عنوان فارسی مقاله:
بیومارکرهای خستگی عضلانی محیطی در طول ورزش کردن

عنوان انگلیسی مقاله:
Biomarkers of peripheral muscle fatigue during exercise

توجه!
این فایل تنها قسمتی از ترجمه می‌باشد. برای تهیه مقاله ترجمه شده کامل با فرمت ورد (قابل ویرایش) همراه با نسخه انگلیسی مقاله، اینجا کلیک نمایید.
Conclusions

Biomarkers are reliable tools for measuring and monitoring muscle fatigue, but the parameters that are the most applicable for this purpose are still being debated. Reasons for the unsatisfactory situation are that validity and reliability, but also proven effectiveness in assessing muscle fatigue, are strongly dependent on the wide range of settings (at rest in the clinic, before during or after exercise in the laboratory) and on the range of population groups (elite athletes, moderately active individuals, sedentary individuals). Other reasons are the still poorly understood physiological changes that skeletal muscle undergoes during fatigue and the huge number of candidates for biomarkers of muscle fatigue, which have either been barely investigated or do not fulfill the criteria of a biomarker. Furthermore, the causal relationship between the biomarkers described and fatigue still needs to be proven, although some correlate substantially with the loss of muscle function. Different assay methods for the discussed biomarkers may also have an impact on their reliability. So far, the most frequently investigated and most widely applied biomarkers of muscle fatigue are serum lactate and IL-6. Additionally, ammonia, leukocytes and oxidative stress parameters are gaining increasing attention. Biomarkers of muscle fatigue could be a prognostic tool for identifying subjects at increased risk of strength decline, but it is unknown whether the intervention lowering of biomarkers can prevent or alleviate muscle strength loss during exercise.

توجه!

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براي جستجوي جديدترین مقالات ترجمه شده، اينجا كليك نمايد.