

# Concentric and eccentric: muscle contraction or exercise? New perspective

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Recently, several letters to the Editor on possible misuse of the terms "Concentric and eccentric exercises" were published on several journals: Sports Health<sup>1</sup>, Journal of Pain<sup>2</sup>, Journal of Human Kinetics<sup>3</sup>, Journal of Ultrasound in Medicine<sup>4</sup>, Journal of Sports Science and Medicine<sup>5</sup>, Acta Physiologica Hungarica<sup>6</sup>, Enfermería Clínica<sup>7</sup>. One more letter is currently *in press* on The Clinical Journal of Pain.

Contrarily to what may seem at first sight<sup>8</sup>, to use the same letter's title for the different journals did not affect each document's originality. Different specific articles from each different journal were selected to detect possible misuse of terms "Concentric and Eccentric exercises". A specific use of a letter, as a document kind, is to debate about the correct use of scientific terms to ease both articles' comprehension and references search (i.e., through key words)<sup>9</sup>.

In support of that initiative, a *PubMed* search throughout years from 1975 to 2012 found  $n = 1,582/2,302$  articles using the terms "concentric/eccentric exercises" vs  $n = 190,087$  articles using the terms "muscle contraction". The letters were submitted for publication with the simple aim of stimulating a greater level of scientific exactness about some terms issues in research publishing.

This letter conforms to required ethical standards<sup>10</sup>.

## References

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