

Study # 21 Activation of human plantar flexor muscles increases after electromyostimulation training.

Focus: Short-term EMS training strength gain are the consequence of an increase in neural activation (nervous command).
Year / Country: 2002 FRANCE
Authors: Maffiuletti, N.A. / Pensini, M. / Martin, A.
Periodical: J Appl Physiol 92 (4): 1383 -92, 2002

Study # 23 Electrostimulation training effects on the physical performance of ice hockey players.

Year / Country: 2005 FRANCE
Authors: Brocherie, F. / Babault, N. / Cometti, G. / Maffiuletti, N. Chatard, J.C.
Periodical: Med Sci Sports Exerc 37 (3): 455-60, 2005

Study # 25 Electromyostimulation training effects on neural drive and muscle architecture.

Focus: Strength gains after 8 weeks of EMS was : + 27%. Muscular adaptations (hypertrophy) became significant between 4 and 8 weeks of EMS training.
Year / Country: 2005 FRANCE
Authors: Gondin, J. / Guette, M. / Ballay, Y. / Martin, A.
Periodical: Med Sci Sports Exerc 37 (8): 1291-99, 2005