Philip Atherton

List of Publications by Year
in descending order

204 papers	14,550 citations	31902 53 h-index	20900 115 g-index
212 all docs	212 docs citations	212 times ranked	11923 citing authors

#	Article	IF	Citations
1	Anabolic signaling deficits underlie amino acid resistance of wasting, aging muscle. FASEB Journal, 2005, 19, 1-22.	0.2	968
2	Sarcopenia, Dynapenia, and the Impact of Advancing Age on Human Skeletal Muscle Size and Strength; a Quantitative Review. Frontiers in Physiology, 2012, 3, 260.	1.3	898
3	Ageâ€related differences in the doseâ€"response relationship of muscle protein synthesis to resistance exercise in young and old men. Journal of Physiology, 2009, 587, 211-217.	1.3	577
4	Dietary omega-3 fatty acid supplementation increases the rate of muscle protein synthesis in older adults: a randomized controlled trial. American Journal of Clinical Nutrition, 2011, 93, 402-412.	2.2	508
5	Differential effects of resistance and endurance exercise in the fed state on signalling molecule phosphorylation and protein synthesis in human muscle. Journal of Physiology, 2008, 586, 3701-3717.	1.3	494
6	Low-Load High Volume Resistance Exercise Stimulates Muscle Protein Synthesis More Than High-Load Low Volume Resistance Exercise in Young Men. PLoS ONE, 2010, 5, e12033.	1.1	396
7	Selective activation of AMPKâ€PGCâ€1Î± or PKBâ€TSC2â€mTOR signaling can explain specific adaptive responses to endurance or resistance trainingâ€like electrical muscle stimulation. FASEB Journal, 2005, 19, 1-23.	0.2	391
8	The age-related loss of skeletal muscle mass and function: Measurement and physiology of muscle fibre atrophy and muscle fibre loss in humans. Ageing Research Reviews, 2018, 47, 123-132.	5.0	390
9	Effects of leucine and its metabolite Î²â€hydroxyâ€Î²â€methylbutyrate on human skeletal muscle protein metabolism. Journal of Physiology, 2013, 591, 2911-2923.	1.3	372
10	Insulin resistance and sarcopenia: mechanistic links between common co-morbidities. Journal of Endocrinology, 2016, 229, R67-R81.	1.2	362
11	Is irisin a human exercise gene?. Nature, 2012, 488, E9-E10.	13.7	320
12	Muscle full effect after oral protein: time-dependent concordance and discordance between human muscle protein synthesis and mTORC1 signaling. American Journal of Clinical Nutrition, 2010, 92, 1080-1088.	2.2	315
13	Two Weeks of Reduced Activity Decreases Leg Lean Mass and Induces â€œAnabolic Resistanceâ€• of Myofibrillar Protein Synthesis in Healthy Elderly. Journal of Clinical Endocrinology and Metabolism, 2013, 98, 2604-2612.	1.8	306
14	Omega-3 polyunsaturated fatty acids augment the muscle protein anabolic response to hyperinsulinaemiaâ€"hyperaminoacidaemia in healthy young and middle-aged men and women. Clinical Science, 2011, 121, 267-278.	1.8	287
15	The temporal responses of protein synthesis, gene expression and cell signalling in human quadriceps muscle and patellar tendon to disuse. Journal of Physiology, 2007, 585, 241-251.	1.3	267
16	Architectural, functional and molecular responses to concentric and eccentric loading in human skeletal muscle. Acta Physiologica, 2014, 210, 642-654.	1.8	266
17	Muscle protein synthesis in response to nutrition and exercise. Journal of Physiology, 2012, 590, 1049-1057.	1.3	262
18	Enhanced Amino Acid Sensitivity of Myofibrillar Protein Synthesis Persists for up to 24 h after Resistance Exercise in Young Men1â€"3. Journal of Nutrition, 2011, 141, 568-573.	1.3	255

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19	An overview of technical considerations for Western blotting applications to physiological research. Scandinavian Journal of Medicine and Science in Sports, 2017, 27, 4-25.	1.3	255
20	Distinct anabolic signalling responses to amino acids in C2C12 skeletal muscle cells. Amino Acids, 2010, 38, 1533-1539.	1.2	246
21	Resistance exerciseâ€induced increases in putative anabolic hormones do not enhance muscle protein synthesis or intracellular signalling in young men. Journal of Physiology, 2009, 587, 5239-5247.	1.3	229
22	Human muscle protein synthesis and breakdown during and after exercise. Journal of Applied Physiology, 2009, 106, 2026-2039.	1.2	209
23	A novel multi-tissue RNA diagnostic of healthy ageing relates to cognitive health status. Genome Biology, 2015, 16, 185.	3.8	189
24	Blunting of insulin inhibition of proteolysis in legs of older subjects may contribute to age-related sarcopenia. American Journal of Clinical Nutrition, 2009, 90, 1343-1350.	2.2	173
25	Acute Post-Exercise Myofibrillar Protein Synthesis Is Not Correlated with Resistance Training-Induced Muscle Hypertrophy in Young Men. PLoS ONE, 2014, 9, e89431.	1.1	167
26	Skeletal muscle hypertrophy adaptations predominate in the early stages of resistance exercise training, matching deuterium oxideâ€derived measures of muscle protein synthesis and mechanistic target of rapamycin complex 1 signaling. FASEB Journal, 2015, 29, 4485-4496.	0.2	165
27	Molecular Networks of Human Muscle Adaptation to Exercise and Age. PLoS Genetics, 2013, 9, e1003389.	1.5	160
28	A validation of the application of D₂O stable isotope tracer techniques for monitoring day-to-day changes in muscle protein subfraction synthesis in humans. American Journal of Physiology - Endocrinology and Metabolism, 2014, 306, E571-E579.	1.8	159
29	Synchronous deficits in cumulative muscle protein synthesis and ribosomal biogenesis underlie ageâ€related anabolic resistance to exercise in humans. Journal of Physiology, 2016, 594, 7399-7417.	1.3	157
30	Role of insulin in the regulation of human skeletal muscle protein synthesis and breakdown: a systematic review and meta-analysis. Diabetologia, 2016, 59, 44-55.	2.9	155
31	Human Skeletal Muscle Disuse Atrophy: Effects on Muscle Protein Synthesis, Breakdown, and Insulin Resistanceâ€"A Qualitative Review. Frontiers in Physiology, 2016, 7, 361.	1.3	140
32	Metabolic phenotype of skeletal muscle in early critical illness. Thorax, 2018, 73, 926-935.	2.7	135
33	Differences in Muscle Protein Synthesis and Anabolic Signaling in the Postabsorptive State and in Response to Food in 65â€"80 Year Old Men and Women. PLoS ONE, 2008, 3, e1875.	1.1	132
34	Carbohydrate Does Not Augment Exercise-Induced Protein Accretion versus Protein Alone. Medicine and Science in Sports and Exercise, 2011, 43, 1154-1161.	0.2	127
35	Skeletal muscle homeostasis and plasticity in youth and ageing: impact of nutrition and exercise. Acta Physiologica, 2016, 216, 15-41.	1.8	122
36	Control of skeletal muscle atrophy in response to disuse: clinical/preclinical contentions and fallacies of evidence. American Journal of Physiology - Endocrinology and Metabolism, 2016, 311, E594-E604.	1.8	117

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37	Intake of low-dose leucine-rich essential amino acids stimulates muscle anabolism equivalently to bolus whey protein in older women at rest and after exercise. American Journal of Physiology - Endocrinology and Metabolism, 2015, 308, E1056-E1065.	1.8	113
38	Effects of resistance exercise with and without creatine supplementation on gene expression and cell signaling in human skeletal muscle. Journal of Applied Physiology, 2008, 104, 371-378.	1.2	110
39	Muscle Protein Synthetic Responses to Exercise: Effects of Age, Volume, and Intensity. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2012, 67, 1170-1177.	1.7	102
40	Effect of tumor burden and subsequent surgical resection on skeletal muscle mass and protein turnover in colorectal cancer patients. American Journal of Clinical Nutrition, 2012, 96, 1064-1070.	2.2	99
41	Decrease in Akt/PKB signalling in human skeletal muscle by resistance exercise. European Journal of Applied Physiology, 2008, 104, 57-65.	1.2	89
42	Effect of Intermittent or Continuous Feed on Muscle Wasting in Critical Illness. Chest, 2020, 158, 183-194.	0.4	84
43	Blunting of adaptive responses to resistance exercise training in women over 75y. Experimental Gerontology, 2011, 46, 884-890.	1.2	83
44	Effects of leucine-enriched essential amino acid and whey protein bolus dosing upon skeletal muscle protein synthesis at rest and after exercise in older women. Clinical Nutrition, 2018, 37, 2011-2021.	2.3	83
45	A Practical and Time-Efficient High-Intensity Interval Training Program Modifies Cardio-Metabolic Risk Factors in Adults with Risk Factors for Type II Diabetes. Frontiers in Endocrinology, 2017, 8, 229.	1.5	78
46	Regional regulation of focal adhesion kinase after concentric and eccentric loading is related to remodelling of human skeletal muscle. Acta Physiologica, 2018, 223, e13056.	1.8	73
47	Regulation of muscle protein synthesis in humans. Current Opinion in Clinical Nutrition and Metabolic Care, 2012, 15, 58-63.	1.3	71
48	Focal adhesion kinase is required for IGF-I-mediated growth of skeletal muscle cells via a TSC2/mTOR/S6K1-associated pathway. American Journal of Physiology - Endocrinology and Metabolism, 2013, 305, E183-E193.	1.8	68
49	Development of a new Sonovueâ„¢ contrast-enhanced ultrasound approach reveals temporal and age-related features of muscle microvascular responses to feeding. Physiological Reports, 2013, 1, e00119.	0.7	65
50	Systematic review and metaâ€analysis of protein intake to support muscle mass and function in healthy adults. Journal of Cachexia, Sarcopenia and Muscle, 2022, 13, 795-810.	2.9	65
51	No major sex differences in muscle protein synthesis rates in the postabsorptive state and during hyperinsulinemia-hyperaminoacidemia in middle-aged adults. Journal of Applied Physiology, 2009, 107, 1308-1315.	1.2	61
52	Physiological adaptations to resistance exercise as a function of age. JCI Insight, 2017, 2, .	2.3	61
53	Overexpression of the vitamin D receptor (VDR) induces skeletal muscle hypertrophy. Molecular Metabolism, 2020, 42, 101059.	3.0	61
54	Human Skeletal Muscle Protein Metabolism Responses to Amino Acid Nutrition. Advances in Nutrition, 2016, 7, 828S-838S.	2.9	59

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55	Protein Carbonylation and Heat Shock Proteins in Human Skeletal Muscle: Relationships to Age and Sarcopenia. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2015, 70, 174-181.	1.7	57
56	Early structural remodeling and deuterium oxide-derived protein metabolic responses to eccentric and concentric loading in human skeletal muscle. Physiological Reports, 2015, 3, e12593.	0.7	57
57	Testosterone therapy induces molecular programming augmenting physiological adaptations to resistance exercise in older men. Journal of Cachexia, Sarcopenia and Muscle, 2019, 10, 1276-1294.	2.9	56
58	Mechanistic Links Underlying the Impact of C-Reactive Protein on Muscle Mass in Elderly. Cellular Physiology and Biochemistry, 2017, 44, 267-278.	1.1	54
59	A Dose- rather than Delivery Profileâ€"Dependent Mechanism Regulates the â€œMuscle-Fullâ€•Effect in Response to Oral Essential Amino Acid Intake in Young Men ,. Journal of Nutrition, 2015, 145, 207-214.	1.3	53
60	â€œNutraceuticalsâ€•in relation to human skeletal muscle and exercise. American Journal of Physiology - Endocrinology and Metabolism, 2017, 312, E282-E299.	1.8	51
61	Biomarkers of browning of white adipose tissue and their regulation during exercise- and diet-induced weight loss,. American Journal of Clinical Nutrition, 2016, 104, 557-565.	2.2	50
62	Enriching a protein drink with leucine augments muscle protein synthesis after resistance exercise in young and older men. Clinical Nutrition, 2017, 36, 888-895.	2.3	49
63	Links Between Testosterone, Oestrogen, and the Growth Hormone/Insulin-Like Growth Factor Axis and Resistance Exercise Muscle Adaptations. Frontiers in Physiology, 2020, 11, 621226.	1.3	49
64	Resistance exercise training improves age-related declines in leg vascular conductance and rejuvenates acute leg blood flow responses to feeding and exercise. Journal of Applied Physiology, 2012, 112, 347-353.	1.2	48
65	Impact of the calcium form of Î²-hydroxy-Î²-methylbutyrate upon human skeletal muscle protein metabolism. Clinical Nutrition, 2018, 37, 2068-2075.	2.3	48
66	Effects of hypoxia on muscle protein synthesis and anabolic signaling at rest and in response to acute resistance exercise. American Journal of Physiology - Endocrinology and Metabolism, 2011, 301, E697-E702.	1.8	47
67	Cyclic stretch reduces myofibrillar protein synthesis despite increases in FAK and anabolic signalling in L6 cells. Journal of Physiology, 2009, 587, 3719-3727.	1.3	46
68	Electrical pulse stimulation: an <i>in vitro</i> exercise model for the induction of human skeletal muscle cell hypertrophy. A proofâ€•ofâ€•concept study. Experimental Physiology, 2017, 102, 1405-1413.	0.9	45
69	Stable isotope tracers and exercise physiology: past, present and future. Journal of Physiology, 2017, 595, 2873-2882.	1.3	43
70	Internal comparison between deuterium oxide (D₂O) and L<i>-</i>[<i>ring</i>-¹³C₆] phenylalanine for acute measurement of muscle protein synthesis in humans. Physiological Reports, 2015, 3, e12433.	0.7	42
71	The impact of delivery profile of essential amino acids upon skeletal muscle protein synthesis in older men: clinical efficacy of pulse vs. bolus supply. American Journal of Physiology - Endocrinology and Metabolism, 2015, 309, E450-E457.	1.8	42
72	CORP: The use of deuterated water for the measurement of protein synthesis. Journal of Applied Physiology, 2020, 128, 1163-1176.	1.2	42

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73	The vitamin D receptor regulates mitochondrial function in C2C12 myoblasts. American Journal of Physiology - Cell Physiology, 2020, 318, C536-C541.	2.1	42
74	A coding and non-coding transcriptomic perspective on the genomics of human metabolic disease. Nucleic Acids Research, 2018, 46, 7772-7792.	6.5	41
75	Michael John Rennie, MSc, PhD, FRSE, FHEA, 1946â€"2017: an appreciation of his work on protein metabolism in human muscle. American Journal of Clinical Nutrition, 2017, 106, 1-9.	2.2	39
76	Ageâ€related alterations in muscle architecture are a signature of sarcopenia: the ultrasound sarcopenia index. Journal of Cachexia, Sarcopenia and Muscle, 2021, 12, 973-982.	2.9	38
77	The mechanisms of skeletal muscle atrophy in response to transient knockdown of the vitamin D receptor <i>in vivo</i>. Journal of Physiology, 2021, 599, 963-979.	1.3	36
78	Influence of sex on the ageâ€related adaptations of neuromuscular function and motor unit properties in elite masters athletes. Journal of Physiology, 2021, 599, 193-205.	1.3	35
79	Age-related changes in muscle architecture and metabolism in humans: The likely contribution of physical inactivity to age-related functional decline. Ageing Research Reviews, 2021, 68, 101344.	5.0	35
80	Human skeletal muscle is refractory to the anabolic effects of leucine during the postprandial muscle-full period in older men. Clinical Science, 2017, 131, 2643-2653.	1.8	33
81	Muscle and Tendon Contributions to Reduced Rate of Torque Development in Healthy Older Males. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2018, 73, 539-545.	1.7	33
82	The effects of resistance exercise training on macroâ€and microâ€circulatory responses to feeding and skeletal muscle protein anabolism in older men. Journal of Physiology, 2015, 593, 2721-2734.	1.3	32
83	Cardiac stereotactic ablative radiotherapy for control of refractory ventricular tachycardia: initial UK multicentre experience. Open Heart, 2021, 8, e001770.	0.9	31
84	Neuromuscular recruitment strategies of the vastus lateralis according to sex. Acta Physiologica, 2022, 235, e13803.	1.8	31
85	The importance of protein sources to support muscle anabolism in cancer: An expert group opinion. Clinical Nutrition, 2022, 41, 192-201.	2.3	30
86	The efficacy of unsupervised home-based exercise regimens in comparison to supervised laboratory-based exercise training upon cardio-respiratory health facets. Physiological Reports, 2017, 5, e13390.	0.7	29
87	A novel D₂O tracer method to quantify RNA turnover as a biomarker of de novo ribosomal biogenesis, in vitro, in animal models, and in human skeletal muscle. American Journal of Physiology - Endocrinology and Metabolism, 2017, 313, E681-E689.	1.8	29
88	The effect of shortâ€term exercise prehabilitation on skeletal muscle protein synthesis and atrophy during bed rest in older men. Journal of Cachexia, Sarcopenia and Muscle, 2021, 12, 52-69.	2.9	28
89	Animal, Plant, Collagen and Blended Dietary Proteins: Effects on Musculoskeletal Outcomes. Nutrients, 2020, 12, 2670.	1.7	27
90	Exploring the Association between Vascular Dysfunction and Skeletal Muscle Mass, Strength and Function in Healthy Adults: A Systematic Review. Nutrients, 2020, 12, 715.	1.7	27

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91	The Vitamin D/Vitamin D receptor (VDR) axis in muscle atrophy and sarcopenia. Cellular Signalling, 2022, 96, 110355.	1.7	27
92	Fascicle length does increase in response to longitudinal resistance training and in a contraction-mode specific manner. SpringerPlus, 2016, 5, 94.	1.2	26
93	Recent developments in deuterium oxide tracer approaches to measure rates of substrate turnover. Current Opinion in Clinical Nutrition and Metabolic Care, 2017, 20, 375-381.	1.3	26
94	Pharmacological enhancement of leg and muscle microvascular blood flow does not augment anabolic responses in skeletal muscle of young men under fed conditions. American Journal of Physiology - Endocrinology and Metabolism, 2014, 306, E168-E176.	1.8	25
95	Longevityâ€related molecular pathways are subject to midlife â€œswitchâ€• in humans. Aging Cell, 2019, 18, e12970.	3.0	25
96	A double-blind placebo controlled trial into the impacts of HMB supplementation and exercise on free-living muscle protein synthesis, muscle mass and function, in older adults. Clinical Nutrition, 2019, 38, 2071-2078.	2.3	25
97	The metabolic and temporal basis of muscle hypertrophy in response to resistance exercise. European Journal of Sport Science, 2016, 16, 633-644.	1.4	23
98	Lifelong exercise is associated with more homogeneous motor unit potential features across deep and superficial areas of vastus lateralis. GeroScience, 2021, 43, 1555-1565.	2.1	23
99	Effects of Î²â€hydroxy Î²â€methylbutyrate (HMB) supplementation on muscle mass, function, and other outcomes in patients with cancer: a systematic review. Journal of Cachexia, Sarcopenia and Muscle, 2022, 13, 1623-1641.	2.9	23
100	Declines in muscle protein synthesis account for shortâ€term muscle disuse atrophy in humans in the absence of increased muscle protein breakdown. Journal of Cachexia, Sarcopenia and Muscle, 2022, 13, 2005-2016.	2.9	23
101	Supplementing essential amino acids with the nitric oxide precursor, l-arginine, enhances skeletal muscle perfusion without impacting anabolism in older men. Clinical Nutrition, 2017, 36, 1573-1579.	2.3	22
102	Exercise and Regulation of Protein Metabolism. Progress in Molecular Biology and Translational Science, 2015, 135, 75-98.	0.9	21
103	Environmental hypoxia favors myoblast differentiation and fast phenotype but blunts activation of protein synthesis after resistance exercise in human skeletal muscle. FASEB Journal, 2018, 32, 5272-5284.	0.2	20
104	Exploring mechanistic links between extracellular branched-chain amino acids and muscle insulin resistance: an in vitro approach. American Journal of Physiology - Cell Physiology, 2020, 319, C1151-C1157.	2.1	20
105	Myogenic, genomic and nonâ€genomic influences of the vitamin D axis in skeletal muscle. Cell Biochemistry and Function, 2021, 39, 48-59.	1.4	19
106	Molecular and neural adaptations to neuromuscular electrical stimulation; Implications for ageing muscle. Mechanisms of Ageing and Development, 2021, 193, 111402.	2.2	19
107	Untargeted metabolomics for uncovering biological markers of human skeletal muscle ageing. Aging, 2020, 12, 12517-12533.	1.4	19
108	iGEMS: an integrated model for identification of alternative exon usage events. Nucleic Acids Research, 2016, 44, e109-e109.	6.5	18

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109	Acute cocoa flavanol supplementation improves muscle macro- and microvascular but not anabolic responses to amino acids in older men. Applied Physiology, Nutrition and Metabolism, 2016, 41, 548-556.	0.9	18
110	Ageing and exerciseâ€induced motor unit remodelling. Journal of Physiology, 2022, 600, 1839-1849.	1.3	18
111	A Novel Dietary Intervention Reduces Circulatory Branched-Chain Amino Acids by 50%: A Pilot Study of Relevance for Obesity and Diabetes. Nutrients, 2021, 13, 95.	1.7	17
112	Protein synthesis a low priority for exercising muscle. Journal of Physiology, 2006, 573, 288-289.	1.3	16
113	Greek goddess or Greek myth: the effects of exercise on irisin/FNDC5 in humans. Journal of Physiology, 2013, 591, 5267-5268.	1.3	16
114	Differential Stimulation of Post-Exercise Myofibrillar Protein Synthesis in Humans Following Isonitrogenous, Isocaloric Pre-Exercise Feeding. Nutrients, 2019, 11, 1657.	1.7	15
115	The physiological impact of highâ€intensity interval training in octogenarians with comorbidities. Journal of Cachexia, Sarcopenia and Muscle, 2021, 12, 866-879.	2.9	15
116	Transcriptomic metaâ€analysis of disuse muscle atrophy vs. resistance exerciseâ€induced hypertrophy in young and older humans. Journal of Cachexia, Sarcopenia and Muscle, 2021, 12, 629-645.	2.9	15
117	Nutrient modulation in the management of disease-induced muscle wasting. Current Opinion in Clinical Nutrition and Metabolic Care, 2017, 20, 433-439.	1.3	14
118	Tart cherry concentrate does not enhance muscle protein synthesis response to exercise and protein in healthy older men. Experimental Gerontology, 2018, 110, 202-208.	1.2	14
119	Integrated Myofibrillar Protein Synthesis in Recovery From Unaccustomed and Accustomed Resistance Exercise With and Without Multi-ingredient Supplementation in Overweight Older Men. Frontiers in Nutrition, 2019, 6, 40.	1.6	14
120	Glucagonâ€like peptide 1 infusions overcome anabolic resistance to feeding in older human muscle. Aging Cell, 2020, 19, e13202.	3.0	14
121	Diet-induced vitamin D deficiency reduces skeletal muscle mitochondrial respiration. Journal of Endocrinology, 2021, 249, 113-124.	1.2	14
122	The acute transcriptional response to resistance exercise: impact of age and contraction mode. Aging, 2019, 11, 2111-2126.	1.4	14
123	Network analysis of human muscle adaptation to aging and contraction. Aging, 2020, 12, 740-755.	1.4	14
124	LAT1 and SNAT2 Protein Expression and Membrane Localization of LAT1 Are Not Acutely Altered by Dietary Amino Acids or Resistance Exercise Nor Positively Associated with Leucine or Phenylalanine Incorporation in Human Skeletal Muscle. Nutrients, 2021, 13, 3906.	1.7	14
125	Trained Integrated Postexercise Myofibrillar Protein Synthesis Rates Correlate with Hypertrophy in Young Males and Females. Medicine and Science in Sports and Exercise, 2022, 54, 953-964.	0.2	14
126	Physiological adaptations to resistance training in rats selectively bred for low and high response to aerobic exercise training. Experimental Physiology, 2018, 103, 1513-1523.	0.9	12

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127	High Levels of Physical Activity in Later Life Are Associated With Enhanced Markers of Mitochondrial Metabolism. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2020, 75, 1481-1487.	1.7	12
128	Dietary protein, exercise, ageing and physical inactivity: interactive influences on skeletal muscle proteostasis. Proceedings of the Nutrition Society, 2021, 80, 106-117.	0.4	12
129	The time course of physiological adaptations to highâ€intensity interval training in older adults. Aging Medicine (Milton (N S W)), 2020, 3, 245-251.	0.9	11
130	The effect of acute oral phosphatidic acid ingestion on myofibrillar protein synthesis and intracellular signaling in older males. Clinical Nutrition, 2019, 38, 1423-1432.	2.3	10
131	Associations between Plasma Branched Chain Amino Acids and Health Biomarkers in Response to Resistance Exercise Training Across Age. Nutrients, 2020, 12, 3029.	1.7	10
132	A dynamic ribosomal biogenesis response is not required for IGFâ€1â€"mediated hypertrophy of human primary myotubes. FASEB Journal, 2017, 31, 5196-5207.	0.2	9
133	A reverse genetics cellâ€based evaluation of genes linked to healthy human tissue age. FASEB Journal, 2017, 31, 96-108.	0.2	9
134	The Effects of Very Low Energy Diets and Low Energy Diets with Exercise Training on Skeletal Muscle Mass: A Narrative Review. Advances in Therapy, 2021, 38, 149-163.	1.3	9
135	Pharmacological hypogonadism impairs molecular transducers of exerciseâ€induced muscle growth in humans. Journal of Cachexia, Sarcopenia and Muscle, 2022, 13, 1134-1150.	2.9	9
136	Effects of High-Volume Versus High-Load Resistance Training on Skeletal Muscle Growth and Molecular Adaptations. Frontiers in Physiology, 2022, 13, 857555.	1.3	9
137	A novel stable isotope tracer method to simultaneously quantify skeletal muscle protein synthesis and breakdown. Metabolism Open, 2020, 5, 100022.	1.4	8
138	Transcriptomic links to muscle mass loss and declines in cumulative muscle protein synthesis during shortâ€term disuse in healthy younger humans. FASEB Journal, 2021, 35, e21830.	0.2	8
139	Omega-3 supplementation during unilateral resistance exercise training in older women: A within subject and double-blind placebo-controlled trial. Clinical Nutrition ESPEN, 2021, 46, 394-404.	0.5	8
140	The Effect of Whey Protein Supplementation on Myofibrillar Protein Synthesis and Performance Recovery in Resistance-Trained Men. Nutrients, 2020, 12, 845.	1.7	7
141	Combined in vivo muscle mass, muscle protein synthesis and muscle protein breakdown measurement: a â€˜Combined Oral Stable Isotope Assessment of Muscle (COSIAM)â€™ approach. GeroScience, 2021, 43, 2653-2665.	2.1	7
142	Atrophy Resistant vs. Atrophy Susceptible Skeletal Muscles: â€œaRaSâ€•as a Novel Experimental Paradigm to Study the Mechanisms of Human Disuse Atrophy. Frontiers in Physiology, 2021, 12, 653060.	1.3	7
143	Transcriptomic adaptation during skeletal muscle habituation to eccentric or concentric exercise training. Scientific Reports, 2021, 11, 23930.	1.6	7
144	Circulating testosterone and dehydroepiandrosterone are associated with individual motor unit features in untrained and highly active older men. GeroScience, 2022, 44, 1215-1228.	2.1	7

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145	Letter to the Editor on the Journal Club article by Barker and Traber. Journal of Physiology, 2008, 586, 307-308.	1.3	6
146	Application of deuterium oxide (D₂O) to metabolic research: just D₂O it? Depends just how you D₂O it!. American Journal of Physiology - Endocrinology and Metabolism, 2015, 308, E847-E847.	1.8	6
147	A 4-week, lifestyle-integrated, home-based exercise training programme elicits improvements in physical function and lean mass in older men and women: a pilot study. F1000Research, 2017, 6, 1235.	0.8	6
148	The efficacy of â€˜staticâ€™ training interventions for improving indices of cardiorespiratory fitness in premenopausal females. European Journal of Applied Physiology, 2019, 119, 645-652.	1.2	6
149	Factors associated with electrical stimulationâ€induced performance fatigability are dependent upon stimulation location. Experimental Physiology, 2021, 106, 828-836.	0.9	6
150	A collagen hydrolysate/milk protein-blend stimulates muscle anabolism equivalently to an isoenergetic milk protein-blend containing a greater quantity of essential amino acids in older men. Clinical Nutrition, 2021, 40, 4456-4464.	2.3	6
151	Higher strength gain after hypoxic vs normoxic resistance training despite no changes in muscle thickness and fractional protein synthetic rate. FASEB Journal, 2021, 35, e21773.	0.2	6
152	Six weeks of high-intensity interval training enhances contractile activity induced vascular reactivity and skeletal muscle perfusion in older adults. GeroScience, 2021, 43, 2667-2678.	2.1	6
153	The Combined Oral Stable Isotope Assessment of Muscle (COSIAM) reveals D-3 creatine derived muscle mass as a standout cross-sectional biomarker of muscle physiology vitality in older age. GeroScience, 2022, , 1.	2.1	6
154	Equipment-free, unsupervised high intensity interval training elicits significant improvements in the physiological resilience of older adults. BMC Geriatrics, 2022, 22, .	1.1	6
155	Phenylbutyrate, a branchedâ€chain amino acid keto dehydrogenase activator, promotes branchedâ€chain amino acid metabolism and induces muscle catabolism in C2C12 cells. Experimental Physiology, 2021, 106, 585-592.	0.9	5
156	Cocoa Flavanols Adjuvant to an Oral Nutritional Supplement Acutely Enhances Nutritive Flow in Skeletal Muscle without Altering Leg Glucose Uptake Kinetics in Older Adults. Nutrients, 2021, 13, 1646.	1.7	5
157	A 4-week, lifestyle-integrated, home-based exercise training programme elicits improvements in physical function and lean mass in older men and women: a pilot study. F1000Research, 2017, 6, 1235.	0.8	5
158	Association between frailty and C-terminal agrin fragment with 3-month mortality following ST-elevation myocardial infarction. Experimental Gerontology, 2022, 158, 111658.	1.2	5
159	It's no go for protein when it's all go. Journal of Physiology, 2009, 587, 1373-1374.	1.3	4
160	A novel puromycin decorporation method to quantify skeletal muscle protein breakdown: A proof-of-concept study. Biochemical and Biophysical Research Communications, 2017, 494, 608-614.	1.0	4
161	The metabolic and molecular mechanisms of hyperammonaemiaâ€• and hyperethanolaemiaâ€induced protein catabolism in skeletal muscle cells. Journal of Cellular Physiology, 2018, 233, 9663-9673.	2.0	4
162	The effect of oral essential amino acids on incretin hormone production in youth and ageing. Endocrinology, Diabetes and Metabolism, 2019, 2, e00085.	1.0	4

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