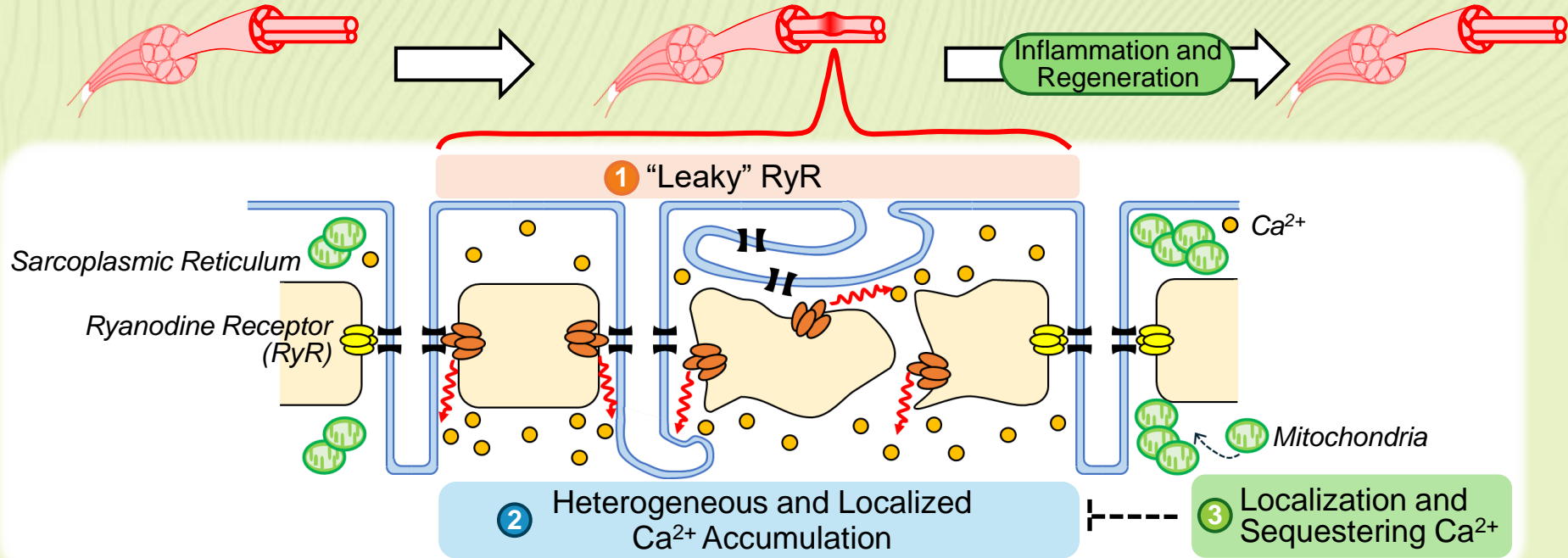


Calcium ion Dynamics in Muscle Damage: Role of Ryanodine Receptor

Eccentric contractions (ECC)

Damage phase (~5 h)

Recovery (~14 days)



Calcium ion (Ca²⁺) dynamics and its regulation in the regional selective muscle damage post-ECC:

- 1 The appearance of "leaky" RyR
- 2 Site-specific heterogeneous Ca²⁺ accumulation
- 3 Mitochondria translocation and accumulation adjacent to the region undergoing damage and sequestering Ca²⁺

Tabuchi, Ayaka; Poole, David C.; Kano, Yutaka. Intracellular Ca²⁺ After Eccentric Muscle Contractions: Key Role for Ryanodine Receptors. *Exercise and Sport Sciences Reviews* 53(1):p 23-30, January 2025. | DOI: 10.1249/JES.0000000000000348.

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