Special Issue

Muscle Hypertrophy and Regeneration: Effect of Exercise

Message from the Guest Editor

Various types of exercise may provide signals to the muscle to hypertrophy in response to loading or become stronger. Three main signals for hypertrophy are tension, damage, and metabolic stress. Mechanical tension appears to be the leading driver of hypertrophy. In response to mechanical loading, muscle damage often accompanies unfamiliar exercises in the early stages of training. Different forms of exercise have the ability to cause muscle damage based on the exercises chosen or various executions of those exercises. This may be relevant for athletes and clinical populations as practitioners should be aware of how to alter functional parameters while inducing or reducing muscle damage as necessary. This has the potential to benefit athletes in sporting performance or help individuals within rehabilitation to return to daily activities. Finding the optimal loading for various populations is of importance to improve the efficiency and efficacy of different training protocols. Studies investigating muscle hypertrophy, hypertrophy training studies, and/or studies investigating muscle damage are invited for this Special Issue.

Guest Editor

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Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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