

# Chris Bleakley

## List of Publications by Citations

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103  
papers

4,847  
citations

38  
h-index

68  
g-index

116  
ext. papers

5,849  
ext. citations

4.9  
avg, IF

5.81  
L-index

#	Paper	IF	Citations
103	The incidence and prevalence of ankle sprain injury: a systematic review and meta-analysis of prospective epidemiological studies. <i>Sports Medicine</i> , <b>2014</b> , 44, 123-40	10.6	400
102	The use of ice in the treatment of acute soft-tissue injury: a systematic review of randomized controlled trials. <i>American Journal of Sports Medicine</i> , <b>2004</b> , 32, 251-61	6.8	360
101	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> , <b>2013</b> , 43, 585-91	4.2	258
100	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> , <b>2016</b> , 50, 1496-1505	10.3	231
99	Selection criteria for patients with chronic ankle instability in controlled research: a position statement of the International Ankle Consortium. <i>British Journal of Sports Medicine</i> , <b>2014</b> , 48, 1014-8	10.3	192
98	Where are all the female participants in Sports and Exercise Medicine research?. <i>European Journal of Sport Science</i> , <b>2014</b> , 14, 847-51	3.9	189
97	Recovery From a First-Time Lateral Ankle Sprain and the Predictors of Chronic Ankle Instability: A Prospective Cohort Analysis. <i>American Journal of Sports Medicine</i> , <b>2016</b> , 44, 995-1003	6.8	165
96	Treatment and prevention of acute and recurrent ankle sprain: an overview of systematic reviews with meta-analysis. <i>British Journal of Sports Medicine</i> , <b>2017</b> , 51, 113-125	10.3	139
95	Walking exercise for chronic musculoskeletal pain: systematic review and meta-analysis. <i>Archives of Physical Medicine and Rehabilitation</i> , <b>2015</b> , 96, 724-734.e3	2.8	121
94	Gaming for health: a systematic review of the physical and cognitive effects of interactive computer games in older adults. <i>Journal of Applied Gerontology</i> , <b>2015</b> , 34, NP166-89	3.3	120
93	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> , <b>2015</b> , 49, 642-8	10.3	119
92	Effect of accelerated rehabilitation on function after ankle sprain: randomised controlled trial. <i>BMJ, The</i> , <b>2010</b> , 340, c1964	5.9	112
91	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> , <b>2016</b> , 50, 1493-1495	10.3	112
90	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> , <b>2015</b> , 49, 649-56	10.3	103
89	Cryotherapy for acute ankle sprains: a randomised controlled study of two different icing protocols. <i>British Journal of Sports Medicine</i> , <b>2006</b> , 40, 700-5; discussion 705	10.3	102
88	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> , <b>2010</b> , 44, 179-87	10.3	95
87	Clinical effectiveness of laser acupuncture: a systematic review. <i>JAMS Journal of Acupuncture and Meridian Studies</i> , <b>2008</b> , 1, 65-82	1.2	82

86	Exercise, orthoses and splinting for treating Achilles tendinopathy. <i>The Cochrane Library</i> , <b>2017</b> ,	5.2	78
85	Whole-body cryotherapy: empirical evidence and theoretical perspectives. <i>Open Access Journal of Sports Medicine</i> , <b>2014</b> , 5, 25-36	2.9	72
84	The use of thermal imaging in assessing skin temperature following cryotherapy: a review. <i>Journal of Thermal Biology</i> , <b>2012</b> , 37, 103-110	2.9	72
83	Strategies to prevent injury in adolescent sport: a systematic review. <i>British Journal of Sports Medicine</i> , <b>2007</b> , 41, 627-38	10.3	72
82	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> , <b>2018</b> , 52, 1304-1310	10.3	70
81	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> , <b>2008</b> , 54, 7-20		70
80	Cold-water immersion (cryotherapy) for preventing and treating muscle soreness after exercise. <i>The Cochrane Library</i> , <b>2012</b> , CD008262	5.2	69
79	Contrast water therapy and exercise induced muscle damage: a systematic review and meta-analysis. <i>PLoS ONE</i> , <b>2013</b> , 8, e62356	3.7	62
78	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> , <b>2007</b> , 8, 125	2.8	60
77	Hip Joint Pathology as a Leading Cause of Groin Pain in the Sporting Population: A 6-Year Review of 894 Cases. <i>American Journal of Sports Medicine</i> , <b>2015</b> , 43, 1698-703	6.8	52
76	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> , <b>2016</b> , 24, 1086-95	5.5	50
75	Whole-body cryotherapy (extreme cold air exposure) for preventing and treating muscle soreness after exercise in adults. <i>The Cochrane Library</i> , <b>2015</b> , CD010789	5.2	49
74	Is it possible to achieve optimal levels of tissue cooling in cryotherapy?. <i>Physical Therapy Reviews</i> , <b>2010</b> , 15, 344-350	0.7	46
73	Do thermal agents affect range of movement and mechanical properties in soft tissues? A systematic review. <i>Archives of Physical Medicine and Rehabilitation</i> , <b>2013</b> , 94, 149-63	2.8	45
72	Laser acupuncture for treating musculoskeletal pain: a systematic review with meta-analysis. <i>JAMS Journal of Acupuncture and Meridian Studies</i> , <b>2015</b> , 8, 2-16	1.2	42
71	Cooling an acute muscle injury: can basic scientific theory translate into the clinical setting?. <i>British Journal of Sports Medicine</i> , <b>2012</b> , 46, 296-8	10.3	42
70	Laboratory Measures of Postural Control During the Star Excursion Balance Test After Acute First-Time Lateral Ankle Sprain. <i>Journal of Athletic Training</i> , <b>2015</b> , 50, 651-64	4	41
69	Should athletes return to sport after applying ice? A systematic review of the effect of local cooling on functional performance. <i>Sports Medicine</i> , <b>2012</b> , 42, 69-87	10.6	41

68	RISUS study: Rugby Injury Surveillance in Ulster Schools. <i>British Journal of Sports Medicine</i> , <b>2017</b> , 51, 600-606	10.3	39
67	Optimal loading: key variables and mechanisms. <i>British Journal of Sports Medicine</i> , <b>2015</b> , 49, 278-9	10.3	39
66	Single-leg drop landing movement strategies in participants with chronic ankle instability compared with lateral ankle sprain copers. <i>Journal of Sports Traumatology, Arthroscopy</i> , <b>2016</b> , 24, 1049-59	5.5	38
65	Postural control strategies during single limb stance following acute lateral ankle sprain. <i>Clinical Biomechanics</i> , <b>2014</b> , 29, 643-9	2.2	37
64	Exercise, orthoses and splinting for treating Achilles tendinopathy: a systematic review with meta-analysis. <i>British Journal of Sports Medicine</i> , <b>2018</b> , 52, 1564-1574	10.3	33
63	Dynamic Balance Deficits 6 Months Following First-Time Acute Lateral Ankle Sprain: A Laboratory Analysis. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , <b>2015</b> , 45, 626-33	4.2	32
62	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> , <b>2015</b> , 25, 806-17	4.6	29
61	Cold water immersion in the management of delayed-onset muscle soreness: is dose important? A randomised controlled trial. <i>Physical Therapy in Sport</i> , <b>2014</b> , 15, 228-33	3	27
60	Predicting functional recovery after acute ankle sprain. <i>PLoS ONE</i> , <b>2013</b> , 8, e72124	3.7	27
59	Lower extremity coordination and symmetry patterns during a drop vertical jump task following acute ankle sprain. <i>Human Movement Science</i> , <b>2014</b> , 38, 34-46	2.4	26
58	Locomotive biomechanics in persons with chronic ankle instability and lateral ankle sprain copers. <i>Journal of Science and Medicine in Sport</i> , <b>2016</b> , 19, 524-30	4.4	25
57	Single-leg drop landing motor control strategies following acute ankle sprain injury. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2015</b> , 25, 525-33	4.6	25
56	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> , <b>2014</b> , 40, 172-6	2.6	23
55	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> , <b>2019</b> , 100, 1367-1375	2.8	21
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> , <b>2015</b> , 25, 182-92	2.5	21
53	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> , <b>2015</b> , 49, 1245-52	10.3	21
52	Biotensegrity and myofascial chains: A global approach to an integrated kinetic chain. <i>Medical Hypotheses</i> , <b>2018</b> , 110, 90-96	3.8	21
51	Coordination and symmetry patterns during the drop vertical jump, 6-months after first-time lateral ankle sprain. <i>Journal of Orthopaedic Research</i> , <b>2015</b> , 33, 1537-44	3.8	20

50	Inter-joint coordination strategies during unilateral stance 6-months following first-time lateral ankle sprain. <i>Clinical Biomechanics</i> , <b>2015</b> , 30, 129-35	2.2	19
49	Physical performance tests predict injury in National Collegiate Athletic Association athletes: a three-season prospective cohort study. <i>British Journal of Sports Medicine</i> , <b>2016</b> , 50, 1333-1337	10.3	18
48	The quality of research in sports journals. <i>British Journal of Sports Medicine</i> , <b>2002</b> , 36, 124-5	10.3	18
47	Lower Limb Interjoint Postural Coordination One Year after First-Time Lateral Ankle Sprain. <i>Medicine and Science in Sports and Exercise</i> , <b>2015</b> , 47, 2398-405	1.2	16
46	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> , <b>2012</b> , 46, 877-82	10.3	16
45	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> , <b>2016</b> , 9, 43-44	3.9	14
44	Marked asymmetry in vertical force (but not contact times) during running in ACL reconstructed athletes. <i>Journal of Science and Medicine in Sport</i> , <b>2018</b> , 21, 890-893	4.4	13
43	Self-poisoning with metaldehyde. <i>Emergency Medicine Journal</i> , <b>2008</b> , 25, 381-2	1.5	13
42	Herbal medicinal products or preparations for neuropathic pain. <i>The Cochrane Library</i> , <b>2019</b> , 4, CD010528	3.2	13
41	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> , <b>2018</b> , 99, 720-725.e1	2.8	12
40	Cryotherapy and inflammation: evidence beyond the cardinal signs. <i>Physical Therapy Reviews</i> , <b>2010</b> , 15, 430-435	0.7	12
39	Muscle Reaction Time During a Simulated Lateral Ankle Sprain After Wet-Ice Application or Cold-Water Immersion. <i>Journal of Athletic Training</i> , <b>2015</b> , 50, 697-703	4	11
38	Coordination and Symmetry Patterns During the Drop Vertical Jump in People With Chronic Ankle Instability and Lateral Ankle Sprain Copers. <i>Physical Therapy</i> , <b>2016</b> , 96, 1152-61	3.3	11
37	Cold-water immersion (cryotherapy) for preventing and treating muscle soreness after exercise. <i>Sao Paulo Medical Journal</i> , <b>2012</b> , 130, 348-348	1.6	11
36	A NEAR-INFRARED LED-BASED REHABILITATION SYSTEM: INITIAL CLINICAL EXPERIENCE. <i>Laser Therapy</i> , <b>2005</b> , 14, 29-35	0.8	10
35	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> , <b>2019</b> , 49, 216-218	4.2	9
34	Recurrent injury patterns in adolescent rugby. <i>Physical Therapy in Sport</i> , <b>2018</b> , 33, 12-17	3	9
33	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> , <b>2019</b> , 38, 30-35	3	7

32	Inter-joint coordination strategies during unilateral stance following first-time, acute lateral ankle sprain: A brief report. <i>Clinical Biomechanics</i> , <b>2015</b> , 30, 636-9	2.2	7
31	Whole-body cryotherapy (extreme cold air exposure) for preventing and treating muscle soreness after exercise in adults <b>2013</b> ,		7
30	Fifth metatarsal stress fracture in elite male football players: an on-field analysis of plantar loading. <i>BMJ Open Sport and Exercise Medicine</i> , <b>2018</b> , 4, e000377	3.4	7
29	Gait Biomechanics in Participants, Six Months after First-time Lateral Ankle Sprain. <i>International Journal of Sports Medicine</i> , <b>2016</b> , 37, 577-83	3.6	6
28	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> , <b>2017</b> , 25, 47-54	3	5
27	Are sports medicine journals relevant and applicable to practitioners and athletes?. <i>British Journal of Sports Medicine</i> , <b>2004</b> , 38, E23	10.3	4
26	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> , <b>2019</b> , 14, e0216364	3.7	3
25	Herbal medicinal products or preparations for neuropathic pain and fibromyalgia <b>2013</b> ,		3
24	ReApp [A Mobile App for the Rehabilitation of Ankle Sprains. <i>Lecture Notes in Computer Science</i> , <b>2015</b> , 61-67	0.9	3
23	Herbal medicinal products or preparations for neuropathic pain. <i>The Cochrane Library</i> , <b>2017</b> ,	5.2	2
22	Exercise, orthoses and splinting for treating Achilles tendinopathy <b>2013</b> ,		2
21	Treatment of knee pain in primary care: pharmacists and physiotherapists need to be a part of the team. <i>BMJ, The</i> , <b>2006</b> , 333, 981-2	5.9	2
20	Many High-Quality Randomized Controlled Trials in Sports Physical Therapy Are Making False-Positive Claims of Treatment Effect: A Systematic Survey. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , <b>2020</b> , 50, 104-109	4.2	2
19	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> , <b>2021</b> , 10, 523-529	8.2	2
18	Diagnostic accuracy of clinical tests assessing ligamentous injury of the ankle syndesmosis: A systematic review with meta-analysis. <i>Physical Therapy in Sport</i> , <b>2021</b> , 49, 214-226	3	2
17	Infographic. International Ankle Consortium Rehabilitation-Oriented Assessment. <i>British Journal of Sports Medicine</i> , <b>2019</b> , 53, 1248-1249	10.3	2
16	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]. <i>Journal of Physiotherapy</i> , <b>2017</b> , 63, 115	2.9	1
15	Do exercises for patellofemoral pain reflect common injury mechanisms? A systematic review. <i>Journal of Science and Medicine in Sport</i> , <b>2021</b> , 24, 229-240	4.4	1

14	Do ACL Injury Risk Reduction Exercises Reflect Common Injury Mechanisms? A Scoping Review of Injury Prevention Programs. <i>Sports Health</i> , <b>2021</b> , 19417381211037966	4.7	1
13	Use of monitoring technology and injury incidence among recreational runners: a cross-sectional study. <i>BMC Sports Science, Medicine and Rehabilitation</i> , <b>2021</b> , 13, 116	2.4	1
12	Radiographically Occult Medial Cuneiform Impaction Fracture. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , <b>2019</b> , 49, 675	4.2	0
11	Current Concepts in the Use of PRICE for Soft Tissue Injury Management. <i>Physiotherapy Practice and Research</i> , <b>2009</b> , 30, 19-20	0.8	0
10	Exercise-based rehabilitation reduces reinjury following acute lateral ankle sprain: A systematic review update with meta-analysis.. <i>PLoS ONE</i> , <b>2022</b> , 17, e0262023	3.7	0
9	Concussion History and Balance Performance in Adolescent Rugby Union Players. <i>American Journal of Sports Medicine</i> , <b>2021</b> , 49, 1348-1354	6.8	0
8	Diagnostic Accuracy of Clinical Tests Assessing Ligamentous Injury of the Talocrural and Subtalar Joints: A Systematic Review With Meta-Analysis. <i>Sports Health</i> , <b>2021</b> , 19417381211029953	4.7	0
7	Active posterior pelvic tilt range of motion is decreased in soccer players with chronic groin pain: A case-control study. <i>Translational Sports Medicine</i> , <b>2020</b> , 3, 432-439	1.3	
6	Research on youth rugby injuries in Northern Ireland. <i>BMJ, The</i> , <b>2015</b> , 350, h435	5.9	
5	PEDro scores were based on information in the paper. <i>Australian Journal of Physiotherapy</i> , <b>2008</b> , 54, 289		
4	Experimental Pilot Study of Ice with Compression versus Ice Alone in Treating Ankle Pain. <i>Physiotherapy</i> , <b>2002</b> , 88, 427	3	
3	Injury patterns in U15 rugby players in Ulster schools: A Rugby Injury Surveillance (RISUS) Study. <i>Translational Sports Medicine</i> , <b>2021</b> , 4, 524	1.3	
2	Rotational traction of soccer football shoes on a hybrid reinforced turf system and natural grass. <i>Footwear Science</i> , 1-12	1.4	
1	What is the Role of Ice in Soft-tissue Injury Management? 187-207		