

EXERCISE AND SPORT SCIENCES REVIEWS



ESSR Journal Club

Covered Article: “The Age-Associated Reduction in Propulsive Power Generation in Walking”
by Jason R. Franz. *Exercise and Sport Sciences Reviews*. 44(4), October 2016.

1. How are the hallmark biomechanical features of elderly gait potentially related to changes in walking economy?
2. What evidence suggests a propulsive capacity reserve in elderly adults?
3. Which factors may contribute to the reduction in propulsive power generation in older adults?
4. In what ways might the above factors be interdependent? Can you think of other factors not discussed in the article?
5. How might changes in Achilles tendon mechanics influence propulsive power generation in walking?
6. What recommendations are provided by the author for clinical countermeasures to improve the biomechanics of walking in older adults?
7. What avenues for future research on biomechanical changes in the gait of elderly adults does the article suggest?
8. Should more youthful biomechanical patterns of movement be, without exception, the translational objective for preserving walking ability in older adults? As a starting point for your discussion, what potential tradeoffs does the author discuss?