## Nicholas Tam

## List of Publications by Year

 in descending orderSource: https:|/exaly.com/author-pdf/2774959/publications.pdf
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1. Overhead throwing biomechanics in cricketers: The effect of a runâ€up approach. European Journal of Sport Science, 2022, 22, 1686-1694.

The association between gird and overhead throwing biomechanics in cricket. Journal of Biomechanics, 2021, 126, 110658.

Is it the shoes? A simple proposal for regulating footwear in road running. British Journal of Sports Medicine, 2020, 54, 439-440.

Overhead throwing in cricketers: A biomechanical description and playing level considerations.
Journal of Sports Sciences, 2020, 38, 1096-1104.

Running Economy: Neuromuscular and Joint-Stiffness Contributions in Trained Runners. International
Journal of Sports Physiology and Performance, 2019, 14, 16-22.

Incidence and impact of time loss and non-time-loss shoulder injury in elite South African cricketers:
A one-season, prospective cohort study. Journal of Science and Medicine in Sport, 2019, 22, 1200-1205.
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Muscle Activation Patterns Correlate With Race Walking Economy in Elite Race Walkers: A Waveform
Analysis. International Journal of Sports Physiology and Performance, 2019, 14, 1250-1255.

The cricketerâ $€^{\mathrm{TM}}$ s shoulder: Not a classic throwing shoulder. Physical Therapy in Sport, 2019, 37, 120-127.
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Anthropometric characteristics of top-class Olympic race walkers. Journal of Sports Medicine and
$9 \quad$ Physical Fitness, 2019, 59, 429-433.

Heat dissipating upper body compression garment: Thermoregulatory, cardiovascular, and perceptual
10 Heat dissipating upper body compression garment: Thermoregulat
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Gait Pattern of Adults with Cerebral Palsy and Spastic Diplegia More Than 15 Years after Being Treated
11 with an Interval Surgery Approach: Implications for Low-Resource Settings. Indian Journal of
Orthopaedics, 2019, 53, 655-661.
12 Race walking gait and its influence on race walking economy in world-class race walkers. Journal of Sports Sciences, 2018, 36, 2235-2241.
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Conceptualizing minimalist footwear: an objective definition. Journal of Sports Sciences, 2018, 36,
949-954.

Are gait characteristics and ground reaction forces related to energy cost of running in elite Kenyan runners?. Journal of Sports Sciences, 2017, 35, 1-8.

Muscle co-activation and its influence on running performance and risk of injury in elite Kenyan runners. Journal of Sports Sciences, 2017, 35, 175-181.

Bone health in elite Kenyan runners. Journal of Sports Sciences, 2017, 36, 1-6.

Acute fatigue negatively affects risk factors for injury in trained but not wellâ€trained habitually shod
runners when running barefoot. European Journal of Sport Science, 2017, 17, 1220-1229.

Biomechanical analysis of gait waveform data: exploring differences between shod and barefoot
running in habitually shod runners. Gait and Posture, 2017, 58, 274-279.

Habitual Minimalist Shod Running Biomechanics and the Acute Response to Running Barefoot.
International Journal of Sports Medicine, 2017, 38, 770-775.

Submaximal Markers of Fatigue and Overreaching; Implications for Monitoring Athletes. International Journal of Sports Medicine, 2017, 38, 675-682.

Loading rate increases during barefoot running in habitually shod runners: Individual responses to an unfamiliar condition. Gait and Posture, 2016, 46, 47-52.
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Individual Responses to a Barefoot Running Program. American Journal of Sports Medicine, 2016, 44,
777-784.

The Relationships Between Rugby Playersấ ${ }^{T M}$ Tackle Training Attitudes and Behaviour and Their Match
$23 \quad$ The Relationships Between Rugby Playersấ ${ }^{T M}$ Tackie Training Attitudes and Behaviour and The
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The relationships between rugby playersâ $\epsilon^{T M}$ tackle training attitudes and behaviour and their match
tackle attitudes and behaviour. BMJ Open Sport and Exercise Medicine, 2015, 1, e000046.

Stride Angle as a Novel Indicator of Running Economy in Well-Trained Runners. Journal of Strength
and Conditioning Research, 2014, 28, 1889-1895.

The response of cortical alpha activity to pain and neuromuscular changes caused by exerciseâ $€$ induced
muscle damage. Scandinavian Journal of Medicine and Science in Sports, 2014, 24, 166-178.

Barefoot running: an evaluation of current hypothesis, future research and clinical applications:
$27 \quad \begin{aligned} & \text { Barefoot running: an evaluation of current hypothesis, future res } \\ & \text { TableÂl. British Journal of Sports Medicine, 2014, 48, 349-355. }\end{aligned}$

Changes in cortical beta activity related to a biceps brachii movement task while experiencing exercise induced muscle damage. Physiology and Behavior, 2014, 123, 1-10.
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Influence of the biomechanical variables of the gait cycle in running economy. [Influencia de variables
29 biomecÃ́Anicas del ciclo de paso en la economÃa de carrera].. RICYDE Revista Internacional De Ciencias Del Deporte, 2014, 10, 95-108.

30 The Quantification of Body Fluid Allostasis During Exercise. Sports Medicine, 2013, 43, 1289-1299.
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DIFFERENCES IN GROUND CONTACT TIME EXPLAIN THE LESS EFFICIENT RUNNING ECONOMY IN NORTH
31 AFRICAN RUNNERS. Biology of Sport, 2013, 30, 181-187.

32 Gait status 17â€" 26 years after selective dorsal rhizotomy. Gait and Posture, 2012, 35, 244-249.
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Changes in Total Body Water Content During Running Races of 21.1 km and 56 km in Athletes Drinking
Ad libitum. Clinical Journal of Sport Medicine, 2011, 21, 218-225.

Analysis of team performances at the ICC World Twenty20 Cup 2009. International Journal of Performance Analysis in Sport, 2010, 10, 47-53.

Fluid Intake and Changes in Blood Biochemistry, Running Speed and Body Mass During an 80 km
Mountain Trail Race. Medicina Sportiva, 2009, 13, 108-115.
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