



UNIVERSITÀ DEGLI STUDI DI MILANO

DIPARTIMENTO DI FISIOPATOLOGIA
MEDICO-CHIRURGICA E DEI TRAPIANTI



Lavori in Corso – Work in Progress 2026

Current Research in Exercise Physiology



Friday 23rd January 2026 – 9:30

Aula Grande, Fisiologia Umana, via Mangiagalli 32, Milano

Introduzione

Prof. Alberto E. Minetti Università degli Studi di Milano

Prof. Gaspare Pavei Università degli Studi di Milano

Relazioni

Asia Motalli University of Milan

Cardiorespiratory and Gas Exchange Adaptations to Exercise in E-Cigarette Users

Andrea Pilotto University of Pavia

Cardiovascular and peripheral limitations to O₂ cascade in middle-aged and elderly

Matteo Pecchiari University of Milan

Effects of artificially-induced intrinsic PEEP in acute respiratory failure patients

Alice Gasparini University of Verona

Systemic and Muscular Contributors to Exercise Limitation in COPD

Jacopo Stafuzza University of Udine

Hemodynamic Response During Two Different Resistance Training Protocols in Older Adults with Stable Coronary Artery Disease



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Francesca Lanfranconi & William Zardo Fondazione MBBM - Centro ML

Verga & Pediatria, Istituto dei Tumori

Exercise and prognosis in children with cancer

Giovanni Baldassarre University of Udine

The Passive Leg Movement technique: non-invasive method for assessing NO-mediated microvascular dysfunction in disuse and disease

Martina Mendo University of Verona

Upper Limb Neuromuscular Fatigue in Early-Stage Parkinson's Disease: Central vs Peripheral Contributions

Lisa Vigo University of Pavia

Effects of 4 week-prehabilitation on physical performance in head and neck cancer patients: preliminary results

Matteo Bonato University of Milan

The Grow Your Muscle (GYM) Study: a 48-week home-based physical activity RCT in people with sarcopenia

Giovanni Martino University of Padua

Changes in Motor Unit Properties after Bed Rest and Recovery

Marco Narici University of Padua

Sex differences in the neuromuscular responses to chronic inactivity

Martino Franchi University of Padua

Functional, morphological and transcriptional responses to moderate endurance training in older adults following 10 days of bed rest

Marco Linari University of Florence

Dual-filament regulation of cardiac output



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Luca Ruggiero University of Konstanz
The limits of explosive strength in human muscle

Niccolò Zampieri Max-Delbrück-Centrum - Berlin
Sensing From Within: An Intrapinal Sensory System for Motor Control

Giacomo Costa University of Verona
The effects of localized neuromuscular fatigue on muscle synergies during postural control

Cristiano Alessandro University of Milan Bicocca
Step-to-step covariation amongst quadriceps and hamstrings muscle activity following anterior cruciate ligament rupture during locomotion

Alessandro Santuz Max-Delbrück-Centrum - Berlin
Proprioception enables gravity-dependent reorganisation of gait

Emanuele Pulvirenti Bristol Robotics Laboratory
Beyond Countermeasures: Could Soft Exosuits Redefine Musculoskeletal Health in Space?

Irene Di Giulio King's College London
Exploring a new paradigm in space physiology

Giovanni Vinetti EURAC Bolzano
Breathing on the shoulders of giants: gas exchange during exercise at 8000m

Paolo Tecchio University of Bochum
Concentric vs eccentric - Does how we train shape what we gain?

Beatrice Maspes University of Brescia
Where is the knowledge going by pedalling backward?

Andrea Monte University of Verona
Linking muscle and tendon mechanics to the apparent efficiency of the human stretch-shortening cycle



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Paul Ritsche University of Basel

Reproducible re-placement of ultrasound and HDsEMG using 3D-navigation and real-time analysis

Davide Latini University of Verona

Muscle and Tendon Mechanical Adaptations Across the Menstrual Cycle and the Influence of Oral Contraceptives

Lara Mari University of Udine

From Completed Male Data to Ongoing Female Baselines: A Work-in-Progress Study on Sex Differences in Responses to Polarized and HIIT Training

Xhuljano Vukaj Cattolica University

Effect of Six Weeks of Interval Cycling With or Without Neuromuscular Electrical Stimulation on Circulating BDNF Levels in Healthy Men

Gianluigi Dorelli University of Verona

Mitochondrial Net Oxidative Capacity, but Not Oxygen Delivery, Determines Mechanical Net Efficiency for High-Intensity Exercise

Ross Miller University of Maryland

TBD

Leonardo Peyré-Tartaruga University of Pavia

Mechanical determinants of (energetically) optimal step frequency at gradients

The Physiological Society (London) celebrating 150 Years Anniversary