Takashi Abe

List of Publications by Year
in descending order

222 papers	9,980 citations	36303 51 h-index	45317 90 g-index
223 all docs	223 docs citations	223 times ranked	4771 citing authors

#	Article	IF	Citations
1	Muscle size and strength are increased following walk training with restricted venous blood flow from the leg muscle, Kaatsu-walk training. Journal of Applied Physiology, 2006, 100, 1460-1466.	2.5	476
2	Blood flow restriction during low-intensity resistance exercise increases S6K1 phosphorylation and muscle protein synthesis. Journal of Applied Physiology, 2007, 103, 903-910.	2.5	367
3	Time course for strength and muscle thickness changes following upper and lower body resistance training in men and women. European Journal of Applied Physiology and Occupational Physiology, 2000, 81, 0174.	1.2	356
4	Blood Flow Restriction Exercise: Considerations of Methodology, Application, and Safety. Frontiers in Physiology, 2019, 10, 533.	2.8	332
5	Sprint performance is related to muscle fascicle length in male 100-m sprinters. Journal of Applied Physiology, 2000, 88, 811-816.	2.5	308
6	Blood flow restriction exercise stimulates mTORC1 signaling and muscle protein synthesis in older men. Journal of Applied Physiology, 2010, 108, 1199-1209.	2.5	288
7	Effects of cuff width on arterial occlusion: implications for blood flow restricted exercise. European Journal of Applied Physiology, 2012, 112, 2903-2912.	2.5	279
8	Fascicle length of leg muscles is greater in sprinters than distance runners. Medicine and Science in Sports and Exercise, 2000, 32, 1125-1129.	0.4	251
9	Prediction equations for body composition of Japanese adults by B-mode ultrasound. American Journal of Human Biology, 1994, 6, 161-170.	1.6	239
10	Prediction and validation of total and regional skeletal muscle mass by ultrasound in Japanese adults. European Journal of Applied Physiology, 2006, 96, 24-31.	2.5	201
11	The effects of low-intensity resistance training with vascular restriction on leg muscle strength in older men. European Journal of Applied Physiology, 2010, 108, 147-155.	2.5	194
12	Influence of relative blood flow restriction pressure on muscle activation and muscle adaptation. Muscle and Nerve, 2016, 53, 438-445.	2.2	164
13	Combined effects of low-intensity blood flow restriction training and high-intensity resistance training on muscle strength and size. European Journal of Applied Physiology, 2011, 111, 2525-2533.	2.5	155
14	Muscle activation during low-intensity muscle contractions with restricted blood flow. Journal of Sports Sciences, 2009, 27, 479-489.	2.0	154
15	Effects of lowâ€intensity bench press training with restricted arm muscle blood flow on chest muscle hypertrophy: a pilot study. Clinical Physiology and Functional Imaging, 2010, 30, 338-343.	1.2	146
16	Human Muscle Gene Expression following Resistance Exercise and Blood Flow Restriction. Medicine and Science in Sports and Exercise, 2008, 40, 691-698.	0.4	143
17	Venous blood gas and metabolite response to low-intensity muscle contractions with external limb compression. Metabolism: Clinical and Experimental, 2010, 59, 1510-1519.	3.4	138
18	Effects of exercise with and without different degrees of blood flow restriction on torque and muscle activation. Muscle and Nerve, 2015, 51, 713-721.	2.2	137

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19	Effects of Blood Flow Restricted Low-Intensity Concentric or Eccentric Training on Muscle Size and Strength. PLoS ONE, 2012, 7, e52843.	2.5	134
20	Hemodynamic and neurohumoral responses to the restriction of femoral blood flow by KAATSU in healthy subjects. European Journal of Applied Physiology, 2007, 100, 275-285.	2.5	124
21	Increases in Thigh Muscle Volume and Strength by Walk Training with Leg Blood Flow Reduction in Older Participants. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2011, 66A, 257-263.	3.6	122
22	Blood flow restriction in the upper and lower limbs is predicted by limb circumference and systolic blood pressure. European Journal of Applied Physiology, 2015, 115, 397-405.	2.5	121
23	The role of FFM accumulation and skeletal muscle architecture in powerlifting performance. European Journal of Applied Physiology, 2002, 86, 327-336.	2.5	118
24	Relationship Between Sprint Performance and Muscle Fascicle Length in Female Sprinters.. Journal of Physiological Anthropology and Applied Human Science, 2001, 20, 141-147.	0.4	115
25	Muscular adaptations to fatiguing exercise with and without blood flow restriction. Clinical Physiology and Functional Imaging, 2015, 35, 167-176.	1.2	111
26	Effects of Low-Intensity Cycle Training with Restricted Leg Blood Flow on Thigh Muscle Volume and VO2MAX in Young Men. Journal of Sports Science and Medicine, 2010, 9, 452-8.	1.6	108
27	Effects of low-intensity walk training with restricted leg blood flow on muscle strength and aerobic capacity in older adults. Journal of Geriatric Physical Therapy, 2010, 33, 34-40.	1.1	106
28	Cardiovascular and perceptual responses to bloodâ€flowâ€restricted resistance exercise with differing restrictive cuffs. Clinical Physiology and Functional Imaging, 2012, 32, 331-337.	1.2	104
29	Muscle Adaptations to High-Load Training and Very Low-Load Training With and Without Blood Flow Restriction. Frontiers in Physiology, 2018, 9, 1448.	2.8	94
30	Low-Load Bench Press Training to Fatigue Results in Muscle Hypertrophy Similar to High-Load Bench Press Training. International Journal of Clinical Medicine, 2013, 04, 114-121.	0.2	94
31	The Influence of Cuff Width, Sex, and Race on Arterial Occlusion: Implications for Blood Flow Restriction Research. Sports Medicine, 2016, 46, 913-921.	6.5	88
32	Age-related, site-specific muscle loss in 1507 Japanese men and women aged 20 to 95 years. Journal of Sports Science and Medicine, 2011, 10, 145-50.	1.6	87
33	Gender differences in FFM accumulation and architectural characteristics of muscle. Medicine and Science in Sports and Exercise, 1998, 30, 1066-1070.	0.4	81
34	Exercise intensity and muscle hypertrophy in blood flowâ€"restricted limbs and nonâ€restricted muscles: a brief review. Clinical Physiology and Functional Imaging, 2012, 32, 247-252.	1.2	78
35	Blood flow restriction pressure recommendations: a tale of two cuffs. Frontiers in Physiology, 2013, 4, 249.	2.8	77
36	Age-related site-specific muscle wasting of upper and lower extremities and trunk in Japanese men and women. Age, 2014, 36, 813-821.	3.0	77

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37	The effects of elastic band resistance training combined with blood flow restriction on strength, total boneâ€free lean body mass and muscle thickness in postmenopausal women. Clinical Physiology and Functional Imaging, 2013, 33, 344-352.	1.2	76
38	Effects of 10 Weeks Walk Training With Leg Blood Flow Reduction on Carotid Arterial Compliance and Muscle Size in the Elderly Adults. Angiology, 2011, 62, 81-86.	1.8	74
39	Muscle adaptations following 21 consecutive days of strength test familiarization compared with traditional training. Muscle and Nerve, 2017, 56, 307-314.	2.2	73
40	Comparison of muscle hypertrophy following 6-month of continuous and periodic strength training. European Journal of Applied Physiology, 2013, 113, 975-985.	2.5	71
41	The Effects of Blood Flow Restriction on Upper-Body Musculature Located Distal and Proximal to Applied Pressure. Sports Medicine, 2016, 46, 23-33.	6.5	70
42	Home-based resistance training for older adults: A systematic review. Geriatrics and Gerontology International, 2014, 14, 750-757.	1.5	69
43	Expression of VO2peak in Children and Youth, with Special Reference to Allometric Scaling. Sports Medicine, 2016, 46, 1451-1460.	6.5	69
44	Mechanisms of Blood Flow Restriction: The New Testament. Techniques in Orthopaedics, 2018, 33, 72-79.	0.2	68
45	Effects of high-intensity and blood flow-restricted low-intensity resistance training on carotid arterial compliance: role of blood pressure during training sessions. European Journal of Applied Physiology, 2013, 113, 167-174.	2.5	64
46	The Application of Blood Flow Restriction: Lessons From the Laboratory. Current Sports Medicine Reports, 2018, 17, 129-134.	1.2	61
47	Correlations Do Not Show Cause and Effect: Not Even for Changes in Muscle Size and Strength. Sports Medicine, 2018, 48, 1-6.	6.5	61
48	Age-related change in handgrip strength in men and women: is muscle quality a contributing factor?. Age, 2016, 38, 28.	3.0	60
49	Prevalence of site-specific thigh sarcopenia in Japanese men and women. Age, 2014, 36, 417-426.	3.0	59
50	Relationship between limb and trunk muscle hypertrophy following highâ€intensity resistance training and blood flowâ€"restricted lowâ€intensity resistance training. Clinical Physiology and Functional Imaging, 2011, 31, 347-351.	1.2	58
51	Resistance training induced increase in VO2max in young and older subjects. European Review of Aging and Physical Activity, 2013, 10, 107-116.	2.9	57
52	Morphological and functional relationships with ultrasound measured muscle thickness of the lower extremity: a brief review. Ultrasound, 2015, 23, 166-173.	0.7	57
53	Effects of Electrostimulation with Blood Flow Restriction on Muscle Size and Strength. Medicine and Science in Sports and Exercise, 2015, 47, 2621-2627.	0.4	53
54	The influence of exercise load with and without different levels of blood flow restriction on acute changes in muscle thickness and lactate. Clinical Physiology and Functional Imaging, 2017, 37, 734-740.	1.2	52

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55	Validity of Ultrasound Prediction Equations for Total and Regional Muscularity in Middle-aged and Older Men and Women. Ultrasound in Medicine and Biology, 2015, 41, 557-564.	1.5	51
56	Effects of walking with blood flow restriction on limb venous compliance in elderly subjects. Clinical Physiology and Functional Imaging, 2011, 31, 472-476.	1.2	50
57	The effects of resistance exercise with and without different degrees of blood-flow restriction on perceptual responses. Journal of Sports Sciences, 2015, 33, 1472-1479.	2.0	50
58	Effect of cuff type on arterial occlusion. Clinical Physiology and Functional Imaging, 2013, 33, 325-327.	1.2	48
59	Component characteristics of thigh muscle volume in young and older healthy men. Clinical Physiology and Functional Imaging, 2012, 32, 89-93.	1.2	47
60	Exercise-Induced Changes in Muscle Size do not Contribute to Exercise-Induced Changes in Muscle Strength. Sports Medicine, 2019, 49, 987-991.	6.5	47
61	Site-specific thigh muscle loss as an independent phenomenon for age-related muscle loss in middle-aged and older men and women. Age, 2014, 36, 9634.	3.0	45
62	Influence of cuff material on blood flow restriction stimulus in the upper body. Journal of Physiological Sciences, 2017, 67, 207-215.	2.1	45
63	Comparison of ultrasound-measured age-related, site-specific muscle loss between healthy Japanese and German men. Clinical Physiology and Functional Imaging, 2011, 31, 320-325.	1.2	41
64	Exercise induced changes in echo intensity within the muscle: a brief review. Journal of Ultrasound, 2020, 23, 457-472.	1.3	41
65	Associations between Handgrip Strength and Ultrasound-Measured Muscle Thickness of the Hand and Forearm in Young Men and Women. Ultrasound in Medicine and Biology, 2015, 41, 2125-2130.	1.5	39
66	Prediction and validation of DXA-derived appendicular lean soft tissue mass by ultrasound in older adults. Age, 2015, 37, 114.	3.0	39
67	Architectural characteristics of muscle in black and white college football players. Medicine and Science in Sports and Exercise, 1999, 31, 1448.	0.4	39
68	Blood Flow Restricted Exercise and Discomfort: A Review. Journal of Strength and Conditioning Research, 2022, 36, 871-879.	2.1	39
69	Relationship between site-specific loss of thigh muscle and gait performance in women: The HIREGASAKI study. Archives of Gerontology and Geriatrics, 2012, 55, e21-e25.	3.0	37
70	Association Between Forearm Muscle Thickness and Age-related Loss of Skeletal Muscle Mass, Handgrip and Knee Extension Strength and Walking Performance in Old Men and Women: A Pilot Study. Ultrasound in Medicine and Biology, 2014, 40, 2069-2075.	1.5	36
71	The Impact of Ultrasound Probe Tilt on Muscle Thickness and Echo-Intensity: A Cross-Sectional Study. Journal of Clinical Densitometry, 2020, 23, 630-638.	1.2	36
72	Muscle enlargement in sumo wrestlers includes increased muscle fascicle length. European Journal of Applied Physiology, 2000, 83, 289-296.	2.5	34

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73	The association between muscle strengthening activities and red blood cell distribution width among a national sample of U.S. adults. Preventive Medicine, 2015, 73, 130-132.	3.4	33
74	Effects of drop sets with resistance training on increases in muscle CSA, strength, and endurance: a pilot study. Journal of Sports Sciences, 2018, 36, 691-696.	2.0	33
75	Ultrasound-Derived Forearm Muscle Thickness Is a Powerful Predictor for Estimating DXA-Derived Appendicular Lean Mass in Japanese Older Adults. Ultrasound in Medicine and Biology, 2016, 42, 2341-2344.	1.5	32
76	The Association of Handgrip Strength and Mortality: What Does It Tell Us and What Can We Do With It?. Rejuvenation Research, 2019, 22, 230-234.	1.8	32
77	Assessing differential responders and mean changes in muscle size, strength, and the crossover effect to 2 distinct resistance training protocols. Applied Physiology, Nutrition and Metabolism, 2020, 45, 463-470.	1.9	32
78	Legs and trunk muscle hypertrophy following walk training with restricted leg muscle blood flow. Journal of Sports Science and Medicine, 2011, 10, 338-40.	1.6	31
79	Upper limit of fat-free mass in humans: A study on Japanese Sumo wrestlers. American Journal of Human Biology, 1994, 6, 613-618.	1.6	30
80	Estimating Site-Specific Muscle Loss: A Valuable Tool for Early Sarcopenia Detection?. Rejuvenation Research, 2014, 17, 496-498.	1.8	29
81	Blood flow occlusion pressure at rest and immediately after a bout of low load exercise. Clinical Physiology and Functional Imaging, 2016, 36, 436-440.	1.2	29
82	High-pressure blood flow restriction with very low load resistance training results in peripheral vascular adaptations similar to heavy resistance training. Physiological Measurement, 2019, 40, 035003.	2.1	29
83	Perceptual changes to progressive resistance training with and without blood flow restriction. Journal of Sports Sciences, 2019, 37, 1857-1864.	2.0	29
84	Influence of Severe Sarcopenia on Cardiovascular Risk Factors in Nonobese Men. Metabolic Syndrome and Related Disorders, 2012, 10, 407-412.	1.3	28
85	Resistance training induced changes in strength and specific force at the fiber and whole muscle level: a meta-analysis. European Journal of Applied Physiology, 2019, 119, 265-278.	2.5	28
86	Comparison of Age-Related, Site-Specific Muscle Loss Between Young and Old Active and Inactive Japanese Women. Journal of Geriatric Physical Therapy, 2011, 34, 168-173.	1.1	26
87	Post-exercise blood flow restriction attenuates muscle hypertrophy. European Journal of Applied Physiology, 2016, 116, 1955-1963.	2.5	26
88	Moderately heavy exercise produces lower cardiovascular, RPE, and discomfort compared to lower load exercise with and without blood flow restriction. European Journal of Applied Physiology, 2018, 118, 1473-1480.	2.5	26
89	High REE in Sumo Wrestlers Attributed to Large Organ-Tissue Mass. Medicine and Science in Sports and Exercise, 2007, 39, 688-693.	0.4	25
90	Morphological and functional relationships with ultrasound measured muscle thickness of the upper extremity and trunk. Ultrasound, 2014, 22, 229-235.	0.7	25

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91	Vascular adaptations to low-load resistance training with and without blood flow restriction. European Journal of Applied Physiology, 2014, 114, 715-724.	2.5	25
92	Is muscle growth a mechanism for increasing strength?. Medical Hypotheses, 2019, 125, 51-56.	1.5	25
93	Possibility of leg muscle hypertrophy by ambulation in older adults: a brief review. Clinical Interventions in Aging, 2013, 8, 369.	2.9	24
94	Ultrasound assessment of hamstring muscle size using posterior thigh muscle thickness. Clinical Physiology and Functional Imaging, 2016, 36, 206-210.	1.2	24
95	Exercise-induced hypoalgesia and pain reduction following blood flow restriction: A brief review. Physical Therapy in Sport, 2021, 50, 89-96.	1.9	24
96	Ultrasound Assessment of Adductor Muscle Size Using Muscle Thickness of the Thigh. Journal of Sport Rehabilitation, 2012, 21, 244-248.	1.0	23
97	Lower body site-specific sarcopenia and accelerometer-determined moderate and vigorous physical activity: the HIREGASAKI study. Aging Clinical and Experimental Research, 2012, 24, 657-62.	2.9	23
98	Handgrip strength dominance is associated with difference in forearm muscle size. Journal of Physical Therapy Science, 2015, 27, 2147-2149.	0.6	22
99	Skeletal muscle mass in human athletes: What is the upper limit?. American Journal of Human Biology, 2018, 30, e23102.	1.6	22
100	Perceptual and arterial occlusion responses to very low load blood flow restricted exercise performed to volitional failure. Clinical Physiology and Functional Imaging, 2019, 39, 29-34.	1.2	22
101	Body Fat Loss Automatically Reduces Lean Mass by Changing the Fatâ€Free Component of Adipose Tissue. Obesity, 2019, 27, 357-358.	3.0	22
102	Acute skeletal muscle responses to very lowâ€load resistance exercise with and without the application of blood flow restriction in the upper body. Clinical Physiology and Functional Imaging, 2019, 39, 201-208.	1.2	22
103	The effects of exergames on muscle strength: A systematic review and metaâ€analysis. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 1592-1611.	2.9	22
104	Comparison of skeletal muscle mass to fat-free mass ratios among different ethnic groups. Journal of Nutrition, Health and Aging, 2012, 16, 534-538.	3.3	21
105	Effects of shortâ€term detraining following blood flow restricted lowâ€intensity training on muscle size and strength. Clinical Physiology and Functional Imaging, 2015, 35, 71-75.	1.2	21
106	Ultrasound and MRI measured changes in muscle mass gives different estimates but similar conclusions: a Bayesian approach. European Journal of Clinical Nutrition, 2019, 73, 1203-1205.	2.9	21
107	Total and segmental subcutaneous adipose tissue volume measured by ultrasound. Medicine and Science in Sports and Exercise, 1996, 28, 908-912.	0.4	21
108	Relationships of ultrasound measures of intrinsic foot muscle cross-sectional area and muscle volume with maximum toe flexor muscle strength and physical performance in young adults. Journal of Physical Therapy Science, 2016, 28, 14-19.	0.6	20

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109	Blood flowâ€restricted walking in older women: does the acute hormonal response associate with muscle hypertrophy?. Clinical Physiology and Functional Imaging, 2017, 37, 379-383.	1.2	20
110	A method to standardize the blood flow restriction pressure by an elastic cuff. Scandinavian Journal of Medicine and Science in Sports, 2019, 29, 329-335.	2.9	20
111	The Perceived Tightness Scale Does Not Provide Reliable Estimates of Blood Flow Restriction Pressure. Journal of Sport Rehabilitation, 2020, 29, 516-518.	1.0	20
112	Is muscle strength ratio a criterion for diagnosis of site-specific muscle loss?. Geriatrics and Gerontology International, 2014, 14, 837-844.	1.5	19
113	Blood flow restriction and cuff width: effect on blood flow in the legs. Clinical Physiology and Functional Imaging, 2018, 38, 944-948.	1.2	19
114	What is the Impact of Muscle Hypertrophy on Strength and Sport Performance?. Strength and Conditioning Journal, 2018, 40, 99-111.	1.4	19
115	The impact of cuff width and biological sex on cuff preference and the perceived discomfort to blood-flow-restricted arm exercise. Physiological Measurement, 2019, 40, 055001.	2.1	19
116	The influence of biological sex and cuff width on muscle swelling, echo intensity, and the fatigue response to blood flow restricted exercise. Journal of Sports Sciences, 2019, 37, 1865-1873.	2.0	19
117	Is the use of ultrasound-derived prediction equations for adults useful for estimating total and regional skeletal muscle mass in Japanese children?. British Journal of Nutrition, 2009, 101, 72-78.	2.3	18
118	The Basics of Training for Muscle Size and Strength: A Brief Review on the Theory. Medicine and Science in Sports and Exercise, 2020, 52, 645-653.	0.4	18
119	Association between siteâ€specific muscle loss of lower body and oneâ€leg standing balance in active women: The <scp>HIREGASAKI</scp> study. Geriatrics and Gerontology International, 2014, 14, 381-387.	1.5	17
120	Influence of adipose tissue mass on DXA-derived lean soft tissue mass in middle-aged and older women. Age, 2015, 37, 9741.	3.0	17
121	Longitudinal associations between changes in body composition and changes in sprint performance in elite female sprinters. European Journal of Sport Science, 2020, 20, 100-105.	2.7	17
122	Skeletal Muscle Mass and Muscular Function in Master Swimmers Is Related to Training Distance. Rejuvenation Research, 2014, 17, 415-421.	1.8	16
123	Blood flow restriction does not augment low force contractions taken to or near task failure. European Journal of Sport Science, 2020, 20, 650-659.	2.7	16
124	The position of the cuff bladder has a large impact on the pressure needed for blood flow restriction. Physiological Measurement, 2020, 41, 01NT01.	2.1	16
125	Associations of sit-up ability with sarcopenia classification measures in Japanese older women. Interventional Medicine & Applied Science, 2016, 8, 152-157.	0.2	15
126	The influence of time on determining blood flow restriction pressure. Journal of Science and Medicine in Sport, 2017, 20, 777-780.	1.3	15

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127	Very-low-load resistance exercise in the upper body with and without blood flow restriction: cardiovascular outcomes. Applied Physiology, Nutrition and Metabolism, 2019, 44, 288-292.	1.9	15
128	Skeletal Muscle Mass, Bone Mineral Density, and Walking Performance in Masters Cyclists. Rejuvenation Research, 2014, 17, 291-296.	1.8	14
129	Physiological stimuli necessary for muscle hypertrophy. The Journal of Physical Fitness and Sports Medicine, 2015, 4, 43-51.	0.3	14
130	Resistance exercise and sports performance: The minority report. Medical Hypotheses, 2018, 113, 1-5.	1.5	14
131	Prediction and Validation of DXAâ€Derived Appendicular Fatâ€Free Adipose Tissue by a Single Ultrasound Image of the Forearm in Japanese Older Adults. Journal of Ultrasound in Medicine, 2018, 37, 347-353.	1.7	14
132	Body fat percentage assessment by ultrasound subcutaneous fat thickness measurements in middle-aged and older adults. Clinical Nutrition, 2019, 38, 2659-2667.	5.0	14
133	Comparisons of calorie restriction and structured exercise on reductions in visceral and abdominal subcutaneous adipose tissue: a systematic review. European Journal of Clinical Nutrition, 2022, 76, 184-195.	2.9	14
134	Relationship between Dual-Energy X-Ray Absorptiometry-Derived Appendicular Lean Tissue Mass and Total Body Skeletal Muscle Mass Estimated by Ultrasound. International Journal of Clinical Medicine, 2013, 04, 283-286.	0.2	14
135	The Bigger the Hand, the Bigger the Difference? Implications for Testing Strength With 2 Popular Handgrip Dynamometers. Journal of Sport Rehabilitation, 2019, 28, 278-282.	1.0	13
136	Strength testing or strength training: considerations for future research. Physiological Measurement, 2020, 41, 09TR01.	2.1	13
137	Skeletal Muscle Mass and Architecture of the Worldâ€™s Strongest Raw Powerlifter: A Case Study. Asian Journal of Sports Medicine, 2018, 9, .	0.3	13
138	The Measurement of Strength in Children: Is the Peak Value Truly Maximal?. Children, 2021, 8, 9.	1.5	13
139	Cardiovascular drift during low intensity exercise with leg blood flow restriction. Acta Physiologica Hungarica, 2012, 99, 392-399.	0.9	12
140	An investigation into setting the blood flow restriction pressure based on perception of tightness. Physiological Measurement, 2018, 39, 105006.	2.1	12
141	DXA-Rectified Appendicular Lean Mass: Development of Ultrasound Prediction Models in Older Adults. Journal of Nutrition, Health and Aging, 2018, 22, 1080-1085.	3.3	12
142	Differences in 100-m sprint performance and skeletal muscle mass between elite male and female sprinters. Journal of Sports Medicine and Physical Fitness, 2019, 59, 304-309.	0.7	12
143	Blood Flow Restriction Exercise: Effects of Sex, Cuff Width, and Cuff Pressure on Perceived Lower Body Discomfort. Perceptual and Motor Skills, 2021, 128, 353-374.	1.3	12
144	Association of vigorous physical activity with age-related, site-specific loss of thigh muscle in women: the HIREGASAKI study. Journal of Trainology, 2011, 1, 6-9.	0.5	12

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145	Age-related site-specific muscle loss in the thigh and zigzag walking performance in older men and women. Acta Physiologica Hungarica, 2014, 101, 488-495.	0.9	11
146	Association between toe grasping strength and accelerometer-determined physical activity in middle-aged and older women. Journal of Physical Therapy Science, 2015, 27, 1893-1897.	0.6	11
147	Appendicular lean mass and site-specific muscle loss in the extremities correlate with dynamic strength. Clinical Physiology and Functional Imaging, 2017, 37, 328-331.	1.2	11
148	The use of ultrasound for the estimation of muscle mass: one site fits most?. Journal of Cachexia, Sarcopenia and Muscle, 2018, 9, 213-214.	7.3	11
149	Relationship between ultrasound muscle thickness and MRIâ€measured muscle crossâ€sectional area in the forearm: a pilot study. Clinical Physiology and Functional Imaging, 2018, 38, 652-655.	1.2	11
150	A Meta-analysis to Determine the Validity of Taking Blood Pressure Using the Indirect Cuff Method. Current Hypertension Reports, 2019, 21, 11.	3.5	11
151	Fat-Free Adipose Tissue Mass: Impact on Peak Oxygen Uptake (VO2peak) in Adolescents with and without Obesity. Sports Medicine, 2019, 49, 9-15.	6.5	11
152	Influence of sex and resistance training status on orofacial muscle strength and morphology in healthy adults between the ages of 18 and 40: A crossâ€sectional study. American Journal of Human Biology, 2020, 32, e23401.	1.6	11
153	Relationships between Subcutaneous Fat and Muscle Distributions and Serum HDL-cholesterol. Journal of Atherosclerosis and Thrombosis, 1994, 1, 15-22.	2.0	11
154	The Influence of Facial Muscle Training on the Facial Soft Tissue Profile: A Brief Review. Cosmetics, 2019, 6, 50.	3.3	10
155	Skeletal muscle mass in female athletes: The average and the extremes. American Journal of Human Biology, 2020, 32, e23333.	1.6	10
156	Postactivation performance enhancement: Does conditioning one arm augment performance in the other?. Clinical Physiology and Functional Imaging, 2020, 40, 407-414.	1.2	10
157	Body composition and resting metabolic rate of Japanese college Sumo wrestlers and non-athlete students: are Sumo wrestlers obese?. Anthropological Science, 2004, 112, 179-185.	0.4	9
158	The Water-Fat Separation Method for Determining the Fat-free Component of Subcutaneous Adipose Tissue in Humans: A Brief Review. Journal of Clinical Densitometry, 2020, 23, 390-394.	1.2	9
159	COPD and muscle loss: is blood flow restriction a potential treatment?. Journal of Trainology, 2014, 3, 1-5.	0.5	8
160	Stepwise Load Reduction Training: A New Training Concept for Skeletal Muscle and Energy Systems. Sports Medicine, 2020, 50, 2075-2081.	6.5	8
161	The mysterious values of adipose tissue density and fat content in infants: MRI-measured body composition studies. Pediatric Research, 2021, 90, 963-965.	2.3	8
162	Interrelationships between body mass to waist circumference ratio, body mass index, and total body muscularity in older women. Journal of Clinical Gerontology and Geriatrics, 2014, 5, 58-60.	0.7	7

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163	Effects of load on the acute response of muscles proximal and distal to blood flow restriction. Journal of Physiological Sciences, 2018, 68, 769-779.	2.1	7
164	Assessments of Facial Muscle Thickness by Ultrasound in Younger Adults: Absolute and Relative Reliability. Cosmetics, 2019, 6, 65.	3.3	7
165	Impact of Acute Fluid Retention on Ultrasound Echo Intensity. Journal of Clinical Densitometry, 2020, 23, 149-150.	1.2	7
166	The contraction history of the muscle and strength change: lessons learned from unilateral training models. Physiological Measurement, 2020, 41, 01TR01.	2.1	7
167	The Relationship Between Muscle Size and Strength Does not Depend on Echo Intensity in Healthy Young Adults. Journal of Clinical Densitometry, 2021, 24, 406-413.	1.2	7
168	Response: Commentary: Can Blood Flow Restricted Exercise Cause Muscle Damage? Commentary on Blood Flow Restriction Exercise: Considerations of Methodology, Application, and Safety. Frontiers in Physiology, 2020, 11, 574633.	2.8	7
169	Skeletal muscle size distribution in largeâ€sized male and female athletes. American Journal of Human Biology, 2021, 33, e23473.	1.6	7
170	Blood flow restriction training on resting blood pressure and heart rate: a meta-analysis of the available literature. Journal of Human Hypertension, 2022, 36, 738-743.	2.2	7
171	Relationship between lifting performance and skeletal muscle mass in elite powerlifters. Journal of Sports Medicine and Physical Fitness, 2013, 53, 409-14.	0.7	7
172	Muscle aponeurosis area in hypertrophied and normal muscle. Journal of Trainology, 2012, 1, 23-27.	0.5	6
173	Can Handgrip Strength Improve Following Body Mass-Based Lower Body Exercise?. BioResearch Open Access, 2017, 6, 19-27.	2.6	6
174	The impact of DXA-derived fat-free adipose tissue on the prevalence of low muscle mass in older adults. European Journal of Clinical Nutrition, 2019, 73, 757-762.	2.9	6
175	Acute exercise and cognition: A review with testable questions for future research into cognitive enhancement with blood flow restriction. Medical Hypotheses, 2021, 151, 110586.	1.5	6
176	Hypoalgesia following isometric handgrip exercise with and without blood flow restriction is not mediated by discomfort nor changes in systolic blood pressure. Journal of Sports Sciences, 2022, 40, 518-526.	2.0	6
177	Acute hemodynamic changes following high load and very low load lower body resistance exercise with and without the restriction of blood flow. Physiological Measurement, 2018, 39, 125007.	2.1	5
178	Effects of Age, Sex, Disease, and Exercise Training on Lip Muscle Strength. Cosmetics, 2020, 7, 18.	3.3	5
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