

Chris Bleakley

List of Publications by Year in descending order

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Version: 2024-02-01

109
papers

6,891
citations

76294

40
h-index

62565

80
g-index

116
all docs

116
docs citations

116
times ranked

4942
citing authors

#	ARTICLE	IF	CITATIONS
1	The Incidence and Prevalence of Ankle Sprain Injury: A Systematic Review and Meta-Analysis of Prospective Epidemiological Studies. <i>Sports Medicine</i> , 2014, 44, 123-140.	3.1	602
2	The Use of Ice in the Treatment of Acute Soft-Tissue Injury. <i>American Journal of Sports Medicine</i> , 2004, 32, 251-261.	1.9	436
3	Evidence review for the 2016 International Ankle Consortium consensus statement on the prevalence, impact and long-term consequences of lateral ankle sprains. <i>British Journal of Sports Medicine</i> , 2016, 50, 1496-1505.	3.1	374
4	Selection criteria for patients with chronic ankle instability in controlled research: a position statement of the International Ankle Consortium: Table A1. <i>British Journal of Sports Medicine</i> , 2014, 48, 1014-1018.	3.1	363
5	Selection Criteria for Patients With Chronic Ankle Instability in Controlled Research: A Position Statement of the International Ankle Consortium. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , 2013, 43, 585-591.	1.7	355
6	Where are all the female participants in Sports and Exercise Medicine research?. <i>European Journal of Sport Science</i> , 2014, 14, 847-851.	1.4	321
7	Recovery From a First-Time Lateral Ankle Sprain and the Predictors of Chronic Ankle Instability. <i>American Journal of Sports Medicine</i> , 2016, 44, 995-1003.	1.9	269
8	Treatment and prevention of acute and recurrent ankle sprain: an overview of systematic reviews with meta-analysis. <i>British Journal of Sports Medicine</i> , 2017, 51, 113-125.	3.1	229
9	2016 consensus statement of the International Ankle Consortium: prevalence, impact and long-term consequences of lateral ankle sprains. <i>British Journal of Sports Medicine</i> , 2016, 50, 1493-1495.	3.1	185
10	Walking Exercise for Chronic Musculoskeletal Pain: Systematic Review and Meta-Analysis. <i>Archives of Physical Medicine and Rehabilitation</i> , 2015, 96, 724-734.e3.	0.5	164
11	Gaming for Health. <i>Journal of Applied Gerontology</i> , 2015, 34, NP166-NP189.	1.0	150
12	Clinical assessment of acute lateral ankle sprain injuries (ROAST): 2019 consensus statement and recommendations of the International Ankle Consortium. <i>British Journal of Sports Medicine</i> , 2018, 52, 1304-1310.	3.1	146
13	Effect of accelerated rehabilitation on function after ankle sprain: randomised controlled trial. <i>BMJ: British Medical Journal</i> , 2010, 340, c1964-c1964.	2.4	143
14	Cryotherapy for acute ankle sprains: a randomised controlled study of two different icing protocols * Commentary. <i>British Journal of Sports Medicine</i> , 2006, 40, 700-705.	3.1	138
15	Clinician-friendly lower extremity physical performance measures in athletes: a systematic review of measurement properties and correlation with injury, part 1. The tests for knee function including the hop tests. <i>British Journal of Sports Medicine</i> , 2015, 49, 642-648.	3.1	133
16	Clinician-friendly lower extremity physical performance tests in athletes: a systematic review of measurement properties and correlation with injury. Part 2—the tests for the hip, thigh, foot and ankle including the star excursion balance test. <i>British Journal of Sports Medicine</i> , 2015, 49, 649-656.	3.1	124
17	What is the biochemical and physiological rationale for using cold-water immersion in sports recovery? A systematic review. <i>British Journal of Sports Medicine</i> , 2010, 44, 179-187.	3.1	116
18	PRICE needs updating, should we call the POLICE?. <i>British Journal of Sports Medicine</i> , 2012, 46, 220-221.	3.1	113

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19	Strategies to prevent injury in adolescent sport: a systematic review. <i>British Journal of Sports Medicine</i> , 2007, 41, 627-638.	3.1	109
20	Clinical Effectiveness of Laser Acupuncture: A Systematic Review. <i>JAMS Journal of Acupuncture and Meridian Studies</i> , 2008, 1, 65-82.	0.3	103
21	Cold-water immersion (cryotherapy) for preventing and treating muscle soreness after exercise. <i>The Cochrane Library</i> , 2012, , CD008262.	1.5	103
22	The use of thermal imaging in assessing skin temperature following cryotherapy: a review. <i>Journal of Thermal Biology</i> , 2012, 37, 103-110.	1.1	96
23	Whole-body cryotherapy: empirical evidence and theoretical perspectives. <i>Open Access Journal of Sports Medicine</i> , 2014, 5, 25.	0.6	93
24	Some conservative strategies are effective when added to controlled mobilisation with external support after acute ankle sprain: a systematic review. <i>Australian Journal of Physiotherapy</i> , 2008, 54, 7-20.	0.9	83
25	Contrast Water Therapy and Exercise Induced Muscle Damage: A Systematic Review and Meta-Analysis. <i>PLoS ONE</i> , 2013, 8, e62356.	1.1	77
26	The PRICE study (Protection Rest Ice Compression Elevation): design of a randomised controlled trial comparing standard versus cryokinetic ice applications in the management of acute ankle sprain [ISRCTN13903946]. <i>BMC Musculoskeletal Disorders</i> , 2007, 8, 125.	0.8	76
27	Dynamic balance deficits in individuals with chronic ankle instability compared to ankle sprain copers 1 year after a first-time lateral ankle sprain injury. <i>Knee Surgery, Sports Traumatology, Arthroscopy</i> , 2016, 24, 1086-1095.	2.3	74
28	Hip Joint Pathology as a Leading Cause of Groin Pain in the Sporting Population. <i>American Journal of Sports Medicine</i> , 2015, 43, 1698-1703.	1.9	70
29	Laser Acupuncture for Treating Musculoskeletal Pain: A Systematic Review with Meta-analysis. <i>JAMS Journal of Acupuncture and Meridian Studies</i> , 2015, 8, 2-16.	0.3	66
30	Do Thermal Agents Affect Range of Movement and Mechanical Properties in Soft Tissues? A Systematic Review. <i>Archives of Physical Medicine and Rehabilitation</i> , 2013, 94, 149-163.	0.5	65
31	Whole-body cryotherapy (extreme cold air exposure) for preventing and treating muscle soreness after exercise in adults. <i>The Cochrane Library</i> , 2015, 2015, CD010789.	1.5	65
32	RISUS study: Rugby Injury Surveillance in Ulster Schools. <i>British Journal of Sports Medicine</i> , 2017, 51, 600-606.	3.1	64
33	Is it possible to achieve optimal levels of tissue cooling in cryotherapy?. <i>Physical Therapy Reviews</i> , 2010, 15, 344-350.	0.3	59
34	Optimal loading: key variables and mechanisms. <i>British Journal of Sports Medicine</i> , 2015, 49, 278-279.	3.1	57
35	Should Athletes Return to Sport After Applying Ice?. <i>Sports Medicine</i> , 2012, 42, 69-87.	3.1	55
36	Exercise, orthoses and splinting for treating Achilles tendinopathy: a systematic review with meta-analysis. <i>British Journal of Sports Medicine</i> , 2018, 52, 1564-1574.	3.1	54

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37	Laboratory Measures of Postural Control During the Star Excursion Balance Test After Acute First-Time Lateral Ankle Sprain. <i>Journal of Athletic Training</i> , 2015, 50, 651-664.	0.9	51
38	Single-leg drop landing movement strategies in participants with chronic ankle instability compared with lateral ankle sprain "copers"™. <i>Knee Surgery, Sports Traumatology, Arthroscopy</i> , 2016, 24, 1049-1059.	2.3	50
39	Cooling an acute muscle injury: can basic scientific theory translate into the clinical setting?. <i>British Journal of Sports Medicine</i> , 2012, 46, 296-298.	3.1	47
40	Rehabilitation Exercises Reduce Reinjury Post Ankle Sprain, But the Content and Parameters of an Optimal Exercise Program Have Yet to Be Established: A Systematic Review and Meta-analysis. <i>Archives of Physical Medicine and Rehabilitation</i> , 2019, 100, 1367-1375.	0.5	46
41	Dynamic Balance Deficits 6 Months Following First-Time Acute Lateral Ankle Sprain: A Laboratory Analysis. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , 2015, 45, 626-633.	1.7	44
42	Biotensegrity and myofascial chains: A global approach to an integrated kinetic chain. <i>Medical Hypotheses</i> , 2018, 110, 90-96.	0.8	43
43	Postural control strategies during single limb stance following acute lateral ankle sprain. <i>Clinical Biomechanics</i> , 2014, 29, 643-649.	0.5	41
44	Predicting Functional Recovery after Acute Ankle Sprain. <i>PLoS ONE</i> , 2013, 8, e72124.	1.1	37
45	Cold water immersion in the management of delayed-onset muscle soreness: Is dose important? A randomised controlled trial. <i>Physical Therapy in Sport</i> , 2014, 15, 228-233.	0.8	36
46	Single-leg drop landing movement strategies 6 months following first-time acute lateral ankle sprain injury. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2015, 25, 806-817.	1.3	35
47	Single-leg drop landing motor control strategies following acute ankle sprain injury. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2015, 25, 525-533.	1.3	33
48	Higher shoe-surface interaction is associated with doubling of lower extremity injury risk in football codes: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2015, 49, 1245-1252.	3.1	30
49	Locomotive biomechanics in persons with chronic ankle instability and lateral ankle sprain copers. <i>Journal of Science and Medicine in Sport</i> , 2016, 19, 524-530.	0.6	29
50	Balance failure in single limb stance due to ankle sprain injury: An analysis of center of pressure using the fractal dimension method. <i>Gait and Posture</i> , 2014, 40, 172-176.	0.6	27
51	Lower extremity coordination and symmetry patterns during a drop vertical jump task following acute ankle sprain. <i>Human Movement Science</i> , 2014, 38, 34-46.	0.6	27
52	The quality of research in sports journals. <i>British Journal of Sports Medicine</i> , 2002, 36, 124-125.	3.1	26
53	Coordination and symmetry patterns during the drop vertical jump, 6 months after first-time lateral ankle sprain. <i>Journal of Orthopaedic Research</i> , 2015, 33, 1537-1544.	1.2	24
54	Lower extremity function during gait in participants with first time acute lateral ankle sprain compared to controls. <i>Journal of Electromyography and Kinesiology</i> , 2015, 25, 182-192.	0.7	24

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55	Physical performance tests predict injury in National Collegiate Athletic Association athletes: a three-season prospective cohort study. <i>British Journal of Sports Medicine</i> , 2016, 50, 1333-1337.	3.1	24
56	Herbal medicinal products or preparations for neuropathic pain. <i>The Cochrane Library</i> , 2021, 2021, CD010528.	1.5	24
57	Self-poisoning with metaldehyde. <i>Emergency Medicine Journal</i> , 2008, 25, 381-382.	0.4	20
58	Lower Limb Interjoint Postural Coordination One Year after First-Time Lateral Ankle Sprain. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 2398-2405.	0.2	20
59	Inter-joint coordination strategies during unilateral stance 6-months following first-time lateral ankle sprain. <i>Clinical Biomechanics</i> , 2015, 30, 129-135.	0.5	19
60	Marked asymmetry in vertical force (but not contact times) during running in ACL reconstructed athletes <9 months post-surgery despite meeting functional criteria for return to sport.. <i>Journal of Science and Medicine in Sport</i> , 2018, 21, 890-893.	0.6	19
61	Rethinking Dynamic Knee Valgus and Its Relation to Knee Injury: Normal Movement Requiring Control, Not Avoidance. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , 2019, 49, 216-218.	1.7	18
62	Functional management of ankle sprains: what volume and intensity of walking is undertaken in the first week postinjury. <i>British Journal of Sports Medicine</i> , 2012, 46, 877-882.	3.1	17
63	Cochrane review: whole-body cryotherapy (extreme cold air exposure) for preventing and treating muscle soreness after exercise in adults. <i>Journal of Evidence-Based Medicine</i> , 2016, 9, 43-44.	2.4	17
64	Cryotherapy and inflammation: evidence beyond the cardinal signs. <i>Physical Therapy Reviews</i> , 2010, 15, 430-435.	0.3	16
65	Clinical Tests Have Limited Predictive Value for Chronic Ankle Instability When Conducted in the Acute Phase of a First-Time Lateral Ankle Sprain Injury. <i>Archives of Physical Medicine and Rehabilitation</i> , 2018, 99, 720-725.e1.	0.5	16
66	Being able to adapt to variable stimuli: the key driver in injury and illness prevention?. <i>British Journal of Sports Medicine</i> , 2013, 47, 64-65.	3.1	15
67	Diagnostic Accuracy of Clinical Tests Assessing Ligamentous Injury of the Talocrural and Subtalar Joints: A Systematic Review With Meta-Analysis. <i>Sports Health</i> , 2022, 14, 336-347.	1.3	15
68	Muscle Reaction Time During a Simulated Lateral Ankle Sprain After Wet-Ice Application or Cold-Water Immersion. <i>Journal of Athletic Training</i> , 2015, 50, 697-703.	0.9	14
69	The effects of a combined static-dynamic stretching protocol on athletic performance in elite Gaelic footballers: A randomised controlled crossover trial. <i>Physical Therapy in Sport</i> , 2017, 25, 47-54.	0.8	14
70	Recurrent injury patterns in adolescent rugby. <i>Physical Therapy in Sport</i> , 2018, 33, 12-17.	0.8	14
71	Cold-water immersion (cryotherapy) for preventing and treating muscle soreness after exercise. <i>Sao Paulo Medical Journal</i> , 2012, 130, 348-348.	0.4	14
72	Coordination and Symmetry Patterns During the Drop Vertical Jump in People With Chronic Ankle Instability and Lateral Ankle Sprain Copers. <i>Physical Therapy</i> , 2016, 96, 1152-1161.	1.1	12

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73	Diagnostic accuracy of clinical tests assessing ligamentous injury of the ankle syndesmosis: A systematic review with meta-analysis. <i>Physical Therapy in Sport</i> , 2021, 49, 214-226.	0.8	12
74	Jump load: capturing the next great injury analytic. <i>British Journal of Sports Medicine</i> , 2019, 53, 8-9.	3.1	11
75	Understanding chronic ankle instability: model rich, data poor. <i>British Journal of Sports Medicine</i> , 2021, 55, 463-464.	3.1	11
76	Exercise-based rehabilitation reduces reinjury following acute lateral ankle sprain: A systematic review update with meta-analysis. <i>PLoS ONE</i> , 2022, 17, e0262023.	1.1	11
77	A NEAR-INFRARED LED-BASED REHABILITATION SYSTEM: INITIAL CLINICAL EXPERIENCE. <i>Laser Therapy</i> , 2005, 14, 29-35.	0.8	10
78	Fifth metatarsal stress fracture in elite male football players: an on-field analysis of plantar loading. <i>BMJ Open Sport and Exercise Medicine</i> , 2018, 4, e000377.	1.4	9
79	Athletes at late stage rehabilitation have persisting deficits in plantar- and dorsiflexion, and inversion (but not eversion) after ankle sprain. <i>Physical Therapy in Sport</i> , 2019, 38, 30-35.	0.8	9
80	Do exercises for patellofemoral pain reflect common injury mechanisms? A systematic review. <i>Journal of Science and Medicine in Sport</i> , 2021, 24, 229-240.	0.6	9
81	Acute soft tissue injury management: Past, present and future. <i>Physical Therapy in Sport</i> , 2013, 14, 73-74.	0.8	7
82	Inter-joint coordination strategies during unilateral stance following first-time, acute lateral ankle sprain: A brief report. <i>Clinical Biomechanics</i> , 2015, 30, 636-639.	0.5	7
83	Gait Biomechanics in Participants, Six Months after First-time Lateral Ankle Sprain. <i>International Journal of Sports Medicine</i> , 2016, 37, 577-583.	0.8	7
84	Does "proximal control"™ need a new definition or a paradigm shift in exercise prescription? A clinical commentary. <i>British Journal of Sports Medicine</i> , 2019, 53, 141-142.	3.1	7
85	Most ankle sprain research is either false or clinically unimportant: A 30-year audit of randomized controlled trials. <i>Journal of Sport and Health Science</i> , 2021, 10, 523-529.	3.3	7
86	Concussion History and Balance Performance in Adolescent Rugby Union Players. <i>American Journal of Sports Medicine</i> , 2021, 49, 1348-1354.	1.9	7
87	Do ACL Injury Risk Reduction Exercises Reflect Common Injury Mechanisms? A Scoping Review of Injury Prevention Programs. <i>Sports Health</i> , 2022, 14, 592-600.	1.3	7
88	Six different football shoes, one playing surface and the weather; Assessing variation in shoe-surface traction over one season of elite football. <i>PLoS ONE</i> , 2019, 14, e0216364.	1.1	6
89	Injury patterns in U15 rugby players in Ulster schools: A Rugby Injury Surveillance (RISUS) Study. <i>Translational Sports Medicine</i> , 2021, 4, 524-533.	0.5	6
90	Use of monitoring technology and injury incidence among recreational runners: a cross-sectional study. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2021, 13, 116.	0.7	6

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91	Are sports medicine journals relevant and applicable to practitioners and athletes?. British Journal of Sports Medicine, 2004, 38, e23-e23.	3.1	5
92	Supervised physiotherapy for mild or moderate ankle sprain. BMJ, The, 2016, 355, i5984.	3.0	4
93	ReApp – A Mobile App for the Rehabilitation of Ankle Sprains. Lecture Notes in Computer Science, 2015, , 61-67.	1.0	4
94	Many High-Quality Randomized Controlled Trials in Sports Physical Therapy Are Making False-Positive Claims of Treatment Effect: A Systematic Survey. Journal of Orthopaedic and Sports Physical Therapy, 2020, 50, 104-109.	1.7	4
95	Treatment of knee pain in primary care. BMJ: British Medical Journal, 2006, 333, 981-982.	2.4	3
96	Infographic. International Ankle Consortium Rehabilitation-Oriented Assessment. British Journal of Sports Medicine, 2019, 53, 1248-1249.	3.1	3
97	Rotational traction of soccer football shoes on a hybrid reinforced turf system and natural grass. Footwear Science, 2022, 14, 58-69.	0.8	3
98	Current Concepts in the Use of PRICE for Soft Tissue Injury Management. Physiotherapy Practice and Research, 2009, 30, 19-20.	0.1	2
99	Herbal medicinal products or preparations for neuropathic pain. The Cochrane Library, 2017, , .	1.5	2
100	Radiographically Occult Medial Cuneiform Impaction Fracture. Journal of Orthopaedic and Sports Physical Therapy, 2019, 49, 675-675.	1.7	2
101	Validating new discoveries in sports medicine: we need FAIR play beyond p values. British Journal of Sports Medicine, 2020, 54, 1239-1240.	3.1	2
102	The addition of supervised physiotherapy sessions for management of acute ankle sprain does not aid recovery more than providing standardised written instruction about early management [commentary]. Journal of Physiotherapy, 2017, 63, 115.	0.7	1
103	Isolated Medial Cuneiform Fractures: A Systematic Search and Qualitative Analysis of Case Studies. Journal of the American Podiatric Medical Association, 2021, 111, .	0.2	1
104	What is the Role of Ice in Soft-tissue Injury Management?. , 0, , 187-207.		1
105	Experimental Pilot Study of Ice with Compression versus Ice Alone in Treating Ankle Pain. Physiotherapy, 2002, 88, 427.	0.2	0
106	PEDro scores were based on information in the paper. Australian Journal of Physiotherapy, 2008, 54, 289.	0.9	0
107	Research on youth rugby injuries in Northern Ireland. BMJ, The, 2015, 350, h435-h435.	3.0	0
108	Active posterior pelvic tilt range of motion is decreased in soccer players with chronic groin pain: A case–control study. Translational Sports Medicine, 2020, 3, 432-439.	0.5	0

#	ARTICLE	IF	CITATIONS
109	An unusual case of bilateral myositis ossificans in a young athlete. BMJ Case Reports, 2009, 2009, bcr0720080381-bcr0720080381.	0.2	0