Selected scientific publications - nHANCE™ driven by YoYo Technology™: More than 25 years research!

“Living systems are worn out by inactivity and developed by use”
Albert Szent-Györgyi, awarded the Nobel Prize Winner for Medicine or Physiology in 1937

- Sports Performance
- Muscle
- Clinical
- Neural
- Concurrent Exercise
- Space


• Chopard A et al. Changes in dysferlin, proteins from dystrophin glycoprotein complex, costameres, and cytoskeleton in human soleus and vastus lateralis muscles after a long-term bedrest with or without exercise. The FASEB Journal express, article10.1096/fj.04-3336fje. Published online July 26, 2005.


• Alkner BA & Tesch PA. Knee extensor and plantar flexor muscle size and function following 90 days of bed rest with or without resistance exercise. Eur J Appl Physiol. 93: 294-305, 2004.


• Carrithers J et al. Skeletal muscle protein content following 5 weeks of unloading with or without resistance exercise countermeasures. J. Grav. Physiol. 9: 155-156, 2002.


For a comprehensive list and update on research and activity “launches” from Karolinska Institutet with partners including nHANCE® driven by YoYo Technology, see “Astronaut Exercise Prescriptions Promoting Health and Fitness on Earth” at www.afit.se.