Joel T Cramer

List of Publications by Year
in descending order

129 papers	3,735 citations	117625 34 h-index	149698 56 g-index
133 all docs	133 docs citations	133 times ranked	2663 citing authors

#	Article	IF	Citations
1	Acute Effects of Static versus Dynamic Stretching on Isometric Peak Torque, Electromyography, and Mechanomyography of the Biceps Femoris Muscle. Journal of Strength and Conditioning Research, 2008, 22, 809-817.	2.1	165
2	The Time Course of Musculotendinous Stiffness Responses Following Different Durations of Passive Stretching. Journal of Orthopaedic and Sports Physical Therapy, 2008, 38, 632-639.	3.5	145
3	Mechanomyographic amplitude and frequency responses during dynamic muscle actions: a comprehensive review. BioMedical Engineering OnLine, 2005, 4, 67.	2.7	142
4	Do Practical Durations of Stretching Alter Muscle Strength? A Dose-Response Study. Medicine and Science in Sports and Exercise, 2008, 40, 1529-1537.	0.4	120
5	Greater Neural Adaptations following High- vs. Low-Load Resistance Training. Frontiers in Physiology, 2017, 8, 331.	2.8	112
6	Impacts of High-Protein Oral Nutritional Supplements Among Malnourished Men and Women with Sarcopenia: A Multicenter, Randomized, Double-Blinded, Controlled Trial. Journal of the American Medical Directors Association, 2016, 17, 1044-1055.	2.5	111
7	Does the frequency content of the surface mechanomyographic signal reflect motor unit firing rates? A brief review. Journal of Electromyography and Kinesiology, 2007, 17, 1-13.	1.7	104
8	Acute effects of static stretching on characteristics of the isokinetic angleÂâ€“Âtorque relationship, surface electromyography, and mechanomyography. Journal of Sports Sciences, 2007, 25, 687-698.	2.0	101
9	Mechanomyographic amplitude and mean power frequency versus torque relationships during isokinetic and isometric muscle actions of the biceps brachii. Journal of Electromyography and Kinesiology, 2004, 14, 555-564.	1.7	99
10	Muscle activation during three sets to failure at 80 vs. 30Â% 1RM resistance exercise. European Journal of Applied Physiology, 2015, 115, 2335-2347.	2.5	91
11	Effects of Twenty-Eight Days of Beta-Alanine and Creatine Monohydrate Supplementation on the Physical Working Capacity at Neuromuscular Fatigue Threshold. Journal of Strength and Conditioning Research, 2006, 20, 928.	2.1	89
12	Age-related changes in the rate of muscle activation and rapid force characteristics. Age, 2014, 36, 839-849.	3.0	87
13	Comparison of Fourier and wavelet transform procedures for examining the mechanomyographic and electromyographic frequency domain responses during fatiguing isokinetic muscle actions of the biceps brachii. Journal of Electromyography and Kinesiology, 2005, 15, 190-199.	1.7	80
14	Age related differences in maximal and rapid torque characteristics of the leg extensors and flexors in young, middle-aged and old men. Experimental Gerontology, 2013, 48, 277-282.	2.8	80
15	MMG and EMG responses during fatiguing isokinetic muscle contractions at different velocities. Muscle and Nerve, 2002, 26, 367-373.	2.2	72
16	Acute effects of passive stretching on the electromechanical delay and evoked twitch properties. European Journal of Applied Physiology, 2010, 108, 301-310.	2.5	71
17	Neuromuscular Adaptations After 2 and 4 Weeks of 80% Versus 30% 1 Repetition Maximum Resistance Training to Failure. Journal of Strength and Conditioning Research, 2016, 30, 2174-2185.	2.1	70
18	Effects of Two Modes of Static Stretching on Muscle Strength and Stiffness. Medicine and Science in Sports and Exercise, 2011, 43, 1777-1784.	0.4	66

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19	Effect of creatine loading on neuromuscular fatigue threshold. Journal of Applied Physiology, 2000, 88, 109-112.	2.5	62
20	Mechanomyographic and Electromyographic Responses of the Vastus Medialis Muscle During Isometric and Concentric Muscle Actions. Journal of Strength and Conditioning Research, 2005, 19, 412.	2.1	60
21	Determining the minimum number of passive stretches necessary to alter musculotendinous stiffness. Journal of Sports Sciences, 2009, 27, 957-961.	2.0	59
22	Testâ€“Retest Reliability of Single Transverse versus Panoramic Ultrasound Imaging for Muscle Size and Echo Intensity of the Biceps Brachii. Ultrasound in Medicine and Biology, 2015, 41, 1584-1591.	1.5	59
23	The effect of mathematical modeling on critical velocity. European Journal of Applied Physiology, 2001, 84, 469-475.	2.5	57
24	Gender Differences in Musculotendinous Stiffness and Range of Motion After an Acute Bout of Stretching. Journal of Strength and Conditioning Research, 2010, 24, 2618-2626.	2.1	56
25	Time/frequency events of surface mechanomyographic signals resolved by nonlinearly scaled wavelets. Biomedical Signal Processing and Control, 2008, 3, 255-266.	5.7	55
26	A noninvasive, log-transform method for fiber type discrimination using mechanomyography. Journal of Electromyography and Kinesiology, 2010, 20, 787-794.	1.7	52
27	Reliability and relationships among handgrip strength, leg extensor strength and power, and balance in older men. Experimental Gerontology, 2014, 58, 47-50.	2.8	51
28	Gender, muscle, and velocity comparisons of mechanomyographic and electromyographic responses during isokinetic muscle actions. Scandinavian Journal of Medicine and Science in Sports, 2004, 14, 116-127.	2.9	49
29	Mechanomyographic amplitude and mean power output during maximal, concentric, isokinetic muscle actions. Muscle and Nerve, 2000, 23, 1826-1831.	2.2	48
30	Neuromuscular Responses to Three Days of Velocity-Specific Isokinetic Training. Journal of Strength and Conditioning Research, 2006, 20, 892.	2.1	47
31	Time and frequency domain responses of the mechanomyogram and electromyogram during isometric ramp contractions: A comparison of the short-time Fourier and continuous wavelet transforms. Journal of Electromyography and Kinesiology, 2008, 18, 54-67.	1.7	44
32	Effects of Dynamic Stretching on Strength, Muscle Imbalance, and Muscle Activation. Medicine and Science in Sports and Exercise, 2014, 46, 586-593.	0.4	41
33	Power output, mechanomyographic, and electromyographic responses to maximal, concentric, isokinetic muscle actions in men and women. Journal of Strength and Conditioning Research, 2002, 16, 399-408.	2.1	40
34	Effects of Age and ACL Reconstruction on Quadriceps Gamma Loop Function. Journal of Geriatric Physical Therapy, 2006, 29, 26-32.	1.1	39
35	The relationships among peak torque, mean power output, mechanomyography, and electromyography in men and women during maximal, eccentric isokinetic muscle actions. European Journal of Applied Physiology, 2002, 86, 226-232.	2.5	35
36	The effects of electrode placement and innervation zone location on the electromyographic amplitude and mean power frequency versus isometric torque relationships for the vastus lateralis muscle. Journal of Electromyography and Kinesiology, 2008, 18, 317-328.	1.7	35

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37	MMG and EMG Responses during 25 Maximal, Eccentric, Isokinetic Muscle Actions. Medicine and Science in Sports and Exercise, 2003, 35, 2048-2054.	0.4	32
38	Mechanomyographic amplitude and mean power frequency responses during isometric ramp vs. step muscle actions. Journal of Neuroscience Methods, 2008, 168, 293-305.	2.5	30
39	Passive properties of the muscleâ€tendon unit: The influence of muscle crossâ€sectional area. Muscle and Nerve, 2009, 39, 227-229.	2.2	30
40	The effects of four weeks of creatine supplementation and high-intensity interval training on cardiorespiratory fitness: a randomized controlled trial. Journal of the International Society of Sports Nutrition, 2009, 6, 18.	3.9	30
41	Reliability of absolute versus log-transformed regression models for examining the torque-related patterns of response for mechanomyographic amplitude. Journal of Neuroscience Methods, 2009, 179, 240-246.	2.5	29
42	A Comparison of Techniques for Estimating Training-Induced Changes in Muscle Cross-Sectional Area. Journal of Strength and Conditioning Research, 2010, 24, 2383-2389.	2.1	28
43	Reliability of mechanomyographic amplitude and mean power frequency during isometric step and ramp muscle actions. Journal of Neuroscience Methods, 2008, 171, 104-109.	2.5	26
44	Age-related differences in rates of torque development and rise in EMG are eliminated by normalization. Experimental Gerontology, 2014, 57, 18-28.	2.8	25
45	Consistency of rapid muscle force characteristics: Influence of muscle contraction onset detection methodology. Journal of Electromyography and Kinesiology, 2012, 22, 893-900.	1.7	24
46	Acute Effects of Passive Stretching on the Electromechanical Delay and Evoked Twitch Properties: A Gender Comparison. Journal of Applied Biomechanics, 2012, 28, 645-654.	0.8	23
47	Functional hamstrings: quadriceps ratios in elite women's soccer players. Journal of Sports Sciences, 2013, 31, 612-617.	2.0	22
48	Gender Comparisons of Mechanomyographic Amplitude and Mean Power Frequency versus Isometric Torque Relationships. Journal of Applied Biomechanics, 2005, 21, 96-109.	0.8	21
49	Inter-individual variability in the torque-related patterns of responses for mechanomyographic amplitude and mean power frequency. Journal of Neuroscience Methods, 2007, 161, 212-219.	2.5	21
50	Differences in the log-transformed electromyographicâ€“force relationships of the plantar flexors between high- and moderate-activated subjects. Journal of Electromyography and Kinesiology, 2011, 21, 841-846.	1.7	21
51	Mechanomyographic and electromyographic responses of the superficial muscles of the quadriceps femoris during maximal, concentric isokinetic muscle actions. Isokinetics and Exercise Science, 2000, 8, 109-117.	0.4	20
52	An examination of neuromuscular and metabolic fatigue thresholds. Physiological Measurement, 2013, 34, 1253-1267.	2.1	20
53	Mechanomyographic and electromyographic responses to eccentric muscle contractions. Muscle and Nerve, 2006, 33, 664-671.	2.2	19
54	Electrode placement over the innervation zone affects the low-, not the high-frequency portion of the EMG frequency spectrum. Journal of Electromyography and Kinesiology, 2009, 19, 660-666.	1.7	19

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55	IGF-1 splice variant and IGF-1 peptide expression patterns in young and old human skeletal muscle prior to and following sequential exercise bouts. European Journal of Applied Physiology, 2010, 110, 961-969.	2.5	18
56	Reliability of manual versus automated techniques for assessing passive stiffness of the posterior muscles of the hip and thigh. Journal of Sports Sciences, 2013, 31, 867-877.	2.0	18
57	Comparing the reliability of voluntary and evoked muscle actions. Clinical Physiology and Functional Imaging, 2014, 34, 434-441.	1.2	18
58	Effects of 6 Weeks of Aerobic Exercise Combined With Conjugated Linoleic Acid on the Physical Working Capacity at Fatigue Threshold. Journal of Strength and Conditioning Research, 2014, 28, 2127-2135.	2.1	18
59	Relative differences in strength and power from slow to fast isokinetic velocities may reflect dynapenia. Muscle and Nerve, 2015, 52, 120-130.	2.2	18
60	Muscle strength, size, and neuromuscular function before and during adolescence. European Journal of Applied Physiology, 2019, 119, 1619-1632.	2.5	18
61	Low-load blood flow restriction elicits greater concentric strength than non-blood flow restriction resistance training but similar isometric strength and muscle size. European Journal of Applied Physiology, 2020, 120, 425-441.	2.5	18
62	Effects of Eccentric Preloading on Concentric Vertical Jump Performance in Youth Athletes. Journal of Applied Biomechanics, 2019, 35, 327-335.	0.8	18
63	CLA Supplementation and Aerobic Exercise Lower Blood Triacylglycerol, but Have No Effect on Peak Oxygen Uptake or Cardiorespiratory Fatigue Thresholds. Lipids, 2014, 49, 871-880.	1.7	17
64	Effects of Two Days of Isokinetic Training on Strength and Electromyographic Amplitude in the Agonist and Antagonist Muscles. Journal of Strength and Conditioning Research, 2007, 21, 757.	2.1	17
65	Effects of Creatine Supplementation and Three Days of Resistance Training on Muscle Strength, Power Output, and Neuromuscular Function. Journal of Strength and Conditioning Research, 2007, 21, 668.	2.1	16
66	Isokinetic Dynamometry in Healthy Versus Sarcopenic and Malnourished Elderly: Beyond Simple Measurements of Muscle Strength. Journal of Applied Gerontology, 2017, 36, 709-732.	2.0	15
67	Test-Retest Reliability and Concurrent Validity of Athletic Performance Combine Tests in 6â€“15-Year-Old Male Athletes. Journal of Strength and Conditioning Research, 2018, 32, 2783-2794.	2.1	15
68	Mechanomyographic and Electromyographic Responses During Submaximal to Maximal Eccentric Isokinetic Muscle Actions of the Biceps Brachii. Journal of Strength and Conditioning Research, 2006, 20, 184.	2.1	15
69	Acute effects of a thermogenic nutritional supplement on cycling time to exhaustion and muscular strength in college-aged men. Journal of the International Society of Sports Nutrition, 2009, 6, 15.	3.9	13
70	The relationship between passive stiffness and muscle power output: Influence of muscle cross-sectional area normalization. Muscle and Nerve, 2014, 49, 69-75.	2.2	13
71	Effects of Velocity on Electromyographic, Mechanomyographic, and Torque Responses to Repeated Eccentric Muscle Actions. Journal of Strength and Conditioning Research, 2016, 30, 1743-1751.	2.1	13
72	Comparison of the fast Fourier transform and continuous wavelet transform for examining mechanomyographic frequency versus eccentric torque relationships. Journal of Neuroscience Methods, 2006, 150, 59-66.	2.5	12

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73	The Influence of Myosin Heavy Chain Isoform Composition and Training Status on the Patterns of Responses for Mechanomyographic Amplitude versus Isometric Torque. Journal of Strength and Conditioning Research, 2008, 22, 818-825.	2.1	12
74	Effects of shortâ€term resistance training and subsequent detraining on the electromechanical delay. Muscle and Nerve, 2013, 48, 135-136.	2.2	11
75	Electromyographic, mechanomyographic, and metabolic responses during cycle ergometry at a constant rating of perceived exertion. Applied Physiology, Nutrition and Metabolism, 2015, 40, 1178-1185.	1.9	11
76	Factors underlying the perception of effort during constant heart rate running above and below the critical heart rate. European Journal of Applied Physiology, 2015, 115, 2231-2241.	2.5	11
77	Reliability and Minimum Detectable Change for Common Clinical Physical Function Tests in Sarcopenic Men and Women. Journal of the American Geriatrics Society, 2017, 65, 839-846.	2.6	11
78	High Prevalence of Poor Iron Status Among 8- to 16-Year-Old Youth Athletes: Interactions Among Biomarkers of Iron, Dietary Intakes, and Biological Maturity. Journal of the American College of Nutrition, 2020, 39, 155-162.	1.8	11
79	An Alternative Approach to the Army Physical Fitness Test Two-Mile Run Using Critical Velocity and Isoperformance Curves. Military Medicine, 2012, 177, 145-151.	0.8	10
80	Effects of the innervation zone on the time and frequency domain parameters of the surface electromyographic signal. Journal of Electromyography and Kinesiology, 2015, 25, 565-570.	1.7	10
81	Roundtable Discussion: Flexibility Training. Strength and Conditioning Journal, 2006, 28, 64.	1.4	10
82	Anthropometric and Athletic Performance Combine Test Results Among Positions Within Grade Levels of High Schoolâ€“Aged American Football Players. Journal of Strength and Conditioning Research, 2018, 32, 1288-1296.	2.1	9
83	Reliability and Sensitivity of the Power Push-up Test for Upper-Body Strength and Power in 6â€“15-Year-Old Male Athletes. Journal of Strength and Conditioning Research, 2018, 32, 83-96.	2.1	9
84	Exertional Rhabdomyolysis in a 21-Year-Old Healthy Woman: A Case Report. Journal of Strength and Conditioning Research, 2017, 31, 1403-1410.	2.1	8
85	Biomarker Changes in Response to a 12-Week Supplementation of an Oral Nutritional Supplement Enriched with Protein, Vitamin D and HMB in Malnourished Community Dwelling Older Adults with Sarcopenia. Nutrients, 2022, 14, 1196.	4.1	8
86	Determination of aerobic and anaerobic performance: a methodological consideration. Physiological Measurement, 2011, 32, 423-431.	2.1	7
87	The effects of anatabine on non-invasive indicators of muscle damage: a randomized, double-blind, placebo-controlled, crossover study. Journal of the International Society of Sports Nutrition, 2013, 10, 33.	3.9	7
88	Comparisons of voluntary and evoked rate of torque development and rate of velocity development during isokinetic muscle actions. Isokinetics and Exercise Science, 2013, 21, 253-261.	0.4	7
89	Normative Reference Values for High School-Aged American Football Players. Journal of Strength and Conditioning Research, 2020, 34, 2849-2856.	2.1	7
90	Comparisons of muscle strength, size, and voluntary activation in pre- and post-pubescent males and females. European Journal of Applied Physiology, 2021, 121, 2487-2497.	2.5	7

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91	Differences in muscle energy metabolism and metabolic flexibility between sarcopenic and nonsarcopenic older adults. Journal of Cachexia, Sarcopenia and Muscle, 2022, 13, 1224-1237.	7.3	7
92	Effects of a Carbohydrate-, Protein-, and Ribose-Containing Repletion Drink During 8 Weeks of Endurance Training on Aerobic Capacity, Endurance Performance, and Body Composition. Journal of Strength and Conditioning Research, 2012, 26, 2234-2242.	2.1	6
93	Relationship Between Estimated Aerobic Fitness and Injury Rates Among Active Duty at an Air Force Base Based Upon Two Separate Measures of Estimated Cardiovascular Fitness. Military Medicine, 2012, 177, 36-40.	0.8	6
94	Application of the Critical Heart Model to Treadmill Running. Journal of Strength and Conditioning Research, 2015, 29, 2237-2248.	2.1	6
95	The influence of electromyographic recording methods and the innervation zone on the mean power frequencyâ€“torque relationships. Journal of Electromyography and Kinesiology, 2015, 25, 423-430.	1.7	6
96	Influence of stretching velocity on musculotendinous stiffness of the hamstrings during passive straight-leg raise assessments. Musculoskeletal Science and Practice, 2017, 30, 80-85.	1.3	6
97	Leg Extension Strength, Explosive Strength, Muscle Activation, and Growth as Predictors of Vertical Jump Performance in Youth Athletes. Journal of Science in Sport and Exercise, 2020, 2, 336-348.	1.0	6
98	Test-Retest Reliability of Static and Countermovement Power Push-Up Tests in Young Male Athletes. Journal of Strength and Conditioning Research, 2020, 34, 2456-2464.	2.1	6
99	Patterns of responses and time-course of changes in muscle size and strength during low-load blood flow restriction resistance training in women. European Journal of Applied Physiology, 2021, 121, 1473-1485.	2.5	6
100	Effects of anatabine and unilateral maximal eccentric isokinetic muscle actions on serum markers of muscle damage and inflammation. European Journal of Pharmacology, 2014, 728, 161-166.	3.5	5
101	Effects of rumenic acid rich conjugated linoleic acid supplementation on cognitive function and handgrip performance in older men and women. Experimental Gerontology, 2016, 84, 1-11.	2.8	5
102	Effects of Eccentric Pre-loading on Concentric Vertical Jump Performance in Young Female Athletes. Journal of Science in Sport and Exercise, 2021, 3, 98-106.	1.0	5
103	Influences of Vitamin D and Iron Status on Skeletal Muscle Health: A Narrative Review. Nutrients, 2022, 14, 2717.	4.1	5
104	Effects of Creatine Loading on Electromyographic Fatigue Threshold in Cycle Ergometry in College-Age Men. International Journal of Sport Nutrition and Exercise Metabolism, 2008, 18, 142-151.	2.1	4
105	Individual Responses for Muscle Activation, Repetitions, and Volume during Three Sets to Failure of High- (80% 1RM) versus Low-Load (30% 1RM) Forearm Flexion Resistance Exercise. Sports, 2015, 3, 269-280.	1.7	4
106	Physiological Responses Underlying the Perception of Effort during Moderate and Heavy Intensity Cycle Ergometry. Sports, 2015, 3, 369-382.	1.7	4
107	Basic reporting and interpretation of surface EMG amplitude and mean power frequency: a reply to Vitgotsky, Ogborn, and Phillips. European Journal of Applied Physiology, 2016, 116, 659-661.	2.5	4
108	Mechanomyographic responses during recruitment curves in the soleus muscle. Muscle and Nerve, 2017, 56, 107-116.	2.2	4

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109	Stature, Body Mass, and Body Mass Index in High School American Football Players: Appropriate Determinants of Obesity Prevalence?. Journal of Strength and Conditioning Research, 2018, 32, 3119-3126.	2.1	4
110	Sex-specific relationships among iron status biomarkers, athletic performance, maturity, and dietary intakes in pre-adolescent and adolescent athletes. Journal of the International Society of Sports Nutrition, 2019, 16, 42.	3.9	4
111	Comparing the torque- and power-velocity relationships between children and adolescents during isokinetic leg extension muscle actions. Human Movement Science, 2020, 74, 102678.	1.4	4
112	Changes in Strength, Mobility, and Body Composition Following Self-Selected Exercise in Older Adults. Journal of Aging and Physical Activity, 2021, 29, 17-26.	1.0	4
113	Comparisons of countermovement jump force profiles in youth athletes. Translational Sports Medicine, 2021, 4, 646-656.	1.1	4
114	Impact of slow versus rapid digesting carbohydrates on substrate oxidation in pre-pubertal children: A randomized crossover trial. Clinical Nutrition, 2021, 40, 3718-3728.	5.0	4
115	Creatine Supplementation in Endurance Sports. , 2008, , 45-99.		4
116	Influences of the Stretch-Shortening Cycle and Arm Swing on Vertical Jump Performance in Children and Adolescents. Journal of Strength and Conditioning Research, 2022, 36, 1245-1256.	2.1	4
117	Performance Differences between National Football League and High School American Football Combine Participants. Research Quarterly for Exercise and Sport, 2019, 90, 227-233.	1.4	3
118	Normative Reference Values for High Schoolâ€“Aged American Football Players: Proagility Drill and 40-Yard Dash Split Times. Journal of Strength and Conditioning Research, 2020, 34, 1184-1187.	2.1	3
119	The effects of gender and very short-term resistance training on peak torque, average power and neuromuscular responses of the forearm flexors. Isokinetics and Exercise Science, 2014, 22, 123-130.	0.4	2
120	Effects of Short-Term Dynamic Constant External Resistance Training and Subsequent Detraining on Strength of the Trained and Untrained Limbs: A Randomized Trial. Sports, 2016, 4, 7.	1.7	2
121	The effects of velocity on peak torque and neuromuscular responses during eccentric muscle actions. Isokinetics and Exercise Science, 2016, 24, 1-6.	0.4	2
122	Relationships Among The M-wave, H-reflex, Twitch Torque, And The Mechanomyographic Responses During Standard Recruitment Curves. Medicine and Science in Sports and Exercise, 2009, 41, 434.	0.4	2
123	Comparing passive angleâ€“torque curves recorded simultaneously with a load cell versus an isokinetic dynamometer during dorsiflexion stretch tolerance assessments. Medical Engineering and Physics, 2015, 37, 494-498.	1.7	1
124	Mechanomyographic Amplitude Is Sensitive to Load-Dependent Neuromuscular Adaptations in Response to Resistance Training. Journal of Strength and Conditioning Research, 2021, 35, 3265-3269.	2.1	1
125	Endogenous versus exogenous carbohydrate oxidation measured by stable isotopes in pre-pubescent children plus 13C abundances in foods consumed three days prior. Metabolism Open, 2020, 7, 100041.	2.9	1
126	Evaluation of High-Intensity Interval Training and Beta-Alanine Supplementation on Efficiency of Electrical Activity and Electromyographic Fatigue Threshold. Journal of Strength and Conditioning Research, 2021, 35, 1535-1541.	2.1	1

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127	Peak Torque Explains More Unique Variability in Growth Measurements than Rate of Torque Development in Young Boys and Girls. Journal of Strength and Conditioning Research, 2020, 34, 2507-2514.	2.1	0
128	State Population Influences Athletic Performance Combine Test Scores in High School-Aged American Football Players. International Journal of Exercise Science, 2019, 12, 256-262.	0.5	0
129	The Effects of Short-Term Resistance Training and Subsequent Detraining on Neuromuscular Function, Muscle Cross-Sectional Area, and Lean Mass. Journal of Science in Sport and Exercise, 0, , 1.	1.0	0