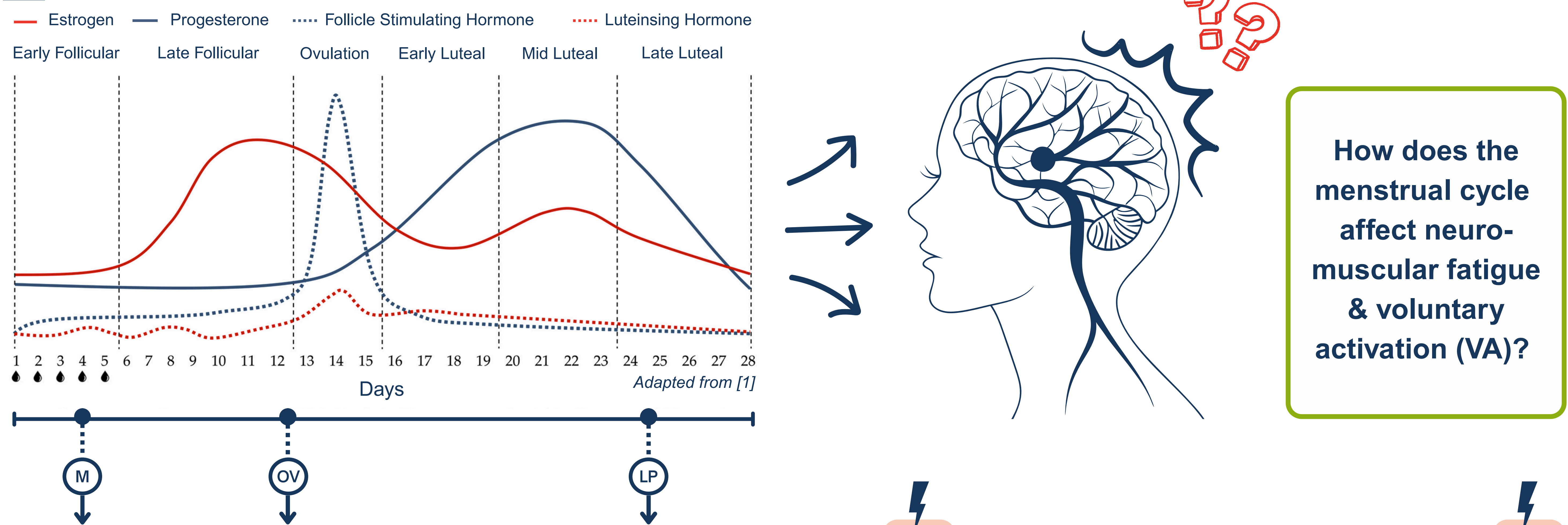


Voluntary activation and neuromuscular fatigue is affected by the menstrual cycle in eumenorrheic women



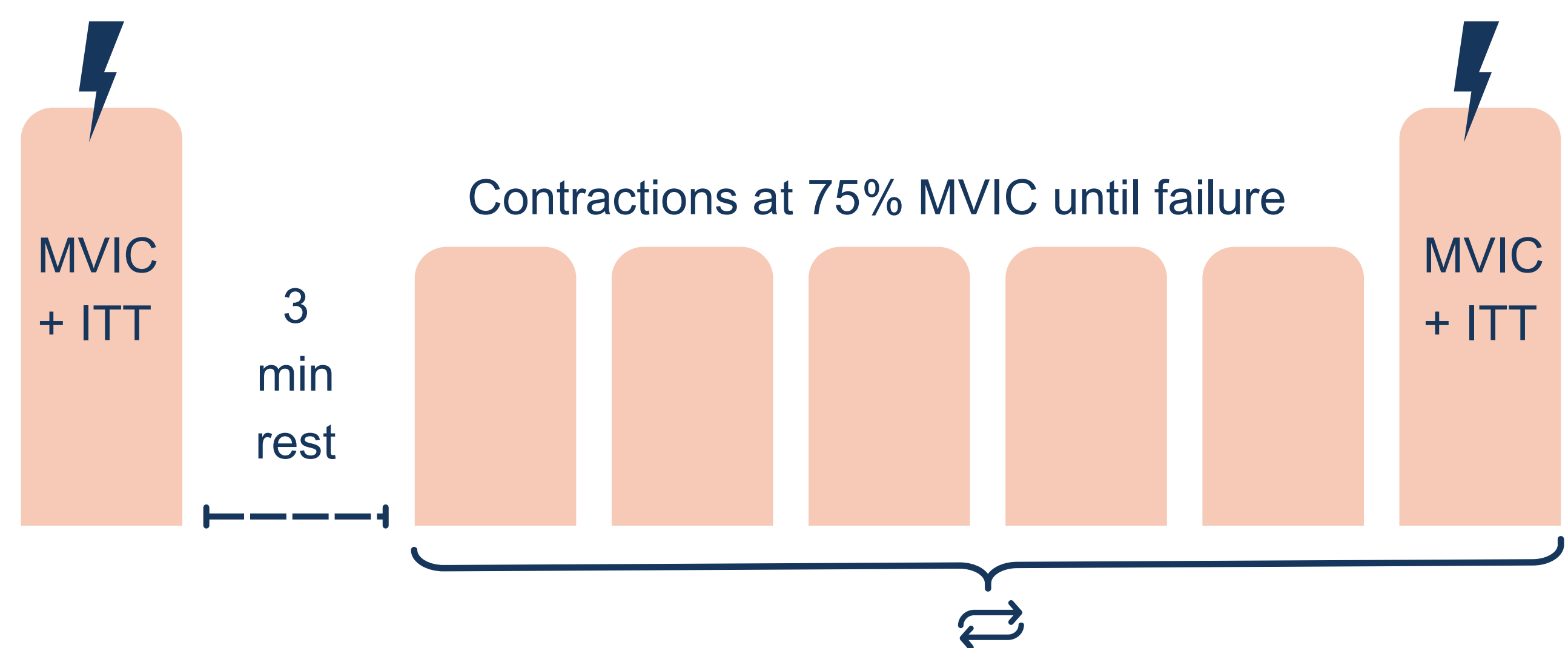
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1 Introduction & Aim



3 Methods & Testing Protocol

- Eumenorrheic women
- Cycle tracking & Ovulationtest
- Knee extension torque
- Bipolar surface EMG
- Peripheral nerve stimulation & Interpolated twitch technique (ITT)



4 Preliminary Results

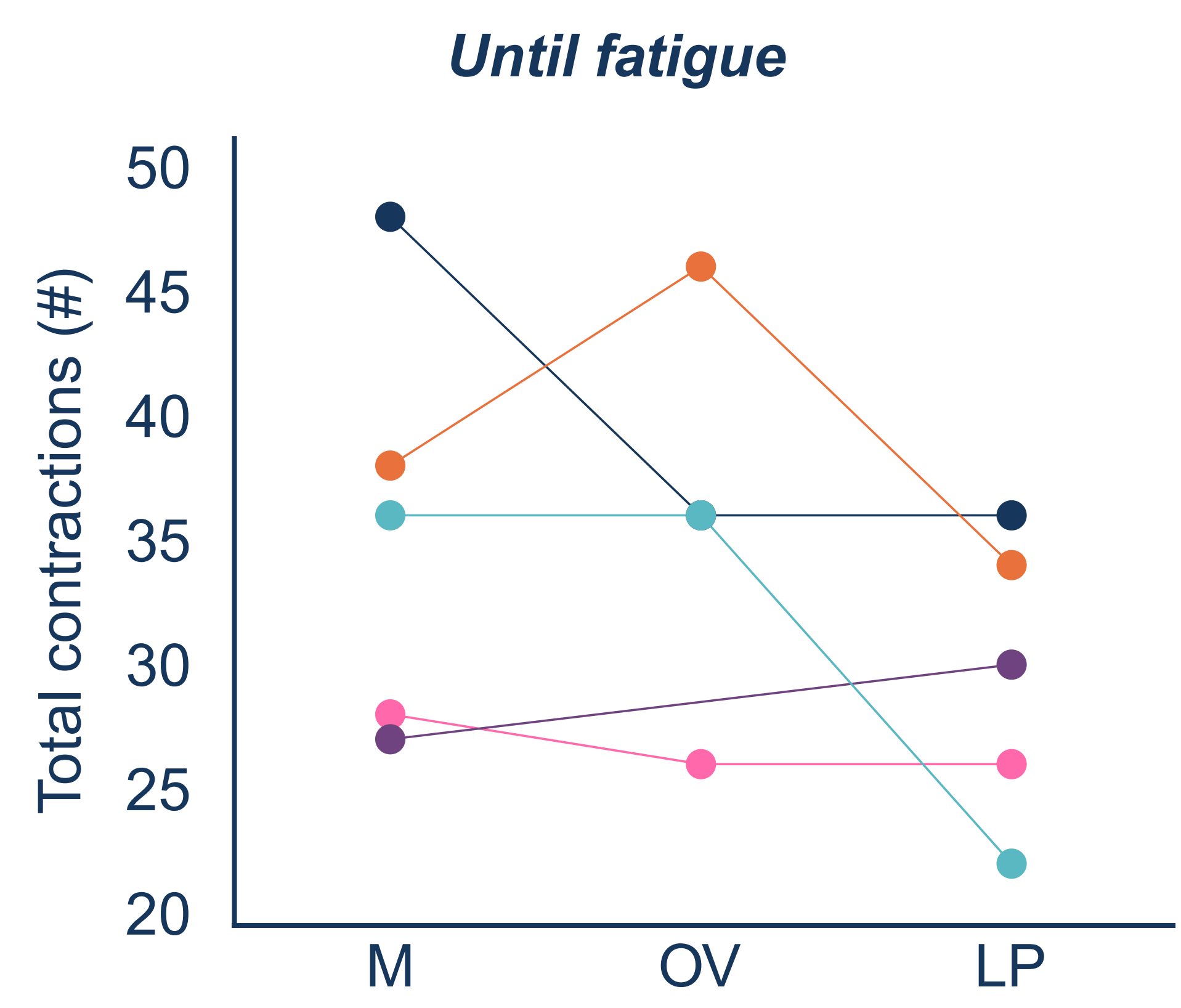
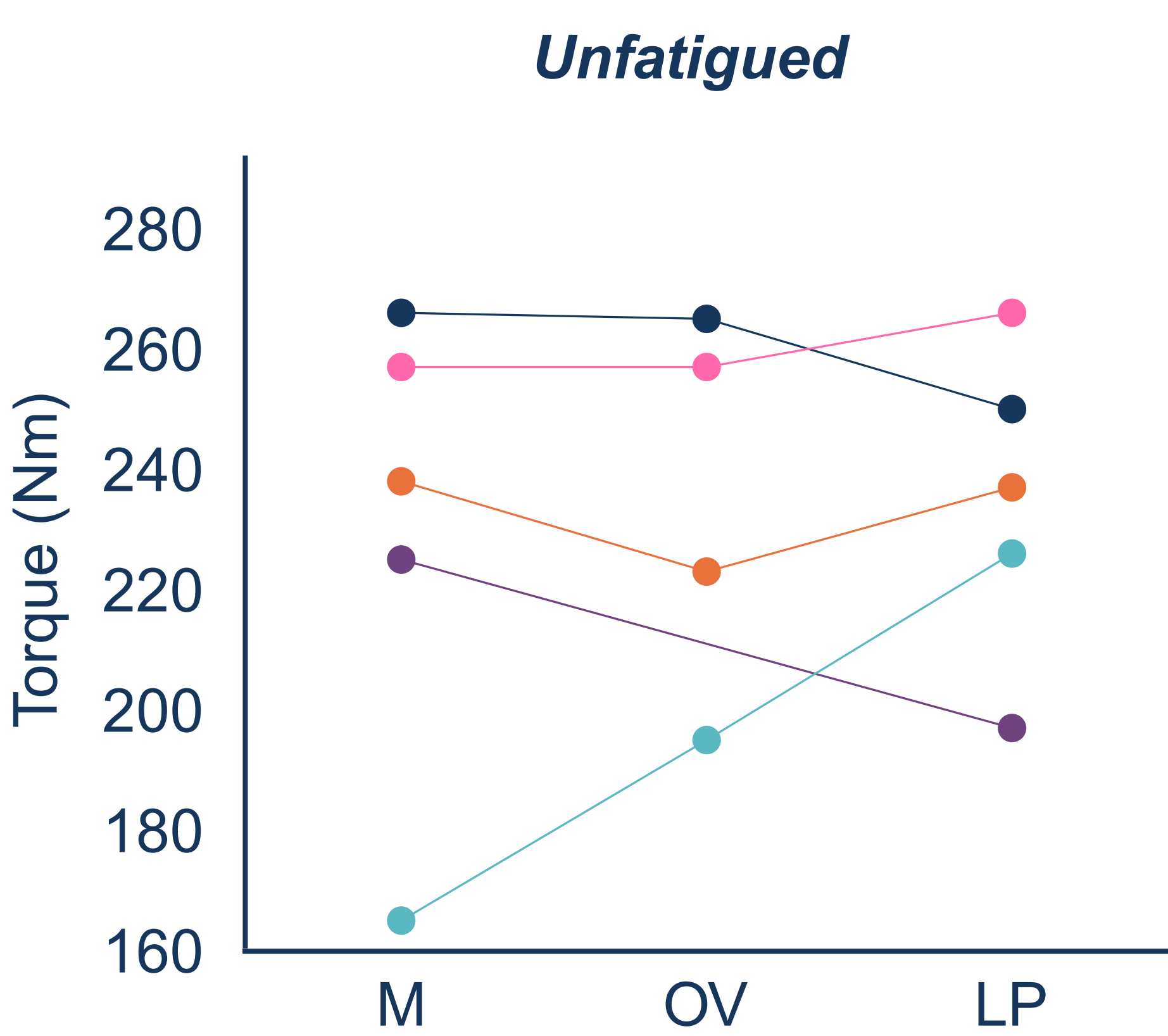
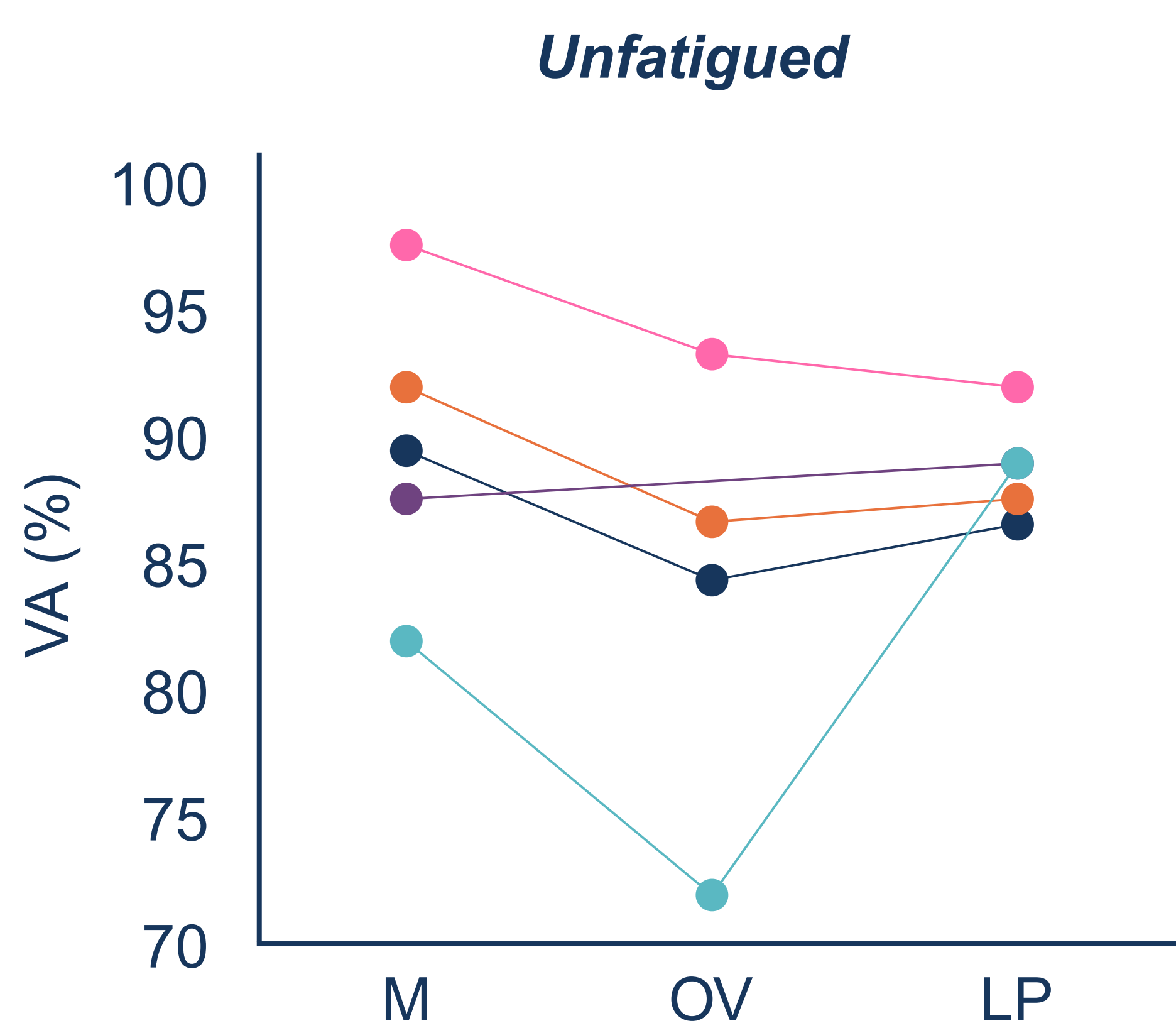


Fig. 1: Individual changes in VA (%) across the menstrual cycle.

Fig. 2: Individual changes in MVIC across the menstrual cycle.

Fig. 3: Individual repetition numbers for the fatiguing task across the menstrual cycle.

5 Summary & Outlook

The menstrual cycle may affect VA (%) and neuromuscular fatigue. As this is an ongoing study, further data collection is necessary to gain detailed and reliable insights.

6 Reference

[1] Carmichael, M.A., Thomson R.L., Moran L.J. & Wycherley T.P. (2021). The Impact of Menstrual Cycle Phase on Athletes' Performance: A Narrative Review. International Journal of environmental research and public health, 18(4).