

# Stephen D Patterson

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/9416027/publications.pdf>

Version: 2024-02-01

82  
papers

2,524  
citations

236925

25  
h-index

223800

46  
g-index

84  
all docs

84  
docs citations

84  
times ranked

1819  
citing authors

#	ARTICLE	IF	CITATIONS
1	Blood flow restriction training in clinical musculoskeletal rehabilitation: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2017, 51, 1003-1011.	6.7	396
2	Blood Flow Restriction Exercise: Considerations of Methodology, Application, and Safety. <i>Frontiers in Physiology</i> , 2019, 10, 533.	2.8	332
3	Comparing the Effectiveness of Blood Flow Restriction and Traditional Heavy Load Resistance Training in the Post-Surgery Rehabilitation of Anterior Cruciate Ligament Reconstruction Patients: A UK National Health Service Randomised Controlled Trial. <i>Sports Medicine</i> , 2019, 49, 1787-1805.	6.5	129
4	The role of blood flow restriction training for applied practitioners: A questionnaire-based survey. <i>Journal of Sports Sciences</i> , 2018, 36, 123-130.	2.0	85
5	Increase in calf post-occlusive blood flow and strength following short-term resistance exercise training with blood flow restriction in young women. <i>European Journal of Applied Physiology</i> , 2010, 108, 1025-1033.	2.5	81
6	The Effect of Ischemic Preconditioning on Repeated Sprint Cycling Performance. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 1652-1658.	0.4	80
7	Low-Load Resistance Training With Blood Flow Restriction Improves Clinical Outcomes in Musculoskeletal Rehabilitation: A Single-Blind Randomized Controlled Trial. <i>Frontiers in Physiology</i> , 2018, 9, 1269.	2.8	76
8	Enhancing Strength and Postocclusive Calf Blood Flow in Older People With Training With Blood-Flow Restriction. <i>Journal of Aging and Physical Activity</i> , 2011, 19, 201-213.	1.0	64
9	The effect of blood flow restriction exercise on exercise-induced hypoalgesia and endogenous opioid and endocannabinoid mechanisms of pain modulation. <i>Journal of Applied Physiology</i> , 2020, 128, 914-924.	2.5	62
10	The effects of mental fatigue on cricket-relevant performance among elite players. <i>Journal of Sports Sciences</i> , 2017, 35, 2461-2467.	2.0	60
11	Effects of Dietary Nitrate, Caffeine, and Their Combination on 20-km Cycling Time Trial Performance. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 165-174.	2.1	57
12	Influence and reliability of lower-limb arterial occlusion pressure at different body positions. <i>PeerJ</i> , 2018, 6, e4697.	2.0	56
13	Circulating hormone and cytokine response to low-load resistance training with blood flow restriction in older men. <i>European Journal of Applied Physiology</i> , 2013, 113, 713-719.	2.5	55
14	Carbohydrate-Gel Supplementation and Endurance Performance during Intermittent High-Intensity Shuttle Running. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2007, 17, 445-455.	2.1	51
15	Examination of the comfort and pain experienced with blood flow restriction training during post-surgery rehabilitation of anterior cruciate ligament reconstruction patients: A UK National Health Service trial. <i>Physical Therapy in Sport</i> , 2019, 39, 90-98.	1.9	49
16	The Effects of an Oral Taurine Dose and Supplementation Period on Endurance Exercise Performance in Humans: A Meta-Analysis. <i>Sports Medicine</i> , 2018, 48, 1247-1253.	6.5	44
17	Acute ischemic preconditioning does not influence high-intensity intermittent exercise performance. <i>PeerJ</i> , 2017, 5, e4118.	2.0	38
18	Ischemic preconditioning and exercise performance: shedding light through smallest worthwhile change. <i>European Journal of Applied Physiology</i> , 2019, 119, 2123-2149.	2.5	34

#	ARTICLE	IF	CITATIONS
19	The Effects of Oral Taurine on Resting Blood Pressure in Humans: a Meta-Analysis. <i>Current Hypertension Reports</i> , 2018, 20, 81.	3.5	32
20	Comparison of the acute perceptual and blood pressure response to heavy load and light load blood flow restriction resistance exercise in anterior cruciate ligament reconstruction patients and non-injured populations. <i>Physical Therapy in Sport</i> , 2018, 33, 54-61.	1.9	32
21	Enhanced Local Skeletal Muscle Oxidative Capacity and Microvascular Blood Flow Following 7-Day Ischemic Preconditioning in Healthy Humans. <i>Frontiers in Physiology</i> , 2018, 9, 463.	2.8	31
22	Blood flow restriction training: a novel approach to augment clinical rehabilitation: how to do it. <i>British Journal of Sports Medicine</i> , 2017, 51, 1648-1649.	6.7	30
23	Interface pressure, perceptual, and mean arterial pressure responses to different blood flow restriction systems. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018, 28, 1757-1765.	2.9	30
24	Acute and Chronic Responses of Aerobic Exercise With Blood Flow Restriction: A Systematic Review. <i>Frontiers in Physiology</i> , 2019, 10, 1239.	2.8	30
25	The effect of intermittent lower limb occlusion on recovery following exercise-induced muscle damage: A randomized controlled trial. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, 729-733.	1.3	28
26	The Effects of Caffeine, Taurine, or Caffeine-Taurine Coingestion on Repeat-Sprint Cycling Performance and Physiological Responses. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 1341-1347.	2.3	28
27	Previous injury is associated with heightened countermovement jump force-time asymmetries in professional soccer players. <i>Translational Sports Medicine</i> , 2019, 2, 256-262.	1.1	27
28	The effects of acute branched-chain amino acid supplementation on recovery from a single bout of hypertrophy exercise in resistance-trained athletes. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017, 42, 630-636.	1.9	26
29	Low intensity blood flow restriction exercise: Rationale for a hypoalgesia effect. <i>Medical Hypotheses</i> , 2019, 132, 109370.	1.5	25
30	Caffeine supplementation and peak anaerobic power output. <i>European Journal of Sport Science</i> , 2015, 15, 400-406.	2.7	23
31	Ischemic preconditioning enhances critical power during a 3 minute all-out cycling test. <i>Journal of Sports Sciences</i> , 2018, 36, 1038-1043.	2.0	23
32	Caffeine and Sprinting Performance. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 1001-1005.	2.1	21
33	Oral taurine improves critical power and severe-intensity exercise tolerance. <i>Amino Acids</i> , 2019, 51, 1433-1441.	2.7	20
34	The effect of severe and moderate hypoxia on exercise at a fixed level of perceived exertion. <i>European Journal of Applied Physiology</i> , 2019, 119, 1213-1224.	2.5	19
35	The time course of adaptations in thermoneutral maximal oxygen consumption following heat acclimation. <i>European Journal of Applied Physiology</i> , 2019, 119, 2391-2399.	2.5	17
36	The response of plasma interleukin-6 and its soluble receptors to exercise in the cold in humans. <i>Journal of Sports Sciences</i> , 2008, 26, 927-933.	2.0	15

#	ARTICLE	IF	CITATIONS
37	Blood Flow Restriction Training in Rehabilitation Following Anterior Cruciate Ligament Reconstructive Surgery: A Review. <i>Techniques in Orthopaedics</i> , 2018, 33, 106-113.	0.2	15
38	Effects of local versus remote ischemic preconditioning on repeated sprint running performance. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019, 59, 187-194.	0.7	15
39	Blood Flow Restriction Therapy: From Development to Applications. <i>Sports Medicine and Arthroscopy Review</i> , 2019, 27, 119-123.	2.3	15
40	Seven-day ischaemic preconditioning improves muscle efficiency during cycling. <i>Journal of Sports Sciences</i> , 2019, 37, 2798-2805.	2.0	14
41	Functional Threshold Power Is Not Equivalent to Lactate Parameters in Trained Cyclists. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2790-2794.	2.1	14
42	Aerobic exercise with blood flow restriction causes local and systemic hypoalgesia and increases circulating opioid and endocannabinoid levels. <i>Journal of Applied Physiology</i> , 2021, 131, 1460-1468.	2.5	14
43	The impact of badminton on health markers in untrained females. <i>Journal of Sports Sciences</i> , 2017, 35, 1098-1106.	2.0	13
44	Energy Drink Doses of Caffeine and Taurine Have a Null or Negative Effect on Sprint Performance. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 3475-3481.	2.1	13
45	Acute Neuromuscular Electrical Stimulation (NMES) With Blood Flow Restriction: The Effect of Restriction Pressures. <i>Journal of Sport Rehabilitation</i> , 2021, 30, 375-383.	1.0	13
46	The effects of taurine on repeat sprint cycling after low or high cadence exhaustive exercise in females. <i>Amino Acids</i> , 2018, 50, 663-669.	2.7	12
47	Effects of Small-Sided Game Variation on Changes in Hamstring Strength. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 839-845.	2.1	12
48	Efficacy of an 8-Week Concurrent Strength and Endurance Training program on Hand Cycling Performance. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 1861-1868.	2.1	11
49	Inter-Day Reliability of Finapres® Cardiovascular Measurements During Rest and Exercise. <i>Sports Medicine International Open</i> , 2018, 02, E9-E15.	1.1	11
50	The effects of low-intensity blood flow restricted exercise compared with conventional resistance training on the clinical outcomes of active UK military personnel following a 3-week in-patient rehabilitation programme: protocol for a randomized controlled feasibility study. <i>Pilot and Feasibility Studies</i> , 2017, 3, 71.	1.2	10
51	Efficacy of depth jumps to elicit a post-activation performance enhancement in junior endurance runners. <i>Journal of Science and Medicine in Sport</i> , 2019, 22, 239-244.	1.3	9
52	An Analysis of Variability in Power Output During Indoor and Outdoor Cycling Time Trials. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 1273-1279.	2.3	9
53	Elite international female rugby union physical match demands: A five-year longitudinal analysis by position and opposition quality. <i>Journal of Science and Medicine in Sport</i> , 2021, 24, 1173-1179.	1.3	9
54	International female rugby union players' anthropometric and physical performance characteristics: A five-year longitudinal analysis by individual positional groups. <i>Journal of Sports Sciences</i> , 2022, 40, 370-378.	2.0	9

#	ARTICLE	IF	CITATIONS
55	The effect of fatigue on phase specific countermovement jump asymmetries in ACL-R and non-injured rugby union players. <i>Translational Sports Medicine</i> , 2018, 1, 238-249.	1.1	8
56	Response: Commentary: Can Blood Flow Restricted Exercise Cause Muscle Damage? Commentary on Blood Flow Restriction Exercise: Considerations of Methodology, Application, and Safety. <i>Frontiers in Physiology</i> , 2020, 11, 574633.	2.8	7
57	The relationship between heart rate recovery and temporary fatigue of kinematic and energetic indices among soccer players. <i>Science and Medicine in Football</i> , 2017, 1, 132-138.	2.0	6
58	Repetitions in Reserve Is a Reliable Tool for Prescribing Resistance Training Load. <i>Journal of Strength and Conditioning Research</i> , 2021, Publish Ahead of Print, .	2.1	6
59	Effect of Ballistic Potentiation Protocols on Elite Sprint Swimming. <i>Journal of Strength and Conditioning Research</i> , 2019, Publish Ahead of Print, 2833-2838.	2.1	6
60	Commentaries on Viewpoint: Could small-diameter muscle afferents be responsible for the ergogenic effect of limb ischemic preconditioning?. <i>Journal of Applied Physiology</i> , 2017, 122, 721-725.	2.5	5
61	The effect of acute and repeated ischemic preconditioning on recovery following exercise-induced muscle damage. <i>Journal of Science and Medicine in Sport</i> , 2021, 24, 709-714.	1.3	5
62	Optimization of Exercise Countermeasures to Spaceflight Using Blood Flow Restriction. <i>Aerospace Medicine and Human Performance</i> , 2022, 93, 32-45.	0.4	5
63	The effects of acute leucine or leucine+glutamine co-ingestion on recovery from eccentrically biased exercise. <i>Amino Acids</i> , 2018, 50, 831-839.	2.7	4
64	Repetitive vascular occlusion stimulus (RVOS) versus standard care to prevent muscle wasting in critically ill patients (ROSProx):a study protocol for a pilot randomised controlled trial. <i>Trials</i> , 2019, 20, 456.	1.6	3
65	The validity of a head-worn inertial sensor for measurements of swimming performance. <i>Movement and Sports Sciences - Science Et Motricite</i> , 2021, , 3-8.	0.3	3
66	Vertical Force-velocity Profiling and Relationship to Sprinting in Elite Female Soccer Players. <i>International Journal of Sports Medicine</i> , 2021, 42, 911-916.	1.7	3
67	Physiological Responses to Linear and Nonlinear Soccer-specific Match Simulations and Their Effects on Lower-Limb Muscle Fatigue. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 3232-3240.	2.1	2
68	The influence of pain, kinesiophobia and psychological comorbidities on the accuracy of rating of perceived exertion in UK military spinal rehabilitation. <i>BMJ Military Health</i> , 2022, 168, 292-298.	0.9	2
69	A Survey of Combat Athletes' Rapid Weight Loss Practices and Evaluation of the Relationship With Concussion Symptom Recall. <i>Clinical Journal of Sport Medicine</i> , 2022, 32, 580-587.	1.8	2
70	Editorial: Blood Flow Restriction: Rehabilitation to Performance. <i>Frontiers in Physiology</i> , 2021, 12, 566421.	2.8	1
71	Early Postoperative Role of Blood Flow Restriction Therapy to Avoid Muscle Atrophy. , 2019, , 261-274.		1
72	Corticospinal and peripheral responses to heat-induced hypo-hydration: potential physiological mechanisms and implications for neuromuscular function. <i>European Journal of Applied Physiology</i> , 2022, 122, 1797-1810.	2.5	1

#	ARTICLE	IF	CITATIONS
73	Caffeine And Sprinting Performance: Dose Responses And Efficacy. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 639.	0.4	0
74	Effects Of Blood Flow Restriction And Hypoxia On Tissue Oxygenation During Isometric Handgrip Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 539.	0.4	0
75	Interface Pressure Mechanics, Perceptual and Cardiovascular Responses To Different Cuffs In Blood Flow Restriction. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 369.	0.4	0
76	Acute effects of neuromuscular electrical stimulation combined with varying degrees of blood flow restriction on muscular, cardiovascular and perceptual variables. <i>Physiotherapy</i> , 2019, 105, e110-e111.	0.4	0
77	Proteins and Amino Acids and Physical Exercise. , 2019, , 183-196.		0
78	Response to comment: ischemic preconditioning and exercise performance: shedding light through smallest worthwhile. <i>European Journal of Applied Physiology</i> , 2020, 120, 939-940.	2.5	0
79	The Application of Blood Flow Restriction to Strength and Conditioning for Sports Performance. , 2021, , 544-552.		0
80	Effect Of Muscle Temperature On Mechanical Efficiency During Cycle Exercise In Young And Older Women. <i>Medicine and Science in Sports and Exercise</i> , 2008, 40, S475.	0.4	0
81	The Effect Of Blood Flow Restriction Resistance Training On Exercise-induced Hypoalgesia. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 843-844.	0.4	0
82	Safety and Feasibility Assessment of Repetitive Vascular Occlusion Stimulus (RVOS) Application to Multi-Organ Failure Critically Ill Patients: A Pilot Randomised Controlled Trial. <i>Journal of Clinical Medicine</i> , 2022, 11, 3938.	2.4	0