

Vedecké publikácie

Effects of Leg-Press Training With Moderate Vibration on Muscle Strength, Pain, and Function After Total Knee Arthroplasty: A Randomized Controlled Trial

<https://www.ncbi.nlm.nih.gov/pubmed/26763947>

Lifelong Physical Exercise Delays Age-Associated Skeletal Muscle Decline

<http://biomedgerontology.oxfordjournals.org/content/early/2014/02/17/gerona.glu006.full>

Physical Exercise in Aging: Nine Weeks of Leg Press or Electrical Stimulation Training in 70 Years Old Sedentary Elderly People

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4748981/>

Electrical stimulation counteracts muscle decline in seniors

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4109438/>

Long-Term High-Level Exercise Promotes Muscle Reinnervation With Age

<http://jnen.oxfordjournals.org/content/73/4/284.long>

Reinnervation of Vastus lateralis is increased significantly in seniors (70-years old) with a lifelong history of high-level exercise

https://www.researchgate.net/publication/307666501_Reinnervation_of_Vastus_lateralis_is_increased_significantly_in_seniors_70-years_old_with_a_lifelong_history_of_high-level_exercise

Electrical stimulation counteracts muscle atrophy associated with aging in humans

<http://www.pagepressjournals.org/index.php/bam/article/view/bam.2013.3.105/1277>

Strength training in elderly people improves static balance: a randomized controlled trial

<http://pagepressjournals.org/index.php/bam/article/view/bam.2013.3.85/1274>

Reliability of novel postural sway task test

<http://www.pagepressjournals.org/index.php/bam/article/view/bam.2013.3.81/1273>