. This book is organized into eight chapters that review the body of information from studies on healthy volunteers conducted in direct support of the space program.

Considerable chapters are devoted to the changes occurring in the cardiovascular system, bone and muscle, metabolism and endocrine responses, psychosocial responses, and exercise tolerance. Other chapters discuss the clinical effects and clinical management of deterioration while indicating the changes that have been found in health, normal bed rested subjects. The remaining chapters explore the data on crews that have flown in space since their physiological responses are qualitatively similar to those observed in bed rested subjects or immobilized patients on earth.

Clinicians, nursing staff, physiologists, researchers, and students in the field will find this book invaluable.

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