

# Jun Umehara

## List of Publications by Year in descending order

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Version: 2024-02-01

49  
papers

505  
citations

759233

12  
h-index

752698

20  
g-index

50  
all docs

50  
docs citations

50  
times ranked

394  
citing authors

#	ARTICLE	IF	CITATIONS
1	Effects of two stretching methods on shoulder range of motion and muscle stiffness in baseball players with posterior shoulder tightness: a randomized controlled trial. <i>Journal of Shoulder and Elbow Surgery</i> , 2016, 25, 1395-1403.	2.6	59
2	The effects of a 4-week static stretching programme on the individual muscles comprising the hamstrings. <i>Journal of Sports Sciences</i> , 2016, 34, 2155-2159.	2.0	51
3	Shoulder horizontal abduction stretching effectively increases shear elastic modulus of pectoralis minor muscle. <i>Journal of Shoulder and Elbow Surgery</i> , 2017, 26, 1159-1165.	2.6	35
4	Effect of hip and knee position on tensor fasciae latae elongation during stretching: An ultrasonic shear wave elastography study. <i>Clinical Biomechanics</i> , 2015, 30, 1056-1059.	1.2	33
5	Scapular kinematic alterations during arm elevation with decrease in pectoralis minor stiffness after stretching in healthy individuals. <i>Journal of Shoulder and Elbow Surgery</i> , 2018, 27, 1214-1220.	2.6	32
6	Individual differences in the neural strategies to control the lateral and medial head of the quadriceps during a mechanically constrained task. <i>Journal of Applied Physiology</i> , 2021, 130, 269-281.	2.5	28
7	Acute effects of static stretching on the shear elastic moduli of the medial and lateral gastrocnemius muscles in young and elderly women. <i>Musculoskeletal Science and Practice</i> , 2017, 32, 98-103.	1.3	27
8	Relationship Between Muscle Swelling and Hypertrophy Induced by Resistance Training. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 359-364.	2.1	24
9	Relationship between ankle plantar flexor force steadiness and postural stability on stable and unstable platforms. <i>European Journal of Applied Physiology</i> , 2020, 120, 1075-1082.	2.5	19
10	Acute effect and time course of extension and internal rotation stretching of the shoulder on infraspinatus muscle hardness. <i>Journal of Shoulder and Elbow Surgery</i> , 2017, 26, 1782-1788.	2.6	17
11	Effect of scapular stabilization during cross-body stretch on the hardness of infraspinatus, teres minor, and deltoid muscles: An ultrasonic shear wave elastography study. <i>Musculoskeletal Science and Practice</i> , 2017, 27, 91-96.	1.3	16
12	Static stretching duration needed to decrease passive stiffness of hamstring muscle-tendon unit. <i>The Journal of Physical Fitness and Sports Medicine</i> , 2019, 8, 113-116.	0.3	16
13	Scapular kinematic and shoulder muscle activity alterations after serratus anterior muscle fatigue. <i>Journal of Shoulder and Elbow Surgery</i> , 2018, 27, 1205-1213.	2.6	14
14	Chronic Effects of a Static Stretching Program on Hamstring Strength. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 1924-1929.	2.1	11
15	Comparison of shoulder muscle strength, cross-sectional area, acromiohumeral distance, and thickness of the supraspinatus tendon between symptomatic and asymptomatic patients with rotator cuff tears. <i>Journal of Shoulder and Elbow Surgery</i> , 2020, 29, 2043-2050.	2.6	11
16	Acute and Prolonged Effects of Stretching on Shear Modulus of the Pectoralis Minor Muscle. <i>Journal of Sports Science and Medicine</i> , 2021, 20, 17-25.	1.6	10
17	Regional differential stretching of the pectoralis major muscle: An ultrasound elastography study. <i>Journal of Biomechanics</i> , 2021, 121, 110416.	2.1	10
18	Improvement in muscle strength with low-load isotonic training depends on fascicle length but not joint angle. <i>Muscle and Nerve</i> , 2018, 57, 83-89.	2.2	9

#	ARTICLE	IF	CITATIONS
19	Effect of different trunk postures on scapular muscle activities and kinematics during shoulder external rotation. <i>Journal of Shoulder and Elbow Surgery</i> , 2019, 28, 2438-2446.	2.6	8
20	Effect of static stretching with different rest intervals on muscle stiffness. <i>Journal of Biomechanics</i> , 2019, 90, 128-132.	2.1	7
21	Association of Pain History and Current Pain With Sagittal Spinal Alignment and Muscle Stiffness and Muscle Mass of the Back Muscles in Middle-aged and Elderly Women. <i>Clinical Spine Surgery</i> , 2019, 32, E346-E352.	1.3	7
22	Age-related changes in gait speeds and asymmetry during circular gait and straight-line gait in older individuals aged 60-79 years. <i>Geriatrics and Gerontology International</i> , 2021, 21, 404-410.	1.5	7
23	Relationship between scapular initial position and scapular movement during dynamic motions. <i>PLoS ONE</i> , 2019, 14, e0227313.	2.5	6
24	Quantification of muscle coordination underlying basic shoulder movements using muscle synergy extraction. <i>Journal of Biomechanics</i> , 2021, 120, 110358.	2.1	6
25	Effects of ankle position during static stretching for the hamstrings on the decrease in passive stiffness. <i>Journal of Biomechanics</i> , 2019, 96, 109358.	2.1	5
26	Epimuscular myofascial force transmission from biarticular rectus femoris elongation increases shear modulus of monoarticular quadriceps muscles. <i>Journal of Biomechanics</i> , 2021, 122, 110421.	2.1	5
27	Different modulation of oscillatory common neural drives to ankle muscles during abrupt and gradual gait adaptations. <i>Experimental Brain Research</i> , 2022, 240, 871-886.	1.5	5
28	Relationship between individual forces of each quadriceps head during low-load knee extension and cartilage thickness and knee pain in women with knee osteoarthritis. <i>Clinical Biomechanics</i> , 2022, 91, 105546.	1.2	5
29	Influences of Fascicle Length During Isometric Training on Improvement of Muscle Strength. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 3249-3255.	2.1	4
30	Electrical Stimulation to the Infraspinalis on Hypertrophy and Strength of the Shoulder. <i>International Journal of Sports Medicine</i> , 2018, 39, 828-834.	1.7	4
31	Acute effect of static stretching on passive and active properties of the gastrocnemius muscle-tendon unit: an investigation based on different repetition durations and numbers. <i>Japanese Journal of Physical Fitness and Sports Medicine</i> , 2017, 66, 163-168.	0.0	3
32	Mechanical energy efficiency for stepping up and down in persons with medial knee osteoarthritis. <i>Gait and Posture</i> , 2019, 69, 143-149.	1.4	3
33	Acute effects of low-load resistance exercise with different rest periods on muscle swelling in healthy young men. <i>The Journal of Physical Fitness and Sports Medicine</i> , 2019, 8, 165-171.	0.3	2
34	Acute effects of ankle plantar flexor force-matching exercises on postural strategy during single leg standing in healthy adults. <i>Gait and Posture</i> , 2022, 92, 428-434.	1.4	2
35	Muscle size-scaled shear elastic modulus: A muscle force index independent of maximal voluntary contraction, assessed during elbow extension. <i>Journal of Biomechanics</i> , 2020, 112, 110049.	2.1	1
36	Effective stretching position for the posterior deltoid muscle evaluated by shear wave elastography. <i>Journal of Shoulder and Elbow Surgery</i> , 2022, 31, 1658-1665.	2.6	1

#	ARTICLE	IF	CITATIONS
37	Agreement in rotator cuff muscles measurement between ultrasonography and magnetic resonance imaging. <i>Asia-Pacific Journal of Sports Medicine, Arthroscopy, Rehabilitation and Technology</i> , 2022, 28, 13-20.	1.0	1
38	Validity of Freehand 3-D Ultrasound System in Measurement of the 3-D Surface Shape of Shoulder Muscles. <i>Ultrasound in Medicine and Biology</i> , 2022, , .	1.5	1
39	Effect of Neuromuscular Electrical Stimulation Intervention on Muscle Function of the Infraspinatus. <i>Archives of Physical Medicine and Rehabilitation</i> , 2015, 96, e38.	0.9	0
40	Compensatory mechanics during stair negotiation in patients with medial knee osteoarthritis.. <i>Osteoarthritis and Cartilage</i> , 2017, 25, S124.	1.3	0
41	Effective stretching position of the coracobrachialis muscle. <i>Journal of Biomechanics</i> , 2021, 120, 110390.	2.1	0
42	Acute effect of electrical stimulation on the infraspinatus muscle using different types of muscle contractions and shoulder joint positions. <i>Gazzetta Medica Italiana Archivio Per Le Scienze Mediche</i> , 2017, 176, .	0.1	0
43	Investigation of joint angle specificity in low-load hip abductor isometric training: a randomized controlled trial. <i>The Journal of Physical Fitness and Sports Medicine</i> , 2019, 8, 107-111.	0.3	0
44	Relationship between scapular initial position and scapular movement during dynamic motions. , 2019, 14, e0227313.		0
45	Relationship between scapular initial position and scapular movement during dynamic motions. , 2019, 14, e0227313.		0
46	Relationship between scapular initial position and scapular movement during dynamic motions. , 2019, 14, e0227313.		0
47	Relationship between scapular initial position and scapular movement during dynamic motions. , 2019, 14, e0227313.		0
48	Relationship between scapular initial position and scapular movement during dynamic motions. , 2019, 14, e0227313.		0
49	Relationship between scapular initial position and scapular movement during dynamic motions. , 2019, 14, e0227313.		0