

Thomas M Best

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78
papers

3,829
citations

32
h-index

61
g-index

89
ext. papers

4,256
ext. citations

3.7
avg, IF

5.21
L-index

#	Paper	IF	Citations
78	A comparison of 2 rehabilitation programs in the treatment of acute hamstring strains. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , 2004 , 34, 116-25	4.2	277
77	Position statement on youth resistance training: the 2014 International Consensus. <i>British Journal of Sports Medicine</i> , 2014 , 48, 498-505	10.3	252
76	MR imaging of the distribution and location of acute hamstring injuries in athletes. <i>American Journal of Roentgenology</i> , 2000 , 174, 393-9	5.4	239
75	Hamstring muscle kinematics during treadmill sprinting. <i>Medicine and Science in Sports and Exercise</i> , 2005 , 37, 108-14	1.2	196
74	Return to play following muscle strains. <i>Clinical Journal of Sport Medicine</i> , 2005 , 15, 436-41	3.2	180
73	The dual roles of neutrophils and macrophages in inflammation: a critical balance between tissue damage and repair. <i>Journal of Athletic Training</i> , 2006 , 41, 457-65	4	173
72	The functional anatomy of the iliotibial band during flexion and extension of the knee: implications for understanding iliotibial band syndrome. <i>Journal of Anatomy</i> , 2006 , 208, 309-16	2.9	170
71	When to initiate integrative neuromuscular training to reduce sports-related injuries and enhance health in youth?. <i>Current Sports Medicine Reports</i> , 2011 , 10, 155-66	1.9	153
70	Acute muscle strain injuries: a proposed new classification system. <i>Knee Surgery, Sports Traumatology, Arthroscopy</i> , 2012 , 20, 2356-62	5.5	119
69	The role of neutrophils in injury and repair following muscle stretch. <i>Journal of Anatomy</i> , 2006 , 208, 459-70	2.9	116
68	Simulation of biceps femoris musculotendon mechanics during the swing phase of sprinting. <i>Medicine and Science in Sports and Exercise</i> , 2005 , 37, 1931-8	1.2	113
67	Free radical activity, antioxidant enzyme, and glutathione changes with muscle stretch injury in rabbits. <i>Journal of Applied Physiology</i> , 1999 , 87, 74-82	3.7	104
66	Characterization of the passive responses of live skeletal muscle using the quasi-linear theory of viscoelasticity. <i>Journal of Biomechanics</i> , 1994 , 27, 413-9	2.9	103
65	Common overuse tendon problems: A review and recommendations for treatment. <i>American Family Physician</i> , 2005 , 72, 811-8	1.3	103
64	Is iliotibial band syndrome really a friction syndrome?. <i>Journal of Science and Medicine in Sport</i> , 2007 , 10, 74-6; discussion 77-8	4.4	88
63	Muscle Injury and Repair. <i>Physical Medicine and Rehabilitation Clinics of North America</i> , 2000 , 11, 251-266	2.3	85
62	Early inflammatory response of knee ligaments to prolotherapy in a rat model. <i>Journal of Orthopaedic Research</i> , 2008 , 26, 816-23	3.8	77

61	Effectiveness of sports massage for recovery of skeletal muscle from strenuous exercise. <i>Clinical Journal of Sport Medicine</i> , 2008 , 18, 446-60	3.2	68
60	Response of knee ligaments to prolotherapy in a rat injury model. <i>American Journal of Sports Medicine</i> , 2008 , 36, 1347-57	6.8	67
59	Sixty minutes of what? A developing brain perspective for activating children with an integrative exercise approach. <i>British Journal of Sports Medicine</i> , 2015 , 49, 1510-6	10.3	60
58	Molecular characterization of redox mechanisms in allergic asthma. <i>Annals of Allergy, Asthma and Immunology</i> , 2014 , 113, 137-42	3.2	58
57	Epidemiology of overuse injuries among high-school athletes in the United States. <i>Journal of Pediatrics</i> , 2015 , 166, 600-6	3.6	50
56	Total proximal hamstring ruptures: clinical and MRI aspects including guidelines for postoperative rehabilitation. <i>Knee Surgery, Sports Traumatology, Arthroscopy</i> , 2013 , 21, 515-33	5.5	49
55	Integrative training for children and adolescents: techniques and practices for reducing sports-related injuries and enhancing athletic performance. <i>Physician and Sportsmedicine</i> , 2011 , 39, 74-84	2.4	49
54	Hamstring Strains: Basic Science and Clinical Research Applications for Preventing the Recurrent Injury. <i>Strength and Conditioning Journal</i> , 2011 , 33, 56-71	2	43
53	Oxidant production and immune response after stretch injury in skeletal muscle. <i>Medicine and Science in Sports and Exercise</i> , 2001 , 33, 2010-5	1.2	42
52	Cyclic compressive loading facilitates recovery after eccentric exercise. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, 1289-96	1.2	38
51	Stem cells, angiogenesis and muscle healing: a potential role in massage therapies?. <i>British Journal of Sports Medicine</i> , 2013 , 47, 556-60	10.3	35
50	Dose-dependency of massage-like compressive loading on recovery of active muscle properties following eccentric exercise: rabbit study with clinical relevance. <i>British Journal of Sports Medicine</i> , 2013 , 47, 83-8	10.3	32
49	Massage timing affects postexercise muscle recovery and inflammation in a rabbit model. <i>Medicine and Science in Sports and Exercise</i> , 2013 , 45, 1105-12	1.2	29
48	Analysis of changes in mRNA levels of myoblast- and fibroblast-derived gene products in healing skeletal muscle using quantitative reverse transcription-polymerase chain reaction. <i>Journal of Orthopaedic Research</i> , 2001 , 19, 565-72	3.8	29
47	A biologically-assisted curved muscle model of the lumbar spine: Model structure. <i>Clinical Biomechanics</i> , 2016 , 37, 53-59	2.2	27
46	Evaluation of a new method to create a standardized muscle stretch injury. <i>Medicine and Science in Sports and Exercise</i> , 1998 , 30, 200-5	1.2	26
45	Hyperbaric oxygen therapy for delayed onset muscle soreness and closed soft tissue injury. <i>The Cochrane Library</i> , 2005 , CD004713	5.2	24
44	Exercise deficit disorder in youth: a paradigm shift toward disease prevention and comprehensive care. <i>Current Sports Medicine Reports</i> , 2013 , 12, 248-55	1.9	22

43	Sustained acoustic medicine: wearable, long duration ultrasonic therapy for the treatment of tendinopathy. <i>Physician and Sportsmedicine</i> , 2015 , 43, 366-74	2.4	19
42	A biologically-assisted curved muscle model of the lumbar spine: Model validation. <i>Clinical Biomechanics</i> , 2016 , 37, 153-159	2.2	19
41	Stretch-activated ion channel blockade attenuates adaptations to eccentric exercise. <i>Medicine and Science in Sports and Exercise</i> , 2009 , 41, 351-6	1.2	18
40	A mechatronic system for quantitative application and assessment of massage-like actions in small animals. <i>Annals of Biomedical Engineering</i> , 2014 , 42, 36-49	4.7	14
39	Are There Differences in Ice Hockey Injuries Between Sexes?: A Systematic Review. <i>Orthopaedic Journal of Sports Medicine</i> , 2014 , 2, 2325967113518181	3.5	13
38	Po2 cycling protects diaphragm function during reoxygenation via ROS, Akt, ERK, and mitochondrial channels. <i>American Journal of Physiology - Cell Physiology</i> , 2015 , 309, C759-66	5.4	13
37	PO2 cycling reduces diaphragm fatigue by attenuating ROS formation. <i>PLoS ONE</i> , 2014 , 9, e109884	3.7	13
36	How Effective are Diagnostic Tests for the Assessment of Rotator Cuff Disease of the Shoulder?327-360		12
35	Development and testing of a moment-based coactivation index to assess complex dynamic tasks for the lumbar spine. <i>Clinical Biomechanics</i> , 2017 , 46, 23-32	2.2	11
34	Association between ball-handling versus defending actions and acute noncontact lower extremity injuries in high school basketball and soccer. <i>American Journal of Sports Medicine</i> , 2015 , 43, 802-7	6.8	11
33	Stem cells, angiogenesis and muscle healing: a potential role in massage therapies?. <i>Postgraduate Medical Journal</i> , 2013 , 89, 666-70	2	11
32	Effects of immediate vs. delayed massage-like loading on skeletal muscle viscoelastic properties following eccentric exercise. <i>Clinical Biomechanics</i> , 2014 , 29, 671-8	2.2	10
31	Muscle co-contraction during gait in individuals with articular cartilage defects in the knee. <i>Gait and Posture</i> , 2016 , 48, 68-73	2.6	9
30	Lumbopelvic neuromuscular training and injury rehabilitation: a systematic review. <i>Clinical Journal of Sport Medicine</i> , 2013 , 23, 160-71	3.2	8
29	Do Foot Orthoses Prevent Injury?73-92		8
28	Top 10 research questions related to exercise deficit disorder (EDD) in youth. <i>Research Quarterly for Exercise and Sport</i> , 2014 , 85, 297-307	1.9	6
27	Does Stretching Help Prevent Injuries?36-58		5
26	Transverse forces in skeletal muscle with massage-like loading in a rabbit model. <i>BMC Complementary and Alternative Medicine</i> , 2014 , 14, 393	4.7	3

25	Hamstring Strains. <i>Physician and Sportsmedicine</i> , 1996 , 24, 37-44	2.4	3
24	Can we Prevent Ankle Sprains?519-537		3
23	Brain damage in American Football Inevitable consequence or avoidable risk?. <i>British Journal of Sports Medicine</i> , 2015 , 49, 1015-6	10.3	2
22	Is it Possible to Prevent Sports and Recreation Injuries? A Systematic Review of Randomized Controlled Trials, with Recommendations for Future Work1-17		1
21	What Type of Exercise Reduces Falls in Older People?135-166		1
20	What is the Most Appropriate Treatment for Patellar Tendinopathy?476-490		1
19	Spinal Loading and Immune Responses to Personality and Mental Load During Repetitive Lifting. <i>Proceedings of the Human Factors and Ergonomics Society</i> , 2011 , 55, 1034-1038	0.4	
18	Predicting return to sprinting after acute hamstring strains. <i>Clinical Journal of Sport Medicine</i> , 2008 , 18, 104-5	3.2	
17	How to Manage Plantar Fasciitis586-601		
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