Kazunori Nosaka

List of Publications by Year
in descending order

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342	15,723	13098	27402
papers	citations	68 h-index	106 g-index

345	345	345	9085
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	Muscle function after exercise-induced muscle damage and rapid adaptation. Medicine and Science in Sports and Exercise, 1992, 24, 512???520.	0.4	562
2	Muscle damage and inflammation during recovery from exercise. Journal of Applied Physiology, 2017, 122, 559-570.	2.5	389
3	Muscle function after exercise-induced muscle damage and rapid adaptation. Medicine and Science in Sports and Exercise, 1992, 24, 512-20.	0.4	349
4	Characterization of inflammatory responses to eccentric exercise in humans. Exercise Immunology Review, 2005, 11, 64-85.	0.4	311
5	Changes in indicators of inflammation after eccentric exercise of the elbow flexors. Medicine and Science in Sports and Exercise, 1996, 28, 953-961.	0.4	283
6	Muscle damage following repeated bouts of high force eccentric exercise. Medicine and Science in Sports and Exercise, 1995, 27, 1263???1269.	0.4	254
7	Resistance Training and Reduction of Treatment Side Effects in Prostate Cancer Patients. Medicine and Science in Sports and Exercise, 2006, 38, 2045-2052.	0.4	249
8	Delayed-onset muscle soreness does not reflect the magnitude of eccentric exercise-induced muscle damage. Scandinavian Journal of Medicine and Science in Sports, 2002, 12, 337-346.	2.9	246
9	How long does the protective effect on eccentric exercise-induced muscle damage last?. Medicine and Science in Sports and Exercise, 2001, 33, 1490-1495.	0.4	221
10	Plasma cytokine changes in relation to exercise intensity and muscle damage. European Journal of Applied Physiology, 2005, 95, 514-521.	2.5	213
11	Exercise-Induced Muscle Damage, Plasma Cytokines, and Markers of Neutrophil Activation. Medicine and Science in Sports and Exercise, 2005, 37, 737-745.	0.4	191
12	Mechanisms and Mediators of the Skeletal Muscle Repeated Bout Effect. Exercise and Sport Sciences Reviews, 2017, 45, 24-33.	3.0	191
13	Comparison in eccentric exercise-induced muscle damage among four limb muscles. European Journal of Applied Physiology, 2011, 111, 211-223.	2.5	175
14	Reliability and Validity of the Loadâ€“Velocity Relationship to Predict the 1RM Back Squat. Journal of Strength and Conditioning Research, 2017, 31, 1897-1904.	2.1	161
15	Comparison between leg and arm eccentric exercises of the same relative intensity on indices of muscle damage. European Journal of Applied Physiology, 2005, 95, 179-185.	2.5	160
16	Changes in inflammatory mediators following eccentric exercise of the elbow flexors. Exercise Immunology Review, 2004, 10, 75-90.	0.4	159
17	Intensity of eccentric exercise, shift of optimum angle, and the magnitude of repeated-bout effect. Journal of Applied Physiology, 2007, 102, 992-999.	2.5	158
18	Reliability of Time-to-Exhaustion versus Time-Trial Running Tests in Runners. Medicine and Science in Sports and Exercise, 2007, 39, 1374-1379.	0.4	155

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19	Changes in markers of muscle damage, inflammation and HSP70 after an Ironman triathlon race. European Journal of Applied Physiology, 2006, 98, 525-534.	2.5	153
20	Variability in Serum Creatine Kinase Response After Eccentric Exercise of the Elbow Flexors. International Journal of Sports Medicine, 1996, 17, 120-127.	1.7	151
21	Ice Slurry Ingestion Increases Core Temperature Capacity and Running Time in the Heat. Medicine and Science in Sports and Exercise, 2010, 42, 717-725.	0.4	150
22	Reliability of Performance Measurements Derived From Ground Reaction Force Data During Countermovement Jump and the Influence of Sampling Frequency. Journal of Strength and Conditioning Research, 2009, 23, 874-882.	2.1	146
23	Effect of elbow joint angle on the magnitude of muscle damage to the elbow flexors. Medicine and Science in Sports and Exercise, 2001, 33, 22-29.	0.4	142
24	Changes in hardness of the human elbow flexor muscles after eccentric exercise. European Journal of Applied Physiology, 2000, 82, 361-367.	2.5	140
25	Greater Muscle Damage Induced by Fast Versus Slow Velocity Eccentric Exercise. International Journal of Sports Medicine, 2006, 27, 591-598.	1.7	140
26	Time course of muscle adaptation after high force eccentric exercise. European Journal of Applied Physiology and Occupational Physiology, 1991, 63, 70-76.	1.2	134
27	Assessment of quadriceps muscle cross-sectional area by ultrasound extended-field-of-view imaging. European Journal of Applied Physiology, 2010, 109, 631-639.	2.5	131
28	The repeated bout effect of reduced-load eccentric exercise on elbow flexor muscle damage. European Journal of Applied Physiology, 2001, 85, 34-40.	2.5	128
29	Does Performance of Hang Power Clean Differentiate Performance of Jumping, Sprinting, and Changing of Direction?. Journal of Strength and Conditioning Research, 2008, 22, 412-418.	2.1	127
30	Pre-cooling with ice slurry ingestion leads to similar run times to exhaustion in the heat as cold water immersion. Journal of Sports Sciences, 2012, 30, 155-165.	2.0	122
31	Validity of Various Methods for Determining Velocity, Force, and Power in the Back Squat. International Journal of Sports Physiology and Performance, 2017, 12, 1170-1176.	2.3	122
32	Concentric or eccentric training effect on eccentric exercise-induced muscle damage. Medicine and Science in Sports and Exercise, 2002, 34, 63-69.	0.4	114
33	Comparison of Responses to Strenuous Eccentric Exercise of the Elbow Flexors Between Resistance-Trained and Untrained Men. Journal of Strength and Conditioning Research, 2008, 22, 597-607.	2.1	112
34	Effects of massage on delayed-onset muscle soreness, swelling, and recovery of muscle function. Journal of Athletic Training, 2005, 40, 174-80.	1.8	110
35	Weightlifting Exercises Enhance Athletic Performance That Requires High-Load Speed Strength. Strength and Conditioning Journal, 2005, 27, 50-55.	1.4	102
36	Effects of Amino Acid Supplementation on Muscle Soreness and Damage. International Journal of Sport Nutrition and Exercise Metabolism, 2006, 16, 620-635.	2.1	102

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37	Neuromuscular Adaptations Associated with Knee Joint Angle-Specific Force Change. Medicine and Science in Sports and Exercise, 2014, 46, 1525-1537.	0.4	102
38	Effects of Chromium Picolinate Supplementation on Body Composition, Strength, and Urinary Chromium Loss in Football Players. International Journal of Sport Nutrition, 1994, 4, 142-153.	1.7	100
39	Relationships Between Ground Reaction Impulse and Sprint Acceleration Performance in Team Sport Athletes. Journal of Strength and Conditioning Research, 2013, 27, 568-573.	2.1	100
40	Changes in running economy following downhill running. Journal of Sports Sciences, 2007, 25, 55-63.	2.0	98
41	Core temperature and hydration status during an Ironman triathlon * Commentary * Commentary. British Journal of Sports Medicine, 2006, 40, 320-325.	6.7	96
42	Muscle damage following repeated bouts of high force eccentric exercise. Medicine and Science in Sports and Exercise, 1995, 27, 1263-9.	0.4	94
43	Rate of force development as a measure of muscle damage. Scandinavian Journal of Medicine and Science in Sports, 2015, 25, 417-427.	2.9	93
44	Susceptibility to Exercise-Induced Muscle Damage: a Cluster Analysis with a Large Sample. International Journal of Sports Medicine, 2016, 37, 633-640.	1.7	93
45	Metabolic and Muscle Damage Profiles of Concentric versus Repeated Eccentric Cycling. Medicine and Science in Sports and Exercise, 2013, 45, 1773-1781.	0.4	91
46	Muscle Deoxygenation during Repeated Sprint Running: Effect of Active vs. Passive Recovery. International Journal of Sports Medicine, 2009, 30, 418-425.	1.7	90
47	Comparison between voluntary and stimulated contractions of the quadriceps femoris for growth hormone response and muscle damage. Journal of Applied Physiology, 2008, 104, 75-81.	2.5	87
48	Changes in fluctuation of isometric force following eccentric and concentric exercise of the elbow flexors. European Journal of Applied Physiology, 2006, 96, 235-240.	2.5	86
49	Muscle damage and soreness after endurance exercise of the elbow flexors. Medicine and Science in Sports and Exercise, 2002, 34, 920-927.	0.4	83
50	Endocrine and immune responses to resistance training in prostate cancer patients. Prostate Cancer and Prostatic Diseases, 2008, 11, 160-165.	3.9	83
51	Muscle damage responses of the elbow flexors to four maximal eccentric exercise bouts performed every 4 weeks. European Journal of Applied Physiology, 2009, 106, 267-275.	2.5	83
52	Cold water immersion enhances recovery of submaximal muscle function after resistance exercise. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2014, 307, R998-R1008.	1.8	83
53	Changes in neutrophil surface receptor expression, degranulation, and respiratory burst activity after moderate- and high-intensity exercise. Journal of Applied Physiology, 2004, 97, 612-618.	2.5	82
54	Difference in the magnitude of muscle damage between maximal and submaximal eccentric loading. Journal of Strength and Conditioning Research, 2002, 16, 202-8.	2.1	82

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55	A light load eccentric exercise confers protection against a subsequent bout of more demanding eccentric exercise. Journal of Science and Medicine in Sport, 2008, 11, 291-298.	1.3	81
56	The Reliability of Individualized Loadâ€“Velocity Profiles. International Journal of Sports Physiology and Performance, 2018, 13, 763-769.	2.3	81
57	Effects of eccentric exercise on optimum length of the knee flexors and extensors during the preseason in professional soccer players. Physical Therapy in Sport, 2010, 11, 50-55.	1.9	80
58	Effect of a 5-min cold-water immersion recovery on exercise performance in the heat. British Journal of Sports Medicine, 2010, 44, 461-465.	6.7	80
59	Attenuation of indirect markers of eccentric exercise-induced muscle damage by curcumin. European Journal of Applied Physiology, 2015, 115, 1949-1957.	2.5	79
60	Effect of bench press exercise intensity on muscle soreness and inflammatory mediators. Journal of Sports Sciences, 2009, 27, 499-507.	2.0	78
61	Muscle damage induced by electrical stimulation. European Journal of Applied Physiology, 2011, 111, 2427-2437.	2.5	78
62	Comparison of Four Different Methods to Measure Power Output During the Hang Power Clean and the Weighted Jump Squat. Journal of Strength and Conditioning Research, 2007, 21, 314.	2.1	78
63	Effect of cold water immersion after exercise in the heat on muscle function, body temperatures, and vessel diameter. Journal of Science and Medicine in Sport, 2009, 12, 91-96.	1.3	77
64	Partial Protection against Muscle Damage by Eccentric Actions at Short Muscle Lengths. Medicine and Science in Sports and Exercise, 2005, 37, 746-753.	0.4	76
65	Monitoring Training Load, Recovery-Stress State, Immune-Endocrine Responses, and Physical Performance in Elite Female Basketball Players During a Periodized Training Program. Journal of Strength and Conditioning Research, 2014, 28, 2973-2980.	2.1	76
66	Changes in running economy at different intensities following downhill running. Journal of Sports Sciences, 2009, 27, 1137-1144.	2.0	75
67	Contribution of central vs. peripheral factors to the force loss induced by passive stretch of the human plantar flexors. Journal of Applied Physiology, 2013, 115, 212-218.	2.5	74
68	Effect of cold-water immersion duration on body temperature and muscle function. Journal of Sports Sciences, 2009, 27, 987-993.	2.0	73
69	Temporal and kinetic analysis of unilateral jumping in the vertical, horizontal, and lateral directions. Journal of Sports Sciences, 2010, 28, 545-554.	2.0	72
70	Severe hypoxia affects exercise performance independently of afferent feedback and peripheral fatigue. Journal of Applied Physiology, 2012, 112, 1335-1344.	2.5	71
71	Effect of transcranial direct current stimulation on elbow flexor maximal voluntary isometric strength and endurance. Applied Physiology, Nutrition and Metabolism, 2013, 38, 734-739.	1.9	71
72	The effects of therapeutic massage on delayed onset muscle soreness and muscle function following downhill walking. Journal of Science and Medicine in Sport, 2002, 5, 297-306.	1.3	70

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73	Influence of Surface on Muscle Damage and Soreness Induced by Consecutive Drop Jumps. Journal of Strength and Conditioning Research, 2004, 18, 206.	2.1	70
74	Effects of weighted sled towing on ground reaction force during the acceleration phase of sprint running. Journal of Sports Sciences, 2014, 32, 1139-1145.	2.0	69
75	Influence of previous concentric exercise on eccentric exercise-induced muscle damage. Journal of Sports Sciences, 1997, 15, 477-483.	2.0	67
76	Neurophysiological Mechanisms Underpinning Stretch-Induced Force Loss. Sports Medicine, 2017, 47, 1531-1541.	6.5	67
77	Attenuation of Eccentric Exerciseâ€“Induced Muscle Damage by Preconditioning Exercises. Medicine and Science in Sports and Exercise, 2012, 44, 2090-2098.	0.4	66
78	Effects of Weighted Sled Towing With Heavy Versus Light Load on Sprint Acceleration Ability. Journal of Strength and Conditioning Research, 2014, 28, 2738-2745.	2.1	66
79	Difference in the Magnitude of Muscle Damage Between Maximal and Submaximal Eccentric Loading. Journal of Strength and Conditioning Research, 2002, 16, 202.	2.1	66
80	Body temperature and its effect on leukocyte mobilization, cytokines and markers of neutrophil activation during and after exercise. European Journal of Applied Physiology, 2008, 102, 391-401.	2.5	65
81	Effects of Flexibility Training on Eccentric Exercise-Induced Muscle Damage. Medicine and Science in Sports and Exercise, 2011, 43, 491-500.	0.4	65
82	Can passive stretch inhibit motoneuron facilitation in the human plantar flexors?. Journal of Applied Physiology, 2014, 117, 1486-1492.	2.5	64
83	Modulating exercise-induced hormesis: Does less equal more?. Journal of Applied Physiology, 2015, 119, 172-189.	2.5	62
84	Effect of Vibration Treatment on Symptoms Associated with Eccentric Exercise-Induced Muscle Damage. American Journal of Physical Medicine and Rehabilitation, 2011, 90, 648-657.	1.4	60
85	Monitoring training loads, stress, immune-endocrine responses and performance in tennis players. Biology of Sport, 2013, 30, 173-180.	3.2	58
86	Respiratory muscle training on pulmonary and swallowing function in patients with Huntingtonâ€™s disease: a pilot randomised controlled trial. Clinical Rehabilitation, 2015, 29, 961-973.	2.2	58
87	Comparison between old and young men for changes in makers of muscle damage following voluntary eccentric exercise of the elbow flexors. Applied Physiology, Nutrition and Metabolism, 2006, 31, 218-225.	1.9	57
88	Muscle damage protection by low-intensity eccentric contractions remains for 2Âweeks but not 3Âweeks. European Journal of Applied Physiology, 2012, 112, 555-565.	2.5	57
89	Effect of Lengthening Contraction Velocity on Muscle Damage of the Elbow Flexors. Medicine and Science in Sports and Exercise, 2008, 40, 926-933.	0.4	55
90	Damage and the repeated bout effect of arm, leg, and trunk muscles induced by eccentric resistance exercises. Scandinavian Journal of Medicine and Science in Sports, 2019, 29, 725-735.	2.9	54

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91	Contralateral Leg Deficits in Kinetic and Kinematic Variables During Running in Australian Rules Football Players With Previous Hamstring Injuries. Journal of Strength and Conditioning Research, 2010, 24, 2539-2544.	2.1	53
92	Potent Protective Effect Conferred by Four Bouts of Low-Intensity Eccentric Exercise. Medicine and Science in Sports and Exercise, 2010, 42, 1004-1012.	0.4	53
93	Factors contributing to lower metabolic demand of eccentric compared with concentric cycling. Journal of Applied Physiology, 2017, 123, 884-893.	2.5	53
94	Effects of Transcranial Direct Current Stimulation of the Motor Cortex on Prefrontal Cortex Activation During a Neuromuscular Fatigue Task: An fNIRS Study. Advances in Experimental Medicine and Biology, 2013, 789, 73-79.	1.6	53
95	Muscle Fascicle Behavior during Eccentric Cycling and Its Relation to Muscle Soreness. Medicine and Science in Sports and Exercise, 2015, 47, 708-717.	0.4	52
96	Superior Effects of Eccentric to Concentric Knee Extensor Resistance Training on Physical Fitness, Insulin Sensitivity and Lipid Profiles of Elderly Men. Frontiers in Physiology, 2017, 8, 209.	2.8	52
97	Relationship between Post-Exercise Plasma CK Elevation and Muscle Mass Involved in the Exercise. International Journal of Sports Medicine, 1992, 13, 471-475.	1.7	51
98	Dynamic Pacing Strategies during the Cycle Phase of an Ironman Triathlon. Medicine and Science in Sports and Exercise, 2006, 38, 726-734.	0.4	51
99	Reliability of near-infrared spectroscopy for measuring biceps brachii oxygenation during sustained and repeated isometric contractions. Journal of Biomedical Optics, 2010, 15, 017008.	2.6	51
100	Systemic inflammatory responses to maximal versus submaximal lengthening contractions of the elbow flexors. Exercise Immunology Review, 2006, 12, 72-85.	0.4	51
101	Changes in serum fast and slow skeletal troponin I concentration following maximal eccentric contractions. Journal of Science and Medicine in Sport, 2013, 16, 82-85.	1.3	50
102	Responses of human elbow flexor muscles to electrically stimulated forced lengthening exercise. Acta Physiologica Scandinavica, 2002, 174, 137-145.	2.2	49
103	Attenuation of muscle damage by preconditioning with muscle hyperthermia 1-day prior to eccentric exercise. European Journal of Applied Physiology, 2006, 99, 183-192.	2.5	48
104	Assessment of Muscle Pain Induced by Elbow-Flexor Eccentric Exercise. Journal of Athletic Training, 2015, 50, 1140-1148.	1.8	48
105	Attenuation of Protective Effect Against Eccentric Exercise-Induced Muscle Damage. Applied Physiology, Nutrition, and Metabolism, 2005, 30, 529-542.	1.7	47
106	Comparison of Different Methods of Determining Power Output in Weightlifting Exercises. Strength and Conditioning Journal, 2006, 28, 34-40.	1.4	47
107	Effect of cold water immersion on repeated 1-km cycling performance in the heat. Journal of Science and Medicine in Sport, 2010, 13, 112-116.	1.3	47
108	Visual Analog Scale and Pressure Pain Threshold for Delayed Onset Muscle Soreness Assessment. Journal of Musculoskeletal Pain, 2013, 21, 320-326.	0.3	47

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109	Factors influencing pacing in triathlon. Open Access Journal of Sports Medicine, 2014, 5, 223.	1.3	47
110	Intermittent Stretch Reduces Force and Central Drive more than Continuous Stretch. Medicine and Science in Sports and Exercise, 2014, 46, 902-910.	0.4	47
111	Effect of lower body compression garments on submaximal and maximal running performance in cold (10Â°C) and hot (32Â°C) environments. European Journal of Applied Physiology, 2011, 111, 819-826.	2.5	46
112	Contralateral Repeated Bout Effect of Eccentric Exercise of the Elbow Flexors. Medicine and Science in Sports and Exercise, 2016, 48, 2030-2039.	0.4	46
113	Effects of Descending Stair Walking on Health and Fitness of Elderly Obese Women. Medicine and Science in Sports and Exercise, 2017, 49, 1614-1622.	0.4	46
114	Respiratory Muscle Training for Respiratory Deficits in Neurodegenerative Disorders. Chest, 2013, 143, 1386-1394.	0.8	44
115	Responses of Elbow Flexors to Two Strenuous Eccentric Exercise Bouts Separated by Three Days. Journal of Strength and Conditioning Research, 2006, 20, 108.	2.1	44
116	Effect of two maximal isometric contractions on eccentric exercise-induced muscle damage of the elbow flexors. European Journal of Applied Physiology, 2013, 113, 1545-1554.	2.5	43
117	Eccentric exercise-induced muscle damage of pre-adolescent and adolescent boys in comparison to young men. European Journal of Applied Physiology, 2014, 114, 1183-1195.	2.5	43
118	Is isometric strength loss immediately after eccentric exercise related to changes in indirect markers of muscle damage?. Applied Physiology, Nutrition and Metabolism, 2006, 31, 313-319.	1.9	42
119	Responses of old men to repeated bouts of eccentric exercise of the elbow flexors in comparison with young men. European Journal of Applied Physiology, 2006, 97, 619-626.	2.5	42
120	Comparison of the Effects of Velocity-Based Training Methods and Traditional 1RM-Percent-Based Training Prescription on Acute Kinetic and Kinematic Variables. International Journal of Sports Physiology and Performance, 2019, 14, 246-255.	2.3	42
121	Changes in markers of muscle damage of middle-aged and young men following eccentric exercise of the elbow flexors. Journal of Science and Medicine in Sport, 2008, 11, 124-131.	1.3	41
122	Repeated eccentric exercise bouts do not exacerbate muscle damage and repair. Journal of Strength and Conditioning Research, 2002, 16, 117-22.	2.1	41
123	Corticomotor excitability of wrist flexor and extensor muscles during active and passive movement. Human Movement Science, 2010, 29, 494-501.	1.4	40
124	Less indication of muscle damage in the second than initial electrical muscle stimulation bout consisting of isometric contractions of the knee extensors. European Journal of Applied Physiology, 2010, 108, 709-717.	2.5	38
125	Changes in electrical pain threshold of fascia and muscle after initial and secondary bouts of elbow flexor eccentric exercise. European Journal of Applied Physiology, 2015, 115, 959-968.	2.5	38
126	Superior Changes in Jump, Sprint, and Change-of-Direction Performance but Not Maximal Strength Following 6 Weeks of Velocity-Based Training Compared With 1-Repetition-Maximum Percentage-Based Training. International Journal of Sports Physiology and Performance, 2021, 16, 232-242.	2.3	38

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127	Comparison between old and young men for responses to fast velocity maximal lengthening contractions of the elbow flexors. European Journal of Applied Physiology, 2008, 104, 531-539.	2.5	37
128	Work and peak torque during eccentric exercise do not predict changes in markers of muscle damage. British Journal of Sports Medicine, 2008, 42, 585-591.	6.7	37
129	The Effect of Three Different Start Thresholds on the Kinematics and Kinetics of a Countermovement Jump. Journal of Strength and Conditioning Research, 2011, 25, 1164-1167.	2.1	37
130	Pacing strategies during the swim, cycle and run disciplines of sprint, Olympic and half-Ironman triathlons. European Journal of Applied Physiology, 2015, 115, 1147-1154.	2.5	37
131	Light concentric exercise has a temporarily analgesic effect on delayed-onset muscle soreness, but no effect on recovery from eccentric exercise. Applied Physiology, Nutrition and Metabolism, 2006, 31, 126-134.	1.9	36
132	Application of eccentric exercise on an Australian Rules football player with recurrent hamstring injuries. Physical Therapy in Sport, 2009, 10, 75-80.	1.9	36
133	Changes in central and peripheral neuromuscular fatigue indices after concentric versus eccentric contractions of the knee extensors. European Journal of Applied Physiology, 2018, 118, 805-816.	2.5	36
134	Contralateral Effects by Unilateral Eccentric versus Concentric Resistance Training. Medicine and Science in Sports and Exercise, 2020, 52, 474-483.	0.4	36
135	Muscle Damage in Resistance Training. International Journal of Sport and Health Science, 2003, 1, 1-8.	0.2	35
136	Comparison between alternating and pulsed current electrical muscle stimulation for muscle and systemic acute responses. Journal of Applied Physiology, 2010, 109, 735-744.	2.5	35
137	Comparison in muscle damage between maximal voluntary and electrically evoked isometric contractions of the elbow flexors. European Journal of Applied Physiology, 2012, 112, 429-438.	2.5	35
138	Do dominant and non-dominant arms respond similarly to maximal eccentric exercise of the elbow flexors?. Journal of Science and Medicine in Sport, 2013, 16, 166-171.	1.3	35
139	Effect of hot versus cold climates on power output, muscle activation, and perceived fatigue during a dynamic 100-km cycling trial. Journal of Sports Sciences, 2010, 28, 117-125.	2.0	34
140	The influence of ice slurry ingestion on maximal voluntary contraction following exercise-induced hyperthermia. European Journal of Applied Physiology, 2011, 111, 2517-2524.	2.5	34
141	Two maximal isometric contractions attenuate the magnitude of eccentric exercise-induced muscle damage. Applied Physiology, Nutrition and Metabolism, 2012, 37, 680-689.	1.9	34
142	Low-intensity eccentric contractions attenuate muscle damage induced by subsequent maximal eccentric exercise of the knee extensors in the elderly. European Journal of Applied Physiology, 2013, 113, 1005-1015.	2.5	34
143	Muscle damage after low-intensity eccentric contractions with blood flow restriction. Acta Physiologica Hungarica, 2014, 101, 150-157.	0.9	34
144	Changes in force and stiffness after static stretching of eccentrically-damaged hamstrings. European Journal of Applied Physiology, 2015, 115, 981-991.	2.5	34

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145	Effects of isometric quadriceps strength training at different muscle lengths on dynamic torque production. Journal of Sports Sciences, 2015, 33, 1952-1961.	2.0	34
146	Muscle Architecture and Optimum Angle of the Knee Flexors and Extensors: A Comparison Between Cyclists and Australian Rules Football Players. Journal of Strength and Conditioning Research, 2010, 24, 717-721.	2.1	33
147	Reduced muscle lengthening during eccentric contractions as a mechanism underpinning the repeated-bout effect. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2015, 308, R879-R886.	1.8	33
148	Changes in oxidative stress, inflammation and muscle damage markers following eccentric versus concentric cycling in older adults. European Journal of Applied Physiology, 2019, 119, 2301-2312.	2.5	33
149	Effects of a 30-min running performed daily after downhill running on recovery of muscle function and running economy. Journal of Science and Medicine in Sport, 2008, 11, 271-279.	1.3	32
150	Effects of cold water immersion and active recovery on hemodynamics and recovery of muscle strength following resistance exercise. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2015, 309, R389-R398.	1.8	31
151	Relationship between isometric contraction intensity and muscle hardness assessed by ultrasound strain elastography. European Journal of Applied Physiology, 2017, 117, 843-852.	2.5	31
152	Effect of carbohydrate ingestion and ambient temperature on muscle fatigue development in endurance-trained male cyclists. Journal of Applied Physiology, 2008, 104, 1021-1028.	2.5	30
153	Effect of eccentric contraction velocity on muscle damage in repeated bouts of elbow flexor exercise. Applied Physiology, Nutrition and Metabolism, 2010, 35, 534-540.	1.9	30
154	Comparison between maximal lengthening and shortening contractions for biceps brachii muscle oxygenation and hemodynamics. Journal of Applied Physiology, 2010, 109, 710-720.	2.5	29
155	Reliability of muscle function and sensory perception measurements of the wrist extensors. Physiotherapy Theory and Practice, 2010, 26, 408-415.	1.3	29
156	Energy expenditure and substrate oxidation during and after eccentric cycling. European Journal of Applied Physiology, 2014, 114, 805-814.	2.5	29
157	Differences in post-exercise T2 relaxation time changes between eccentric and concentric contractions of the elbow flexors. European Journal of Applied Physiology, 2016, 116, 2145-2154.	2.5	29
158	Effects of Exercise on Type 2 Diabetes Mellitus-Related Cognitive Impairment andÂDementia. Journal of Alzheimer's Disease, 2017, 59, 503-513.	2.6	29
159	Time course of serum protein changes after strenuous exercise of the forearm flexors. Translational Research, 1992, 119, 183-8.	2.3	29
160	Effects of a 5-h hilly running on ankle plantar and dorsal flexor force and fatigability. European Journal of Applied Physiology, 2012, 112, 2645-2652.	2.5	28
161	Muscle Damage of Resistance-Trained Men After Two Bouts of Eccentric Bench Press Exercise. Journal of Strength and Conditioning Research, 2014, 28, 2961-2966.	2.1	28
162	Ergogenic effects of precooling with cold water immersion and ice ingestion: A metaâ€analysis. European Journal of Sport Science, 2018, 18, 170-181.	2.7	28

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163	Effects of number of eccentric muscle actions on first and second bouts of eccentric exercise of the elbow flexors. Journal of Science and Medicine in Sport, 2006, 9, 57-66.	1.3	27
164	Changes in B-mode Ultrasound Echo Intensity Following Injection of Bupivacaine Hydrochloride to Rat Hind Limb Muscles in Relation to Histologic Changes. Ultrasound in Medicine and Biology, 2009, 35, 687-696.	1.5	27
165	Exercise-induced mechanical hypoalgesia in musculotendinous tissues of the lateral elbow. Manual Therapy, 2010, 15, 66-73.	1.6	27
166	Biceps brachii muscle oxygenation in electrical muscle stimulation. Clinical Physiology and Functional Imaging, 2010, 30, 360-368.	1.2	27
167	Neuromuscular Factors Associated with Decline in Long-Distance Running Performance in Master Athletes. Sports Medicine, 2013, 43, 51-63.	6.5	27
168	Comparison between eccentric and concentric resistance exercise training without equipment for changes in muscle strength and functional fitness of older adults. European Journal of Applied Physiology, 2019, 119, 1581-1590.	2.5	27
169	Effect of eccentric exercise on plasma enzyme activities previously elevated by eccentric exercise. European Journal of Applied Physiology and Occupational Physiology, 1994, 69, 492-497.	1.2	26
170	Comparison between high- and low-intensity eccentric cycling of equal mechanical work for muscle damage and the repeated bout effect. European Journal of Applied Physiology, 2020, 120, 1015-1025.	2.5	26
171	Repeated Eccentric Exercise Bouts Do Not Exacerbate Muscle Damage and Repair. Journal of Strength and Conditioning Research, 2002, 16, 117.	2.1	26
172	The magnitude of muscle damage induced by downhill backward walking. Journal of Science and Medicine in Sport, 2005, 8, 264-273.	1.3	25
173	No effect of upper body compression garments in elite flatâ€water kayakers. European Journal of Sport Science, 2013, 13, 341-349.	2.7	25
174	Eccentric Cycling. Medicine and Science in Sports and Exercise, 2017, 49, 646-651.	0.4	25
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