

# EXERCISE AND SPORT SCIENCES REVIEWS



## ***ESSR Journal Club***

**Covered Article:** “Analgesic Drugs Alter Connective Tissue Remodeling and Mechanical Properties” by Chad C. Carroll.

*Exercise and Sport Sciences Reviews*. 44(1), January 2016.

1. What are some of the key gaps in knowledge on analgesics and their impact on connective tissue adaptations to exercise?
2. Identify some of the key limitations of current research in this field.
3. Identify the known effects of analgesic consumption on connective tissue structure and function.
4. Why is it surprising that acetaminophen has such dramatic effects on tendon and skeletal muscle connective tissue?
5. Discuss some of the possible mechanisms contributing to the effects of analgesic medication on tendon and skeletal muscle connective tissue.
6. What are some of the primary structural components of extracellular matrix?
7. Given the knowledge that some analgesic medications alter connective tissue structure and function, discuss potential “off-label” uses of these common medications.
8. What might explain the tissue-specific effects of analgesic medications?
9. Discuss the potential “negative” and “positive” effects of analgesics on connective tissue.
10. What are some of the important tendon adaptations that are known to occur with chronic exercise training and describe the impact of these changes on musculoskeletal function?