J Grant Mouser

List of Publications by Year
in descending order

60 papers	2,035 citations	236912 25 h-index	254170 43 g-index
60 all docs	60 docs citations	60 times ranked	1450 citing authors

#	Article	IF	Citations
1	A comparison of variability between absolute and relative blood flow restriction pressures. Clinical Physiology and Functional Imaging, 2022, , .	1.2	0
2	A narrative review of the effects of blood flow restriction on vascular structure and function. Physiology International, 2022, 109, 186-203.	1.6	2
3	The Impact of Ultrasound Probe Tilt on Muscle Thickness and Echo-Intensity: A Cross-Sectional Study. Journal of Clinical Densitometry, 2020, 23, 630-638.	1.2	36
4	Assessing differential responders and mean changes in muscle size, strength, and the crossover effect to 2 distinct resistance training protocols. Applied Physiology, Nutrition and Metabolism, 2020, 45, 463-470.	1.9	32
5	Blood flow restriction does not augment low force contractions taken to or near task failure. European Journal of Sport Science, 2020, 20, 650-659.	2.7	16
6	The Basics of Training for Muscle Size and Strength: A Brief Review on the Theory. Medicine and Science in Sports and Exercise, 2020, 52, 645-653.	0.4	18
7	Limb Occlusion Pressure: A Method to Assess Changes in Systolic Blood Pressure. International Journal of Exercise Science, 2020, 13, 366-373.	0.5	1
8	A method to standardize the blood flow restriction pressure by an elastic cuff. Scandinavian Journal of Medicine and Science in Sports, 2019, 29, 329-335.	2.9	20
9	Differences in 100-m sprint performance and skeletal muscle mass between elite male and female sprinters. Journal of Sports Medicine and Physical Fitness, 2019, 59, 304-309.	0.7	12
10	Perceptual and arterial occlusion responses to very low load blood flow restricted exercise performed to volitional failure. Clinical Physiology and Functional Imaging, 2019, 39, 29-34.	1.2	22
11	Very-low-load resistance exercise in the upper body with and without blood flow restriction: cardiovascular outcomes. Applied Physiology, Nutrition and Metabolism, 2019, 44, 288-292.	1.9	15
12	High-pressure blood flow restriction with very low load resistance training results in peripheral vascular adaptations similar to heavy resistance training. Physiological Measurement, 2019, 40, 035003.	2.1	29
13	Perceptual changes to progressive resistance training with and without blood flow restriction. Journal of Sports Sciences, 2019, 37, 1857-1864.	2.0	29
14	Acute skeletal muscle responses to very lowâ€load resistance exercise with and without the application of blood flow restriction in the upper body. Clinical Physiology and Functional Imaging, 2019, 39, 201-208.	1.2	22
15	Magnetic resonance imaging-measured skeletal muscle mass to fat-free mass ratio increases with increasing levels of fat-free mass. Journal of Sports Medicine and Physical Fitness, 2019, 59, 619-623.	0.7	4
16	Comment on: â€œThe General Adaptation Syndrome: A Foundation for the Concept of Periodizationâ€. Sports Medicine, 2018, 48, 1751-1753.	6.5	3
17	The Application of Blood Flow Restriction: Lessons From the Laboratory. Current Sports Medicine Reports, 2018, 17, 129-134.	1.2	61
18	Blood flow restriction: Methods matter. Experimental Gerontology, 2018, 104, 7-8.	2.8	4

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19	Effects of load on the acute response of muscles proximal and distal to blood flow restriction. Journal of Physiological Sciences, 2018, 68, 769-779.	2.1	7
20	Skeletal muscle mass in human athletes: What is the upper limit?. American Journal of Human Biology, 2018, 30, e23102.	1.6	22
21	Blood flow restriction and cuff width: effect on blood flow in the legs. Clinical Physiology and Functional Imaging, 2018, 38, 944-948.	1.2	19
22	Moderately heavy exercise produces lower cardiovascular, RPE, and discomfort compared to lower load exercise with and without blood flow restriction. European Journal of Applied Physiology, 2018, 118, 1473-1480.	2.5	26
23	Let's talk about sex: where are the young females in blood flow restriction research?. Clinical Physiology and Functional Imaging, 2018, 38, 1-3.	1.2	32
24	Brachial blood flow under relative levels of blood flow restriction is decreased in a nonlinear fashion. Clinical Physiology and Functional Imaging, 2018, 38, 425-430.	1.2	31
25	Can blood flow restriction augment muscle activation during highâ€load training?. Clinical Physiology and Functional Imaging, 2018, 38, 291-295.	1.2	14
26	The acute muscular response to blood flowâ€restricted exercise with very low relative pressure. Clinical Physiology and Functional Imaging, 2018, 38, 304-311.	1.2	16
27	A critical review of the current evidence examining whether resistance training improves time trial performance. Journal of Sports Sciences, 2018, 36, 1485-1491.	2.0	7
28	Correlations Do Not Show Cause and Effect: Not Even for Changes in Muscle Size and Strength. Sports Medicine, 2018, 48, 1-6.	6.5	61
29	Muscle Adaptations to High-Load Training and Very Low-Load Training With and Without Blood Flow Restriction. Frontiers in Physiology, 2018, 9, 1448.	2.8	94
30	Motor adaption during repeated motor control testing: Attenuated muscle activation without changes in response latencies. Journal of Electromyography and Kinesiology, 2018, 41, 96-102.	1.7	6
31	Skeletal Muscle Mass and Architecture of the Worldâ€™s Strongest Raw Powerlifter: A Case Study. Asian Journal of Sports Medicine, 2018, 9, .	0.3	13
32	Influence of cuff material on blood flow restriction stimulus in the upper body. Journal of Physiological Sciences, 2017, 67, 207-215.	2.1	45
33	Determining Strength: A Case for Multiple Methods of Measurement. Sports Medicine, 2017, 47, 193-195.	6.5	128
34	What does individual strength say about resistance training status?. Muscle and Nerve, 2017, 55, 455-457.	2.2	17
35	The effects of upper body exercise across different levels of blood flow restriction on arterial occlusion pressure and perceptual responses. Physiology and Behavior, 2017, 171, 181-186.	2.1	74
36	The influence of time on determining blood flow restriction pressure. Journal of Science and Medicine in Sport, 2017, 20, 777-780.	1.3	15

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37	Timeâ€course of muscle growth, and its relationship with muscle strength in both young and older women. Geriatrics and Gerontology International, 2017, 17, 2000-2007.	1.5	20
38	Muscle size and strength: another study not designed to answer the question. European Journal of Applied Physiology, 2017, 117, 1273-1274.	2.5	10
39	A tale of three cuffs: the hemodynamics of blood flow restriction. European Journal of Applied Physiology, 2017, 117, 1493-1499.	2.5	56
40	Muscle growth: To infinity and beyond?. Muscle and Nerve, 2017, 56, 1022-1030.	2.2	33
41	Post-exercise blood flow restriction attenuates hyperemia similarly in males and females. European Journal of Applied Physiology, 2017, 117, 1707-1712.	2.5	4
42	The General Adaptation Syndrome: Potential misapplications to resistance exercise. Journal of Science and Medicine in Sport, 2017, 20, 1015-1017.	1.3	23
43	Differentiating swelling and hypertrophy through indirect assessment of muscle damage in untrained men following repeated bouts of resistance exercise. European Journal of Applied Physiology, 2017, 117, 213-224.	2.5	23
44	Do metabolites that are produced during resistance exercise enhance muscle hypertrophy?. European Journal of Applied Physiology, 2017, 117, 2125-2135.	2.5	59
45	Chasing the top quartile of cross-sectional data: Is it possible with resistance training?. Medical Hypotheses, 2017, 108, 63-68.	1.5	13
46	The Cardiovascular and Perceptual Response to Very Low Load Blood Flow Restricted Exercise. International Journal of Sports Medicine, 2017, 38, 597-603.	1.7	56
47	Blood flow in humans following low-load exercise with and without blood flow restriction. Applied Physiology, Nutrition and Metabolism, 2017, 42, 1165-1171.	1.9	38
48	Frequency: The Overlooked Resistance Training Variable for Inducing Muscle Hypertrophy?. Sports Medicine, 2017, 47, 799-805.	6.5	72
49	The widespread misuse of effect sizes. Journal of Science and Medicine in Sport, 2017, 20, 446-450.	1.3	82
50	Training to Fatigue: The Answer for Standardization When Assessing Muscle Hypertrophy?. Sports Medicine, 2017, 47, 1021-1027.	6.5	75
51	Influence of relative blood flow restriction pressure on muscle activation and muscle adaptation. Muscle and Nerve, 2016, 53, 438-445.	2.2	164
52	Do rhythms exist in elbow flexor torque, oral temperature and muscle thickness during normal waking hours?. Physiology and Behavior, 2016, 160, 12-17.	2.1	3
53	The problem Of muscle hypertrophy: Revisited. Muscle and Nerve, 2016, 54, 1012-1014.	2.2	54
54	Post-exercise blood flow restriction attenuates muscle hypertrophy. European Journal of Applied Physiology, 2016, 116, 1955-1963.	2.5	26

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55	The association between physiologic testosterone levels, lean mass, and fat mass in a nationally representative sample of men in the United States. Steroids, 2016, 115, 62-66.	1.8	35
56	The acute and chronic effects of â€œNO LOADâ€•resistance training. Physiology and Behavior, 2016, 164, 345-352.	2.1	57
57	Does the time of your health screening alter your â€œhealthâ€?. International Journal of Cardiology, 2016, 220, 524-526.	1.7	0
58	Are there perceptual differences to varying levels of blood flow restriction?. Physiology and Behavior, 2016, 157, 277-280.	2.1	23
59	Letter to the editor: Applying the blood flow restriction pressure: the elephant in the room. American Journal of Physiology - Heart and Circulatory Physiology, 2016, 310, H132-H133.	3.2	35
60	Blood flow restriction in the upper and lower limbs is predicted by limb circumference and systolic blood pressure. European Journal of Applied Physiology, 2015, 115, 397-405.	2.5	121