

Call For Participants



Using MRI to explore why we can experience muscle weakness after exercise

18 hour(s) to complete

£75 Amazon voucher

Experiment

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Unaccustomed eccentric exercise can result in the development of muscle soreness and a loss of muscle strength and power in the days following exercise. The cause of these negative effects remains poorly understood. This study aims to use novel sodium-MRI scanning to investigate differences that occur in the amount of sodium which is inside and outside of muscle cells (and their relationship to the loss and recovery of muscle power) the days following an eccentric exercise training session.

Find out more online

Poster printed on 24/04/2025

More info

by scanning the QR code
or visiting the URL

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