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Muscle plasticity of aged subjects in response to electrical stimulation training and inversion and/or limitation of the sarcopenic process

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Highlights

- Sarcopenia would be limited and/or reversed through NMES training using excito-motor currents (or direct current).
- NMES helps struggle against muscle atrophy and alterations
- NMES enables the improvement of motor output (i.e. muscle strength), gait, balance and ADL
- NMES improves life conditions of frail and/or aged subjects whose mobility is limited because of muscle alterations related to age advancing.
- NMES could be seen as a clinically applicable training technique, safe and efficient among aged subjects and could be used more often as part of prevention of sarcopenia