Felipe Damas

List of Publications by Year
in descending order

38 papers	1,799 citations	393982 19 h-index	360668 35 g-index
38 all docs	38 docs citations	38 times ranked	2148 citing authors

#	Article	IF	Citations
1	Magnitude of Muscle Strength and Mass Adaptations Between High-Load Resistance Training Versus Low-Load Resistance Training Associated with Blood-Flow Restriction: A Systematic Review and Meta-Analysis. Sports Medicine, 2018, 48, 361-378.	3.1	279
2	Resistance trainingâ€induced changes in integrated myofibrillar protein synthesis are related to hypertrophy only after attenuation of muscle damage. Journal of Physiology, 2016, 594, 5209-5222.	1.3	236
3	Comparisons Between Low-Intensity Resistance Training With Blood Flow Restriction and High-Intensity Resistance Training on Quadriceps Muscle Mass and Strength in Elderly. Journal of Strength and Conditioning Research, 2015, 29, 1071-1076.	1.0	183
4	A Review of Resistance Training-Induced Changes in Skeletal Muscle Protein Synthesis and Their Contribution to Hypertrophy. Sports Medicine, 2015, 45, 801-807.	3.1	155
5	Early resistance training-induced increases in muscle cross-sectional area are concomitant with edema-induced muscle swelling. European Journal of Applied Physiology, 2016, 116, 49-56.	1.2	131
6	The development of skeletal muscle hypertrophy through resistance training: the role of muscle damage and muscle protein synthesis. European Journal of Applied Physiology, 2018, 118, 485-500.	1.2	122
7	Susceptibility to Exercise-Induced Muscle Damage: a Cluster Analysis with a Large Sample. International Journal of Sports Medicine, 2016, 37, 633-640.	0.8	93
8	Pronounced energy restriction with elevated protein intake results in no change in proteolysis and reductions in skeletal muscle protein synthesis that are mitigated by resistance exercise. FASEB Journal, 2018, 32, 265-275.	0.2	69
9	Sixteen weeks of resistance training can decrease the risk of metabolic syndrome in healthy postmenopausal women. Clinical Interventions in Aging, 2013, 8, 1221.	1.3	64
10	Muscle Fiber Hypertrophy and Myonuclei Addition: A Systematic Review and Meta-analysis. Medicine and Science in Sports and Exercise, 2018, 50, 1385-1393.	0.2	44
11	Early- and later-phases satellite cell responses and myonuclear content with resistance training in young men. PLoS ONE, 2018, 13, e0191039.	1.1	42
12	Resistance training in young men induces muscle transcriptome-wide changes associated with muscle structure and metabolism refining the response to exercise-induced stress. European Journal of Applied Physiology, 2018, 118, 2607-2616.	1.2	36
13	Myofibrillar protein synthesis and muscle hypertrophy individualized responses to systematically changing resistance training variables in trained young men. Journal of Applied Physiology, 2019, 127, 806-815.	1.2	35
14	Time Course of Resistance Trainingâ€"Induced Muscle Hypertrophy in the Elderly. Journal of Strength and Conditioning Research, 2016, 30, 159-163.	1.0	34
15	Impact of Exercise-Induced Muscle Damage on Performance Test Outcomes in Elite Female Basketball Players. Journal of Strength and Conditioning Research, 2018, 32, 1731-1738.	1.0	34
16	The repeated bout effect of traditional resistance exercises on running performance across 3 bouts. Applied Physiology, Nutrition and Metabolism, 2017, 42, 978-985.	0.9	30
17	Effects of eccentric exercise on systemic concentrations of pro- and anti-inflammatory cytokines and prostaglandin (E2): comparison between young and postmenopausal women. European Journal of Applied Physiology, 2012, 112, 3205-3213.	1.2	29
18	Individual Muscle Hypertrophy and Strength Responses to High vs. Low Resistance Training Frequencies. Journal of Strength and Conditioning Research, 2019, 33, 897-901.	1.0	28

#	Article	IF	Citations
19	Comparison of maximal muscle strength of elbow flexors and knee extensors between younger and older men with the same level of daily activity. Clinical Interventions in Aging, 2013, 8, 401.	1.3	21
20	Highâ€frequency resistance training does not promote greater muscular adaptations compared to low frequencies in young untrained men. European Journal of Sport Science, 2018, 18, 1077-1082.	1.4	21
21	Comparison in responses to maximal eccentric exercise between elbow flexors and knee extensors of older adults. Journal of Science and Medicine in Sport, 2014, 17, 91-95.	0.6	18
22	An inability to distinguish edematous swelling from true hypertrophy still prevents a completely accurate interpretation of the time course of muscle hypertrophy. European Journal of Applied Physiology, 2016, 116, 445-446.	1.2	15
23	Muscle damage responses to resistance exercise performed with highâ€load versus lowâ€load associated with partial blood flow restriction in young women. European Journal of Sport Science, 2020, 20, 125-134.	1.4	15
24	The Effect of a Resistance Training Session on Physiological and Thermoregulatory Measures of Sub-maximal Running Performance in the Heat in Heat-Acclimatized Men. Sports Medicine - Open, 2019, 5, 21.	1.3	14
25	Immune responses to an upper body triâ€set resistance training session. Clinical Physiology and Functional Imaging, 2014, 34, 64-71.	0.5	10
26	Low-intensity resistance training with partial blood flow restriction and high-intensity resistance training induce similar changes in skeletal muscle transcriptome in elderly humans. Applied Physiology, Nutrition and Metabolism, 2019, 44, 216-220.	0.9	10
27	Resistance training variable manipulations are less relevant than intrinsic biology in affecting muscle fiber hypertrophy. Scandinavian Journal of Medicine and Science in Sports, 2022, 32, 821-832.	1.3	9
28	Greater eccentric exercise-induced muscle damage by large versus small range of motion with the same end-point. Biology of Sport, 2016, 33, 285-289.	1.7	6
29	Acute hormonal responses following different velocities of eccentric exercise. Clinical Physiology and Functional Imaging, 2013, 33, 450-454.	0.5	4
30	The effect of eccentric contraction velocity on muscle damage: A review. Isokinetics and Exercise Science, 2013, 21, 1-9.	0.2	4
31	Frequent Manipulation of Resistance Training Variables Promotes Myofibrillar Spacing Changes in Resistance-Trained Individuals. Frontiers in Physiology, 2021, 12, 773995.	1.3	3
32	Dor muscular e atividade de creatina quinase apÃ³s aÃ§Ãµes excÃªntricas: uma anÃ¡lise de cluster. Revista Brasileira De Medicina Do Esporte, 2014, 20, 257-261.	0.1	2
33	Inflammatory responses after different velocities of eccentric exercise. Isokinetics and Exercise Science, 2014, 22, 77-84.	0.2	1
34	Dano muscular: resposta inflamatÃ³ria sistÃªmica apÃ³s aÃ§Ãµes excÃªntricas mÃ¡ximas. Revista Brasileira De EducaÃ§Ã£o FÃsica E Esporte: RBEFE, 2012, 26, 367-374.	0.1	1
35	Effects of Drop-Set and Pyramidal Resistance Training Systems on Microvascular Oxygenation: A Near-Infrared Spectroscopy Approach. International Journal of Exercise Science, 2020, 13, 1549-1562.	0.5	1
36	Muscle Damage Over A Resistance-training Period. Medicine and Science in Sports and Exercise, 2016, 48, 900.	0.2	0

#	Article	IF	Citations
37	InfluÃªncia da forÃ§a muscular no volume e na intensidade da atividade fÃsica diÃ¡ria de idosos. Revista Brasileira De EducaÃ§Ã£o FÃsica E Esporte: RBEFE, 2016, 30, 541-546.	0.1	0
38	GPR56 mRNA Expression Is Modulated by Acute and Chronic Training Variable Manipulations in Resistance-Trained Men. , 2022, 1, 16-25.		0