

CHAPTER 7: CONCLUSIONS

Although the author established normative data for young, healthy South African (SA) men between the ages of 17 years and 24 years, the opportunities for future research in the South African population are huge. For instance, very little normative data is available regarding the torque values of SA women. The absence of normative data for SA women is very pertinent in joints like the elbow, forearm, ankle, and shoulder. Furthermore, the hip joint's movements have not been extensively researched, in both SA and elsewhere. The absence of normative studies on the hip joint provides an ideal opportunity for future research to be done.

Other areas that may be investigated in the future includes sport-specific normative values, as well as normative values for older population groups, for instance, middle-aged subjects or the elderly. Very little information also exists regarding normative isokinetic values for SA children.

Other opportunities for future research include the analysis of muscle function by means of three-dimensional mapping (**Isomap**). This method was developed by Biodex and could prove a valuable new tool for studying isokinetic muscle function. In short, it involves plotting muscle length (ROM), torque, and velocity on three

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different axes in order to construct “**topographic surfaces**” (Brown, 2000; Davies *et al.*, 2000).

The author is of the opinion that the present study may provide much needed normative isokinetic values for young SA males. It is hoped that other SA researchers may help to take the process of establishing normative isokinetic values, for the SA population, further.

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