

Manipulating Movement



Roger Enoka

CURRENT RESEARCH

Understanding the neurobiology that dictates our muscular function

Do you remember the last time your electricity stopped working at home and with the flip of a switch on the breaker box, power was restored? Dr. Roger Enoka, a professor of Integrative Physiology at the University of Colorado Boulder has been on a quest to better understand how we might flip the breaker box of the human nervous system to restore muscular function that decreases with aging and disease.

Much like powering a home, the human body has a series of circuits and connections that help to initiate movements as complex as those necessary for being an elite athlete and as simple as brushing your teeth each night. It is no mystery that as we age and encounter disease, movement decreases. However, what makes Dr. Enoka's research so promising is that as he continues to move closer to understanding what is changing in the circuitry of the nervous system to cause muscular degeneration, we are coming closer to preventative and restorative measures that could alter the aging process for all of us and the diseases process for patients with Multiple Sclerosis and additional neurological diseases.

- Mobility declines across the lifespan beginning in middle age adults even before there is loss of muscle strength therefore suggesting the nervous system is changing rather than muscular structures.
- Through understanding the changes within the nervous system, research will allow us to slow the neuromuscular aging process.
- Multiple Sclerosis is a neurological disease that causes fatigue and loss of muscular functioning preventing patients from being able to walk.
- Dr. Enoka's research looks to treat MS patients...

AFFILIATION



University of Colorado, Boulder

EDUCATION

- Ph.D. in Kinesiology 1981, University of Washington
- M.S. in Kinesiology, 1976, University of Washington

AWARDS

- Muybridge Award, 2011

RESEARCH AREAS

Health & Wellness, Wellness, Aging Research

FUNDING REQUEST

Your contribution will support the continued research to find preventative and restorative treatments that aid patients with Multiple Sclerosis and that slow the neuromuscular aging process.

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