Glyn Howatson

List of Publications by Year
in descending order

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261 papers	8,570 citations	41258 49 h-index	64668 79 g-index
265 all docs	265 docs citations	265 times ranked	6733 citing authors

#	Article	IF	Citations
1	The Prevention and Treatment of Exercise-Induced Muscle Damage. Sports Medicine, 2008, 38, 483-503.	3.1	367
2	The Potential Benefits of Red Beetroot Supplementation in Health and Disease. Nutrients, 2015, 7, 2801-2822.	1.7	338
3	Influence of tart cherry juice on indices of recovery following marathon running. Scandinavian Journal of Medicine and Science in Sports, 2010, 20, 843-852.	1.3	293
4	Cold water immersion and recovery from strenuous exercise: a meta-analysis. British Journal of Sports Medicine, 2012, 46, 233-240.	3.1	230
5	The Reliability and Validity of Fatigue Measures During Multiple-Sprint Work: An Issue Revisited. Journal of Strength and Conditioning Research, 2008, 22, 1597-1601.	1.0	193
6	Exerciseâ€induced muscle damage: What is it, what causes it and what are the nutritional solutions?. European Journal of Sport Science, 2019, 19, 71-85.	1.4	172
7	Effect of tart cherry juice (Prunus cerasus) on melatonin levels and enhanced sleep quality. European Journal of Nutrition, 2012, 51, 909-916.	1.8	165
8	Physiological sex differences affect the integrative response to exercise: acute and chronic implications. Experimental Physiology, 2020, 105, 2007-2021.	0.9	165
9	Compression garments and recovery from exercise-induced muscle damage: a meta-analysis. British Journal of Sports Medicine, 2014, 48, 1340-1346.	3.1	146
10	Central and Peripheral Fatigue in Male Cyclists after 4-, 20-, and 40-km Time Trials. Medicine and Science in Sports and Exercise, 2015, 47, 537-546.	0.2	142
11	Exercise-induced muscle damage is reduced in resistance-trained males by branched chain amino acids: a randomized, double-blind, placebo controlled study. Journal of the International Society of Sports Nutrition, 2012, 9, 20.	1.7	141
12	Effects of Dynamic and Static Stretching on Vertical Jump Performance and Electromyographic Activity. Journal of Strength and Conditioning Research, 2009, 23, 507-512.	1.0	132
13	Montmorency Cherries Reduce the Oxidative Stress and Inflammatory Responses to Repeated Days High-Intensity Stochastic Cycling. Nutrients, 2014, 6, 829-843.	1.7	128
14	Caffeine Supplementation and Multiple Sprint Running Performance. Medicine and Science in Sports and Exercise, 2008, 40, 1835-1840.	0.2	113
15	Menstrual cycle-associated modulations in neuromuscular function and fatigability of the knee extensors in eumenorrheic women. Journal of Applied Physiology, 2019, 126, 1701-1712.	1.2	113
16	Exercise-Induced Muscle Damage Following a Bout of Sport Specific Repeated Sprints. Journal of Strength and Conditioning Research, 2009, 23, 2419-2424.	1.0	111
17	The influence of cold water immersions on adaptation following a single bout of damaging exercise. European Journal of Applied Physiology, 2009, 105, 615-621.	1.2	107
18	Effects of Strength Training on the Physiological Determinants of Middle- and Long-Distance Running Performance: A Systematic Review. Sports Medicine, 2018, 48, 1117-1149.	3.1	107

#	Article	IF	Citations
19	Assessment of eccentric exercise-induced muscle damage of the elbow flexors by tensiomyography. Journal of Electromyography and Kinesiology, 2012, 22, 334-341.	0.7	106
20	Evidence for Acute Electrophysiological and Cognitive Changes Following Routine Soccer Heading. EBioMedicine, 2016, 13, 66-71.	2.7	103
21	Intensity-Dependent Contribution of Neuromuscular Fatigue after Constant-Load Cycling. Medicine and Science in Sports and Exercise, 2016, 48, 1751-1760.	0.2	102
22	Supplementation with Î²-Hydroxy- Î²-Methylbutyrate (HMB) and Î±-Ketoisocaproic Acid (KIC) Reduces Signs and Symptoms of Exercise-Induced Muscle Damage in Man. International Journal of Sport Nutrition and Exercise Metabolism, 2005, 15, 413-424.	1.0	88
23	Repeated Bout Effect after Maximal Eccentric Exercise. International Journal of Sports Medicine, 2007, 28, 557-563.	0.8	88
24	Recovery facilitation with Montmorency cherries following high-intensity, metabolically challenging exercise. Applied Physiology, Nutrition and Metabolism, 2015, 40, 414-423.	0.9	88
25	The Effects of Montmorency Tart Cherry Concentrate Supplementation on Recovery Following Prolonged, Intermittent Exercise. Nutrients, 2016, 8, 441.	1.7	85
26	Increased cross-education of muscle strength and reduced corticospinal inhibition following eccentric strength training. Neuroscience, 2015, 300, 566-575.	1.1	84
27	Evidence of a contralateral repeated bout effect after maximal eccentric contractions. European Journal of Applied Physiology, 2007, 101, 207-214.	1.2	83
28	Ipsilateral motor cortical responses to TMS during lengthening and shortening of the contralateral wrist flexors. European Journal of Neuroscience, 2011, 33, 978-990.	1.2	76
29	The efficacy of ice massage in the treatment of exercise-induced muscle damage. Scandinavian Journal of Medicine and Science in Sports, 2005, 15, 416-422.	1.3	75
30	The role of cherries in exercise and health. Scandinavian Journal of Medicine and Science in Sports, 2014, 24, 477-490.	1.3	74
31	Effect of milk-based carbohydrate-protein supplement timing on the attenuation of exercise-induced muscle damage. Applied Physiology, Nutrition and Metabolism, 2010, 35, 270-277.	0.9	72
32	Prevalence of Allergy and Upper Respiratory Tract Symptoms in Runners of the London Marathon. Medicine and Science in Sports and Exercise, 2012, 44, 999-1004.	0.2	72
33	Etiology and Recovery of Neuromuscular Fatigue after Simulated Soccer Match Play. Medicine and Science in Sports and Exercise, 2017, 49, 955-964.	0.2	72
34	Etiology and Recovery of Neuromuscular Fatigue following Competitive Soccer Match-Play. Frontiers in Physiology, 2017, 8, 831.	1.3	72
35	Compression Garments and Recovery from Exercise: A Meta-Analysis. Sports Medicine, 2017, 47, 2245-2267.	3.1	70
36	Effects of Montmorency tart cherry (Prunus Cerasus L.) consumption on vascular function in men with early hypertension. American Journal of Clinical Nutrition, 2016, 103, 1531-1539.	2.2	69

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37	Sex differences in fatigability and recovery relative to the intensityâ€“duration relationship. Journal of Physiology, 2019, 597, 5577-5595.	1.3	69
38	Neuromuscular Fatigability during Repeated-Sprint Exercise in Male Athletes. Medicine and Science in Sports and Exercise, 2015, 47, 528-536.	0.2	64
39	Corticospinal responses following strength training: a systematic review and metaâ€analysis. European Journal of Neuroscience, 2017, 46, 2648-2661.	1.2	64
40	Effects of Beetroot Juice on Recovery of Muscle Function and Performance between Bouts of Repeated Sprint Exercise. Nutrients, 2016, 8, 506.	1.7	63
41	The effects of beetroot juice supplementation on indices of muscle damage following eccentric exercise. European Journal of Applied Physiology, 2016, 116, 353-362.	1.2	63
42	Dietary intake of anthocyanins and risk of cardiovascular disease: A systematic review and meta-analysis of prospective cohort studies. Critical Reviews in Food Science and Nutrition, 2019, 59, 3032-3043.	5.4	61
43	Nutritional interventions for reducing the signs and symptoms of exercise-induced muscle damage and accelerate recovery in athletes: current knowledge, practical application and future perspectives. European Journal of Applied Physiology, 2020, 120, 1965-1996.	1.2	61
44	Determining the Sites of Neural Adaptations to Resistance Training: A Systematic Review and Meta-analysis. Sports Medicine, 2020, 50, 1107-1128.	3.1	61
45	Phytochemical uptake following human consumption of Montmorency tart cherry (L. Prunus cerasus) and influence of phenolic acids on vascular smooth muscle cells in vitro. European Journal of Nutrition, 2016, 55, 1695-1705.	1.8	57
46	The Role of Intra-Session Exercise Sequence in the Interference Effect: A Systematic Review with Meta-Analysis. Sports Medicine, 2018, 48, 177-188.	3.1	56
47	Analgesic and antiâ€inflammatory drugs in sports: Implications for exercise performance and training adaptations. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 2252-2262.	1.3	56
48	Montmorency tart cherry (Prunus cerasus L.) concentrate lowers uric acid, independent of plasma cyanidin-3-O-glucosiderutinoside. Journal of Functional Foods, 2014, 11, 82-90.	1.6	55
49	Minimal muscle damage after a marathon and no influence of beetroot juice on inflammation and recovery. Applied Physiology, Nutrition and Metabolism, 2017, 42, 263-270.	0.9	55
50	The plasma bioavailability of nitrate and betanin from Beta vulgaris rubra in humans. European Journal of Nutrition, 2017, 56, 1245-1254.	1.8	52
51	Performance Fatigability Is Not Regulated to A Peripheral Critical Threshold. Exercise and Sport Sciences Reviews, 2018, 46, 240-246.	1.6	52
52	Prediction of Flatwater Kayaking Performance. International Journal of Sports Physiology and Performance, 2008, 3, 207-218.	1.1	51
53	Influence of Compression Garments on Recovery After Marathon Running. Journal of Strength and Conditioning Research, 2014, 28, 2228-2235.	1.0	51
54	The effects of multiple cold water immersions on indices of muscle damage. Journal of Sports Science and Medicine, 2008, 7, 235-41.	0.7	50

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55	Transcranial magnetic stimulation in sport science: A commentary. European Journal of Sport Science, 2014, 14, S332-40.	1.4	47
56	Neuromuscular changes and the rapid adaptation following a bout of damaging eccentric exercise. Acta Physiologica, 2017, 220, 486-500.	1.8	46
57	Sex differences in fatigability following exercise normalised to the powerâ€“duration relationship. Journal of Physiology, 2020, 598, 5717-5737.	1.3	45
58	Performance and Neuromuscular Adaptations Following Differing Ratios of Concurrent Strength and Endurance Training. Journal of Strength and Conditioning Research, 2013, 27, 3342-3351.	1.0	44
59	Contraction intensity and sex differences in knee-extensor fatigability. Journal of Electromyography and Kinesiology, 2017, 37, 68-74.	0.7	44
60	Neuromuscular Fatigue and Recovery after Heavy Resistance, Jump, and Sprint Training. Medicine and Science in Sports and Exercise, 2018, 50, 2526-2535.	0.2	44
61	Alterations in Redox Homeostasis in the Elite Endurance Athlete. Sports Medicine, 2015, 45, 379-409.	3.1	43
62	Effects of montmorency tart cherry (L. Prunus Cerasus) consumption on nitric oxide biomarkers and exercise performance. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 1746-1756.	1.3	43
63	Montmorency Tart cherries (Prunus cerasus L.) modulate vascular function acutely, in the absence of improvement in cognitive performance. British Journal of Nutrition, 2016, 116, 1935-1944.	1.2	42
64	The reliability of electromechanical delay and torque during isometric and concentric isokinetic contractions. Journal of Electromyography and Kinesiology, 2009, 19, 975-979.	0.7	41
65	Cross-education of wrist extensor strength is not influenced by non-dominant training in right-handers. European Journal of Applied Physiology, 2016, 116, 1757-1769.	1.2	41
66	Mirror training to augment cross-education during resistance training: a hypothesis. Frontiers in Human Neuroscience, 2013, 7, 396.	1.0	40
67	Muscle Damage Response in Female Collegiate Athletes After Repeated Sprint Activity. Journal of Strength and Conditioning Research, 2015, 29, 2802-2807.	1.0	40
68	The Effects of Compression-Garment Pressure on Recovery After Strenuous Exercise. International Journal of Sports Physiology and Performance, 2017, 12, 1078-1084.	1.1	40
69	Modulation of specific inhibitory networks in fatigued locomotor muscles of healthy males. Experimental Brain Research, 2018, 236, 463-473.	0.7	40
70	Familiarization and Reliability of Multiple Sprint Running Performance Indices. Journal of Strength and Conditioning Research, 2007, 21, 857.	1.0	40
71	The altered human serum metabolome induced by a marathon. Metabolomics, 2018, 14, 150.	1.4	39
72	Mirror Training Augments the Cross-education of Strength and Affects Inhibitory Paths. Medicine and Science in Sports and Exercise, 2016, 48, 1001-1013.	0.2	38

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73	The assessment of neuromuscular fatigue during 120Âmin of simulated soccer exercise. European Journal of Applied Physiology, 2017, 117, 687-697.	1.2	37
74	Exercise-Induced Muscle Damage Is Not Attenuated by Î²-Hydroxy-Î²-Methylbutyrate and Î±-Ketoisocaproic Acid Supplementation. Journal of Strength and Conditioning Research, 2010, 24, 531-537.	1.0	36
75	Montmorency tart cherry (Prunus cerasus L.) supplementation accelerates recovery from exerciseâ€induced muscle damage in females. European Journal of Sport Science, 2019, 19, 95-102.	1.4	36
76	Mechanical and morphological determinants of peak power output in elite cyclists. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 227-237.	1.3	36
77	Recovery and Adaptation From Repeated Intermittent-Sprint Exercise. International Journal of Sports Physiology and Performance, 2014, 9, 489-496.	1.1	35
78	T-regulatory cells exhibit a biphasic response to prolonged endurance exercise in humans. European Journal of Applied Physiology, 2017, 117, 1727-1737.	1.2	35
79	An optimal protocol for measurement of corticospinal excitability, short intracortical inhibition and intracortical facilitation in the rectus femoris. Journal of the Neurological Sciences, 2018, 394, 45-56.	0.3	35
80	Functional relevance of resistance training-induced neuroplasticity in health and disease. Neuroscience and Biobehavioral Reviews, 2021, 122, 79-91.	2.9	35
81	Effects of seated and standing cold water immersion on recovery from repeated sprinting. Journal of Sports Sciences, 2015, 33, 1544-1552.	1.0	34
82	Test-Retest Reliability of Physiological and Performance Responses to 120 Minutes of Simulated Soccer Match Play. Journal of Strength and Conditioning Research, 2016, 30, 3178-3186.	1.0	34
83	Influence of coldâ€water immersion on limb blood flow after resistance exercise. European Journal of Sport Science, 2017, 17, 519-529.	1.4	34
84	Whey protein hydrolysate supplementation accelerates recovery from exercise-induced muscle damage in females. Applied Physiology, Nutrition and Metabolism, 2018, 43, 324-330.	0.9	34
85	Influence of a montmorency cherry juice blend on indices of exercise-induced stress and upper respiratory tract symptoms following marathon runningâ€"a pilot investigation. Journal of the International Society of Sports Nutrition, 2015, 12, 22.	1.7	32
86	Beetroot juice is more beneficial than sodium nitrate for attenuating muscle pain after strenuous eccentric-bias exercise. Applied Physiology, Nutrition and Metabolism, 2017, 42, 1185-1191.	0.9	32
87	The impact of damaging exercise on electromechanical delay in biceps brachii. Journal of Electromyography and Kinesiology, 2010, 20, 477-481.	0.7	31
88	Trekking Poles Reduce Exercise-Induced Muscle Injury during Mountain Walking. Medicine and Science in Sports and Exercise, 2011, 43, 140-145.	0.2	31
89	Role of the Mirror-Neuron System in Cross-Education. Sports Medicine, 2014, 44, 159-178.	3.1	31
90	The impact of neuromuscular electrical stimulation on recovery after intensive, muscle damaging, maximal speed training in professional team sports players. Journal of Science and Medicine in Sport, 2015, 18, 328-332.	0.6	31

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91	Does a bout of strength training affect 2,000Âm rowing ergometer performance and rowing-specific maximal power 24Âh later?. European Journal of Applied Physiology, 2011, 111, 2653-2662.	1.2	30
92	The variation in pressures exerted by commercially available compression garments. Sports Engineering, 2015, 18, 115-121.	0.5	30
93	Effects of acute high-intensity exercise on cognitive performance in trained individuals: A systematic review. Progress in Brain Research, 2017, 234, 161-187.	0.9	30
94	Determining the potential sites of neural adaptation to cross-education: implications for the cross-education of muscle strength. European Journal of Applied Physiology, 2018, 118, 1751-1772.	1.2	30
95	Effects of strength and endurance exercise order on endocrine responses to concurrent training. European Journal of Sport Science, 2017, 17, 326-334.	1.4	29
96	Repeatability of Corticospinal and Spinal Measures during Lengthening and Shortening Contractions in the Human Tibialis Anterior Muscle. PLoS ONE, 2012, 7, e35930.	1.1	29
97	Energy intake and energy expenditure of pre-professional female contemporary dancers. PLoS ONE, 2017, 12, e0171998.	1.1	29
98	Corticospinal responses of resistance-trained and un-trained males during dynamic muscle contractions. Journal of Electromyography and Kinesiology, 2013, 23, 1075-1081.	0.7	28
99	The Response to and Recovery From Maximum-Strength and -Power Training in Elite Track and Field Athletes. International Journal of Sports Physiology and Performance, 2016, 11, 356-362.	1.1	28
100	Cyclingâ€specific isometric resistance trainingÂimprovesÂpeak power output in elite sprint cyclists. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 1594-1604.	1.3	26
101	Adaptations in corticospinal excitability and inhibition are not spatially confined to the agonist muscle following strength training. European Journal of Applied Physiology, 2017, 117, 1359-1371.	1.2	25
102	Neuromuscular response differences to power vs strength back squat exercise in elite athletes. Scandinavian Journal of Medicine and Science in Sports, 2015, 25, 630-639.	1.3	24
103	Critical Difference and Biological Variation in Biomarkers of Oxidative Stress and Nutritional Status in Athletes. PLoS ONE, 2016, 11, e0149927.	1.1	23
104	Taskâ€specific strength increases after lowerâ€limb compound resistance training occurred in the absence of corticospinal changes in vastus lateralis. Experimental Physiology, 2020, 105, 1132-1150.	0.9	23
105	Cryotherapy Reinvented: Application of Phase Change Material for Recovery in Elite Soccer. International Journal of Sports Physiology and Performance, 2018, 13, 584-589.	1.1	22
106	Motor cortical and corticospinal function differ during an isometric squat compared with isometric knee extension. Experimental Physiology, 2018, 103, 1251-1263.	0.9	22
107	Vitamin D and omega-3 polyunsaturated fatty acid supplementation in athletes with exercise-induced bronchoconstriction: a pilot study. Expert Review of Respiratory Medicine, 2015, 9, 369-378.	1.0	21
108	Effect of Preperformance Lower-Limb Massage on Thirty-Meter Sprint Running. Journal of Strength and Conditioning Research, 2007, 21, 1028.	1.0	21

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109	Relation between Peak Power Output in Sprint Cycling and Maximum Voluntary Isometric Torque Production. Journal of Electromyography and Kinesiology, 2017, 35, 95-99.	0.7	20
110	Enhanced Corticospinal Excitability and Volitional Drive in Response to Shortening and Lengthening Strength Training and Changes Following Detraining. Frontiers in Physiology, 2017, 8, 57.	1.3	20
111	The Influence of Blood Lactate Sample Site on Exercise Prescription. Journal of Strength and Conditioning Research, 2012, 26, 563-567.	1.0	19
112	Mirror illusion reduces motor cortical inhibition in the ipsilateral primary motor cortex during forceful unilateral muscle contractions. Journal of Neurophysiology, 2015, 113, 2262-2270.	0.9	19
113	Heavyâ€resistance exerciseâ€induced increases in jump performance are not explained by changes in neuromuscular function. Scandinavian Journal of Medicine and Science in Sports, 2017, 27, 35-44.	1.3	19
114	Testâ€“retest reliability of physiological parameters in elite junior distance runners following allometric scaling. European Journal of Sport Science, 2017, 17, 1231-1240.	1.4	19
115	Exercise-Induced Cardiac Remodeling: Lessons from Humans, Horses, and Dogs. Veterinary Sciences, 2017, 4, 9.	0.6	19
116	Effects of Strength Training on Postpubertal Adolescent Distance Runners. Medicine and Science in Sports and Exercise, 2018, 50, 1224-1232.	0.2	19
117	Determining the early corticospinal-motoneuronal responses to strength training: a systematic review and meta-analysis. Reviews in the Neurosciences, 2019, 30, 463-476.	1.4	19
118	Strength and Conditioning Habits of Competitive Distance Runners. Journal of Strength and Conditioning Research, 2020, 34, 1392-1399.	1.0	19
119	Blood lactate levels as a biomarker for angling-induced stress in tigerfishHydrocynus vittatusfrom the Okavango Delta, Botswana. African Journal of Aquatic Science, 2009, 34, 255-259.	0.5	18
120	Augmented supraspinal fatigue following constantâ€load cycling in the heat. Scandinavian Journal of Medicine and Science in Sports, 2015, 25, 164-172.	1.3	18
121	Performance and Endocrine Responses to Differing Ratios of Concurrent Strength and Endurance Training. Journal of Strength and Conditioning Research, 2016, 30, 693-702.	1.0	18
122	Corticospinal and spinal adaptations to motor skill and resistance training: Potential mechanisms and implications for motor rehabilitation and athletic development. European Journal of Applied Physiology, 2021, 121, 707-719.	1.2	17
123	Ice massage. Effects on exercise-induced muscle damage. Journal of Sports Medicine and Physical Fitness, 2003, 43, 500-5.	0.4	17
124	The efficacy of protein supplementation during recovery from muscle-damaging concurrent exercise. Applied Physiology, Nutrition and Metabolism, 2017, 42, 716-724.	0.9	16
125	Optimization of Exercise Countermeasures for Human Space Flight: Operational Considerations for Concurrent Strength and Aerobic Training. Frontiers in Physiology, 2019, 10, 584.	1.3	16
126	Reduced corticospinal responses in older compared with younger adults during submaximal isometric, shortening, and lengthening contractions. Journal of Applied Physiology, 2019, 126, 1015-1031.	1.2	16

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127	Electrical stimulation of human corticospinal axons at the level of the lumbar spinal segments. European Journal of Neuroscience, 2019, 49, 1254-1267.	1.2	16
128	Use of Loaded Conditioning Activities to Potentiate Middle- and Long-Distance Performance: A Narrative Review and Practical Applications. Journal of Strength and Conditioning Research, 2019, 33, 2288-2297.	1.0	16
129	Deception Improves Time Trial Performance in Well-trained Cyclists without Augmented Fatigue. Medicine and Science in Sports and Exercise, 2018, 50, 809-816.	0.2	15
130	Cold water immersion improves recovery of sprint speed following a simulated tournament. European Journal of Sport Science, 2019, 19, 1166-1174.	1.4	15
131	Tracking the corticospinal responses to strength training. European Journal of Applied Physiology, 2020, 120, 783-798.	1.2	15
132	The Influence of Tart Cherry (Prunus cerasus, cv Montmorency) Concentrate Supplementation for 3 Months on Cardiometabolic Risk Factors in Middle-Aged Adults: A Randomised, Placebo-Controlled Trial. Nutrients, 2021, 13, 1417.	1.7	15
133	Exploring the practical knowledge of eccentric resistance training in high-performance strength and conditioning practitioners. International Journal of Sports Science and Coaching, 2020, 15, 41-52.	0.7	14
134	Antioxidant-rich beetroot juice does not adversely affect acute neuromuscular adaptation following eccentric exercise. Journal of Sports Sciences, 2017, 35, 812-819.	1.0	13
135	Torque, power and muscle activation of eccentric and concentric isokinetic cycling. Journal of Electromyography and Kinesiology, 2018, 40, 56-63.	0.7	13
136	Ipsilateral corticomotor responses are confined to the homologous muscle following cross-education of muscular strength. Applied Physiology, Nutrition and Metabolism, 2018, 43, 11-22.	0.9	13
137	Countermovement Jump Recovery in Professional Soccer Players Using an Inertial Sensor. International Journal of Sports Physiology and Performance, 2019, 14, 9-15.	1.1	13
138	Signaling Responses After Varying Sequencing of Strength and Endurance Training in a Fed State. International Journal of Sports Physiology and Performance, 2016, 11, 868-875.	1.1	12
139	HEART RATE AND INDIRECT BLOOD PRESSURE RESPONSES TO FOUR DIFFERENT FIELD ANESTHETIC PROTOCOLS IN WILD-BORN CAPTIVE CHIMPANZEES (PAN TROGLODYTES). Journal of Zoo and Wildlife Medicine, 2017, 48, 636-644.	0.3	12
140	An Evaluation of Supramaximally Loaded Eccentric Leg Press Exercise. Journal of Strength and Conditioning Research, 2018, 32, 2708-2714.	1.0	12
141	Don't Lose Your Cool With Cryotherapy: The Application of Phase Change Material for Prolonged Cooling in Athletic Recovery and Beyond. Frontiers in Sports and Active Living, 2020, 2, 118.	0.9	12
142	Looking the Part: Female Sports Psychologistsâ€™ Body Mass Index and Dress Influences Athletesâ€™ Perceptions of Their Potential Effectiveness. Sport Psychologist, 2011, 25, 82-93.	0.4	11
143	The efficacy of cooling with phase change material for the treatment of exercise-induced muscle damage: pilot study. Journal of Sports Sciences, 2017, 36, 1-7.	1.0	11
144	Modulation of intracortical inhibition and excitation in agonist and antagonist muscles following acute strength training. European Journal of Applied Physiology, 2019, 119, 2185-2199.	1.2	11

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145	Neurophysiological responses and adaptation following repeated bouts of maximal lengthening contractions in young and older adults. Journal of Applied Physiology, 2019, 127, 1224-1237.	1.2	11
146	Priming the Motor Cortex With Anodal Transcranial Direct Current Stimulation Affects the Acute Inhibitory Corticospinal Responses to Strength Training. Journal of Strength and Conditioning Research, 2019, 33, 307-317.	1.0	11
147	The unaided recovery of marathon-induced serum metabolome alterations. Scientific Reports, 2020, 10, 11060.	1.6	11
148	Custom-Fitted Compression Garments Enhance Recovery From Muscle Damage in Rugby Players. Journal of Strength and Conditioning Research, 2020, Publish Ahead of Print, .	1.0	11
149	Effects of exercise on alterations in redox homeostasis in elite male and female endurance athletes using a clinical point-of-care test. Applied Physiology, Nutrition and Metabolism, 2016, 41, 1026-1032.	0.9	10
150	Descriptive analysis of Olympic class windsurfing competition during the 2017-2018 regatta season. International Journal of Performance Analysis in Sport, 2019, 19, 517-529.	0.5	10
151	The Effect of Phase Change Material on Recovery of Neuromuscular Function Following Competitive Soccer Match-Play. Frontiers in Physiology, 2019, 10, 647.	1.3	10
152	Prolonged cooling with phase change material enhances recovery and does not affect the subsequent repeated bout effect following exercise. European Journal of Applied Physiology, 2020, 120, 413-423.	1.2	10
153	Alterations in Whole-Body Insulin Sensitivity Resulting From Repeated Eccentric Exercise of a Single Muscle Group: A Pilot Investigation. International Journal of Sport Nutrition and Exercise Metabolism, 2015, 25, 405-410.	1.0	9
154	Investigating the Effects of Typical Rowing Strength Training Practices on Strength and Power Development and 2,000 m Rowing Performance. Journal of Human Kinetics, 2016, 50, 167-177.	0.7	9
155	Corticospinal excitability during shortening and lengthening actions with incremental torque output. Experimental Physiology, 2018, 103, 1586-1592.	0.9	9
156	Efficacy of depth jumps to elicit a post-activation performance enhancement in junior endurance runners. Journal of Science and Medicine in Sport, 2019, 22, 239-244.	0.6	9
157	Corticospinal excitability of tibialis anterior and soleus differs during passive ankle movement. Experimental Brain Research, 2019, 237, 2239-2254.	0.7	9
158	Exploring the Efficacy of a Safe Cryotherapy Alternative: Physiological Temperature Changes From Cold-Water Immersion Versus Prolonged Cooling of Phase-Change Material. International Journal of Sports Physiology and Performance, 2019, 14, 1288-1296.	1.1	9
159	Tart Cherry Supplementation and Recovery From Strenuous Exercise: A Systematic Review and Meta-Analysis. International Journal of Sport Nutrition and Exercise Metabolism, 2021, 31, 154-167.	1.0	9
160	The effect of dietary anthocyanins on biochemical, physiological, and subjective exercise recovery: a systematic review and meta-analysis. Critical Reviews in Food Science and Nutrition, 2023, 63, 1262-1276.	5.4	9
161	Resistance training improves nerve conduction and arterial stiffness in older adults with diabetic distal symmetrical polyneuropathy: A randomized controlled trial. Experimental Gerontology, 2021, 153, 111481.	1.2	9
162	Repetitive Transcranial Magnetic Stimulation Attenuates the Perception of Force Output Production in Non-Exercised Hand Muscles after Unilateral Exercise. PLoS ONE, 2013, 8, e80202.	1.1	9

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163	Comparison of the Lactate Pro and Analox GM7 Blood Lactate Analysers. International Journal of Sports Medicine, 2005, 26, 657-661.	0.8	8
164	Effect of a concentric warm-up exercise on eccentrically induced soreness and loss of function of the elbow flexor muscles. Journal of Sports Sciences, 2010, 28, 1377-1382.	1.0	8
165	Reliability of a combined biomechanical and surface electromyographical analysis system during dynamic barbell squat exercise. Journal of Sports Sciences, 2011, 29, 1389-1397.	1.0	8
166	Recovery time of motor evoked potentials following lengthening and shortening muscle action in the tibialis anterior. Journal of Clinical Neuroscience, 2012, 19, 1328-1329.	0.8	8
167	A pilot study investigating reactive oxygen species production in capillary blood after a marathon and the influence of an antioxidant-rich beetroot juice. Applied Physiology, Nutrition and Metabolism, 2018, 43, 303-306.	0.9	8
168	Cardiac structure and function characterized across age groups and between sexes in healthy wild-born captive chimpanzees (Pan troglodytes) living in sanctuaries. American Journal of Veterinary Research, 2019, 80, 547-557.	0.3	8
169	Isovelocity vs. Isoinertial Sprint Cycling Tests for Power- and Torque-cadence Relationships. International Journal of Sports Medicine, 2019, 40, 897-902.	0.8	8
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