

Sacramento Sports Medicine Center - Endurance Lab

00:00:02:07 - 00:00:22:08

Dr. Jason Brayley

We're really excited to offer endurance lab services here at the Kaiser Permanente Sports Medicine Center in downtown Sacramento. Our goals here are to use your time more effectively by training and targets that are specific for your goals. Our testing will allow any athlete that's engaging in an endurance event to really tailor their training more specifically.

00:00:22:10 - 00:00:38:12

Dr. Susan Joy

This is not testing. That's just for people that are on the sort of elite end of the fitness spectrum. This is testing that can really be useful for anybody because it gives you metrics as to where you are, how your body is using the things it needs to use to turn into energy, and how you might be able to change your training to make that more efficient over time.

00:00:38:14 - 00:01:01:21

Dr. Jason Brayley

We're excited to work with Julie Young, who has really excellent experience in all of these fields and really knows how to apply this information. We're really excited to have the VO2 and lactate threshold testing. Obviously we know these worked really well for elite athletes, but we think those numbers are also very beneficial for people that are getting ready for half marathons, 10K endurance runners with a 50K event with our basal metabolic rate testing.

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Dr. Jason Brayley

This is really helpful for a patient to understand how many calories they're burning at baseline, how many calories they may be burning with additional components of exercise, and how that factors into their goals overall. We're also very excited to offer video game and bike fit analysis again to provide really specific information as we try to fine tune the technique for runners and the best position on the bike to draw the most power to get the best out of your event.

00:01:29:00 - 00:01:49:19

Dr. Susan Joy

What this testing allows us to do is integrate our sports consultant with our medical teams and it also then integrates the results back within our system. So that you can make any adjustments in your training, medications or anything else that might be affecting what you're getting out of your exercise program. People often ask what the goal of this type of testing is and that honestly depends on your own personal goals.

00:01:50:01 - 00:02:09:15

Dr. Susan Joy

If your goal is to make the most efficient use of the 20 minutes four times a week, you can squeeze in exercise. This can help you get those measurements. If it's something where you're training at such an elite level and you need a tiny percentage point of improvement, it can also help potentially find ways to do that. It's by no means anything that we have to reserve for just the most elite athletes with the most experience.

00:02:09:15 - 00:02:14:19

Dr. Susan Joy

And for anybody who wants to get better at what they're doing or even make more efficient use of the time, they do have to exercise.