“ECCENTRIC EXERCISE TO PROMOTE IMMEDIATE BENEFICIAL ADAPTATIONS TO MUSCLE”

Professional Research Grants Program: New Investigator Grant Funding: $22,998

CLINICAL TAKE HOME MESSAGE

This work helps to substantiate that mechanically engaging muscle with eccentric exercise is an effective and safe strategy to promote muscle growth.

IMPACT

This work can reassure clinicians that eccentric exercise is safe and efficacious.

PUBLICATIONS


"This grant has been instrumental in getting my translational lab up and running. This type of support from your own peers means everything."

DR. LINDSEY LEPLEY

Since being awarded the NATA Foundation grant in 2016, Dr. Lepley has received:

- 2019-2021 National Institute of Arthritis and Musculoskeletal and Skin Diseases, Loan Repayment Award
- 2020-pres Elected Member of NATA Foundation Research Committee
- 2020-pres Elected Vice President of Athletic Trainers’ Osteoarthritis Consortium
- 2018-2023 NIH Grant. See details to the left
- 2018 National Institute of Health, Early Career Reviewer Program, Participant
- 2017 Training in Grantsmanship for Rehabilitation Research workshop, Participant

Dr. Lindsey Lepley is an Assistant Professor, and the director of the Comparative Orthopaedic Research Lab in the School of Kinesiology at the University of Michigan. She also co-directs the Orthopedic Rehabilitation Biomechanics Lab. Dr. Lepley received her Bachelor in Sciences from Grand Valley State University, and then a Master in Education degree in Sports Medicine from the University of Virginia. In 2014, Lindsey completed her doctoral studies at the University of Michigan and then subsequently completed a postdoctoral fellowship at the University of Kentucky. From 2015-2019, Dr. Lepley held an Assistant Professor Position at the University of Connecticut. In 2019 Dr Lepley transitioned back to the University of Michigan to establish a research environment with strong backing to investigate evidence-based treatment options for those that suffer from ACL injury.