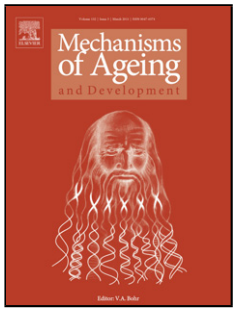

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NEURAL AND MUSCULOTENDINOUS MECHANISMS UNDERPINNING AGE-RELATED FORCE REDUCTIONS

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Highlights

- This study describes the main mechanisms age-related force reductions
- The nervous system, muscles and tendons are negatively affected by ageing resulting in lower force capacity
- Physical exercise can be used to counteract or delay age-related neuromusculoskeletal adaptations

Abstract

Ageing leads to substantial force production capacity reductions, which is an indicator of frailty and disability, and a mortality predictor in elders. Understanding the age-dependent neuromuscular mechanisms underlying force reductions can optimize healthcare professionals' exercise protocol choices for patients and allows researchers to investigate new interventions to mitigate these reductions. Our primary goal was to