

Call For Participants



How does protein intake affect leg muscles during 3d leg immobilisation?

15 hour(s) to complete

£75

Experiment

79 Heavitree Rd, Exeter EX2 4TH,
UK

University of Exeter

Research has shown that protein ingestion can promote muscle mass gains during a training programme. We want to find out if different amounts of protein in the diet during a period of physical inactivity (that could happen after an injury or during hospitalisation) can reduce skeletal muscle loss during inactivity. We hope to design an optimal diet that people should consume during a short period of inactivity, that will hopefully prevent muscle mass loss during inactivity and speed up recovery.

Find out more online

Poster printed on 05/05/2024 Study expires on 31/03/2019

More info

by scanning the QR code
or visiting the URL

www.cfp.cc/1U5CP3

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