

RECOVERY ROUND: SLANCIO ALLA RIPRESA

MONICA TORRIANI

Consulente scientifica

RIFERIMENTI BIBLIOGRAFICI

- 1) P.S.Harty *et al.* Nutritional and Supplementation Strategies to Prevent and Attenuate Exercise-Induced Muscle Damage: a Brief Review. *Sports Medicine Open* (2019)
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6323061/>
- 2) J.M.Peake *et al.* Exercise-Induced Muscle Damage, Plasma Cytokines, and Markers of Neutrophil Activation. *Medicine & Science in Sports & Exercise*. (2005)
https://journals.lww.com/acsm-msse/Fulltext/2005/05000/Exercise_Induced_Muscle_Damage_Plasma_Cytokines.6.aspx
- 3) P.M. Clarkson *et al.* Etiology of exercise-induced muscle damage. *Canadian Journal of Applied Physiology*. (1999) <https://pubmed.ncbi.nlm.nih.gov/10364418/>
- 4) Jooyoung K. A review of nutritional intervention on delayed onset muscle soreness. *Journal of Exercise Rehabilitation*. (2014) [https://www.e-
jer.org/journal/view.php?year=2014&vol=10&page=349](https://www.e-jer.org/journal/view.php?year=2014&vol=10&page=349)
- 5) D.J.Owens *et al.* Exercise-induced muscle damage: What is it, what causes it and what are the nutritional solutions? *European Journal of Sport Science*. (2019)
<https://www.tandfonline.com/doi/abs/10.1080/17461391.2018.1505957?journalCode=tejs20>
- 6) G. Howatson *et al.* The Prevention and Treatment of Exercise-Induced Muscle Damage. *Sports Medicine*. (2008) <https://link.springer.com/article/10.2165/00007256-200838060-00004>
- 7) R.J. Bloomer. The Role of Nutritional Supplements in the Prevention and Treatment of Resistance Exercise-Induced Skeletal Muscle Injury. *Sports Medicine*. (2007)
<https://link.springer.com/article/10.2165/00007256-200737060-00005>
- 8) A.L.Matias Correia *et al.* Pre-exercise β -hydroxy- β -methylbutyrate free-acid supplementation improves work capacity recovery: a randomized, double-blinded, placebo-controlled study. *Applied Physiology, Nutrition and Metabolism*. (2018)
<https://cdnsiencepub.com/doi/abs/10.1139/apnm-2017-0867>
- 9) E. Jowko *et al.* Green tea extract supplementation gives protection against exercise-induced oxidative damage in healthy men. *Nutrition Research*. (2011)
<https://www.sciencedirect.com/science/article/abs/pii/S0271531711001916?via%3Dihub>
- 10) E. Jowko *et al.* The effect of green tea extract supplementation on exercise-induced oxidative stress parameters in male sprinters. *European Journal of Nutrition*. (2015)
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4500852/>

- 11) E. Ochi *et al.* Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA) in Muscle Damage and Function. *Nutrients*. (2018)
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5986432/>
- 12) T.W. Beck *et al.* Effects of a protease supplement on eccentric exercise-induced markers of delayed-onset muscle soreness and muscle damage. *Journal of Strength and Conditioning Research*. (2007)
<https://www.proquest.com/openview/e569e49da75528ce641856db984e3078/1?pq-origsite=gscholar&cbl=30912>
- 13) S.Muller *et al.* Placebo-controlled randomized clinical trial on the immunomodulating activities of low- and high-dose bromelain after oral administration - new evidence on the antiinflammatory mode of action of bromelain. *Phytotherapy Research*. (2013)
<https://pubmed.ncbi.nlm.nih.gov/22517542/>
- 14) T.W. Buford *et al.* Protease Supplementation Improves Muscle Function after Eccentric Exercise. *Medicine & Science in Sports & Exercise*. (2009) https://journals.lww.com/acsm-msse/Fulltext/2009/10000/Protease_Supplementation_Improves_Muscle_Function.11.aspx
- 15) L. Haley *et al.* Effects of fresh pineapple juice on delayed onset muscle soreness recovery in lower extremity muscles. *Exercise Science*. (2020)
<https://digitalcommons.wku.edu/ijesab/vol8/iss8/3/>
- 16) S.W. Schaffer *et al.* Physiological roles of taurine in heart and muscle. *Journal of Biomedical Science*. (2010) <https://jbiomedsci.biomedcentral.com/articles/10.1186/1423-0127-17-S1-S2>
- 17) L.A. da Silva *et al.* Effects of taurine supplementation following eccentric exercise in young adults. *Applied Physiology, Nutrition and Metabolism*. (2013)
<https://cdnsiencepub.com/doi/10.1139/apnm-2012-0229>
- 18) J.A. Kurtz *et al.* Taurine in sports and exercise. *Journal of International Society of Sports Nutrition*. (2021) <https://jissn.biomedcentral.com/articles/10.1186/s12970-021-00438-0>
- 19) A. Baratloo *et al.* The Role of Caffeine in Pain Management: A Brief Literature Review. *Anesthesiology and Pain Medicine*. (2016)
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5018099/>
- 20) C. Hurley *et al.* The Effect of Caffeine Ingestion on Delayed Onset Muscle Soreness. *Journal of Strength and Conditioning Research*. (2013) https://journals.lww.com/nsca-jscr/Fulltext/2013/11000/The_Effect_of_Caffeine_Ingestion_on_Delayed_Onset.24.aspx