ABSTRACT

Flywheel training is a relatively new method used to train the human body with continuous resistance and eccentric overload. The performed exercises result in improvements of strength and power, hypertrophy, muscle activation, muscle length, and tendon stiffness. Other positive effects of flywheel training are athletically relevant improvements in things such as speed, jump height and change of direction. The positive results can be explained by the eccentric and power characteristics of the training, making flywheel training ideal for use in musculoskeletal rehabilitation. Flywheel training can be used for injury prevention, training after a period of unloading, tendon and muscle rehabilitation, as part of post-operative rehabilitation, during late stage sport specific rehabilitation as well as for fall prevention and treatment of sarcopenia among elderly. The purpose of this commentary is to inform physical therapists about the use of flywheel training in musculoskeletal rehabilitation.

**Keywords:** eccentric overload, flywheel training, power training, rehabilitation, tendinosis, movement system

**Level of evidence:** 5