

Samuel L Buckner

List of Publications by Citations

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

82

papers

1,594

citations

23

h-index

36

g-index

83

ext. papers

2,017

ext. citations

3.7

avg, IF

4.97

L-index

#	Paper	IF	Citations
82	Determining Strength: A Case for Multiple Methods of Measurement. <i>Sports Medicine</i> , 2017 , 47, 193-195	10.6	96
81	Practicing the Test Produces Strength Equivalent to Higher Volume Training. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 1945-1954	1.2	75
80	The widespread misuse of effect sizes. <i>Journal of Science and Medicine in Sport</i> , 2017 , 20, 446-450	4.4	68
79	The Influence of Cuff Width, Sex, and Race on Arterial Occlusion: Implications for Blood Flow Restriction Research. <i>Sports Medicine</i> , 2016 , 46, 913-21	10.6	58
78	Training to Fatigue: The Answer for Standardization When Assessing Muscle Hypertrophy?. <i>Sports Medicine</i> , 2017 , 47, 1021-1027	10.6	57
77	Muscle adaptations following 21 consecutive days of strength test familiarization compared with traditional training. <i>Muscle and Nerve</i> , 2017 , 56, 307-314	3.4	57
76	Frequency: The Overlooked Resistance Training Variable for Inducing Muscle Hypertrophy?. <i>Sports Medicine</i> , 2017 , 47, 799-805	10.6	55
75	Neuromuscular Adaptations After 2 and 4 Weeks of 80% Versus 30% 1 Repetition Maximum Resistance Training to Failure. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 2174-85	3.2	54
74	Correlations Do Not Show Cause and Effect: Not Even for Changes in Muscle Size and Strength. <i>Sports Medicine</i> , 2018 , 48, 1-6	10.6	50
73	The effects of upper body exercise across different levels of blood flow restriction on arterial occlusion pressure and perceptual responses. <i>Physiology and Behavior</i> , 2017 , 171, 181-186	3.5	49
72	Muscle Adaptations to High-Load Training and Very Low-Load Training With and Without Blood Flow Restriction. <i>Frontiers in Physiology</i> , 2018 , 9, 1448	4.6	49
71	The acute and chronic effects of "NO LOAD" resistance training. <i>Physiology and Behavior</i> , 2016 , 164, 345-352	3.5	47
70	Muscle growth across a variety of exercise modalities and intensities: Contributions of mechanical and metabolic stimuli. <i>Medical Hypotheses</i> , 2016 , 88, 22-6	3.8	47
69	The problem Of muscle hypertrophy: Revisited. <i>Muscle and Nerve</i> , 2016 , 54, 1012-1014	3.4	46
68	Do metabolites that are produced during resistance exercise enhance muscle hypertrophy?. <i>European Journal of Applied Physiology</i> , 2017 , 117, 2125-2135	3.4	44
67	The Application of Blood Flow Restriction: Lessons From the Laboratory. <i>Current Sports Medicine Reports</i> , 2018 , 17, 129-134	1.9	40
66	Mechanisms of Blood Flow Restriction: The New Testament. <i>Techniques in Orthopaedics</i> , 2018 , 33, 72-79	0.4	38

65	The Cardiovascular and Perceptual Response to Very Low Load Blood Flow Restricted Exercise. <i>International Journal of Sports Medicine</i> , 2017 , 38, 597-603	3.6	37
64	A tale of three cuffs: the hemodynamics of blood flow restriction. <i>European Journal of Applied Physiology</i> , 2017 , 117, 1493-1499	3.4	34
63	Influence of cuff material on blood flow restriction stimulus in the upper body. <i>Journal of Physiological Sciences</i> , 2017 , 67, 207-215	2.3	29
62	Muscle growth: To infinity and beyond?. <i>Muscle and Nerve</i> , 2017 , 56, 1022-1030	3.4	28
61	Blood flow in humans following low-load exercise with and without blood flow restriction. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017 , 42, 1165-1171	3	25
60	Let's talk about sex: where are the young females in blood flow restriction research?. <i>Clinical Physiology and Functional Imaging</i> , 2018 , 38, 1-3	2.4	23
59	Letter to the editor: Applying the blood flow restriction pressure: the elephant in the room. <i>American Journal of Physiology - Heart and Circulatory Physiology</i> , 2016 , 310, H132-3	5.2	22
58	Post-exercise blood flow restriction attenuates muscle hypertrophy. <i>European Journal of Applied Physiology</i> , 2016 , 116, 1955-63	3.4	20
57	High-pressure blood flow restriction with very low load resistance training results in peripheral vascular adaptations similar to heavy resistance training. <i>Physiological Measurement</i> , 2019 , 40, 035003	2.9	19
56	Differentiating swelling and hypertrophy through indirect assessment of muscle damage in untrained men following repeated bouts of resistance exercise. <i>European Journal of Applied Physiology</i> , 2017 , 117, 213-224	3.4	18
55	Perceptual changes to progressive resistance training with and without blood flow restriction. <i>Journal of Sports Sciences</i> , 2019 , 37, 1857-1864	3.6	18
54	The General Adaptation Syndrome: Potential misapplications to resistance exercise. <i>Journal of Science and Medicine in Sport</i> , 2017 , 20, 1015-1017	4.4	17
53	Lower extremity strength, systemic inflammation and all-cause mortality: Application to the "fat but fit" paradigm using cross-sectional and longitudinal designs. <i>Physiology and Behavior</i> , 2015 , 149, 199-202	3.5	17
52	The Impact of Ultrasound Probe Tilt on Muscle Thickness and Echo-Intensity: A Cross-Sectional Study. <i>Journal of Clinical Densitometry</i> , 2020 , 23, 630-638	3.5	16
51	Single and combined associations of accelerometer-assessed physical activity and muscle-strengthening activities on plasma homocysteine in a national sample. <i>Clinical Physiology and Functional Imaging</i> , 2017 , 37, 669-674	2.4	15
50	Skeletal muscle mass in human athletes: What is the upper limit?. <i>American Journal of Human Biology</i> , 2018 , 30, e23102	2.7	15
49	Moderately heavy exercise produces lower cardiovascular, RPE, and discomfort compared to lower load exercise with and without blood flow restriction. <i>European Journal of Applied Physiology</i> , 2018 , 118, 1473-1480	3.4	15
48	Assessing differential responders and mean changes in muscle size, strength, and the crossover effect to 2 distinct resistance training protocols. <i>Applied Physiology, Nutrition and Metabolism</i> , 2020 , 45, 463-470	3	15

47	What does individual strength say about resistance training status?. <i>Muscle and Nerve</i> , 2017 , 55, 455-457	3.4	13
46	Perceptual and arterial occlusion responses to very low load blood flow restricted exercise performed to volitional failure. <i>Clinical Physiology and Functional Imaging</i> , 2019 , 39, 29-34	2.4	13
45	The influence of time on determining blood flow restriction pressure. <i>Journal of Science and Medicine in Sport</i> , 2017 , 20, 777-780	4.4	11
44	The acute muscular response to blood flow-restricted exercise with very low relative pressure. <i>Clinical Physiology and Functional Imaging</i> , 2018 , 38, 304-311	2.4	11
43	Acute skeletal muscle responses to very low-load resistance exercise with and without the application of blood flow restriction in the upper body. <i>Clinical Physiology and Functional Imaging</i> , 2019 , 39, 201-208	2.4	11
42	Validity of the Handheld Doppler to Determine Lower-Limb Blood Flow Restriction Pressure for Exercise Protocols. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 2693-2696	3.2	11
41	Differences in 100-m sprint performance and skeletal muscle mass between elite male and female sprinters. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019 , 59, 304-309	1.4	10
40	Chasing the top quartile of cross-sectional data: Is it possible with resistance training?. <i>Medical Hypotheses</i> , 2017 , 108, 63-68	3.8	10
39	The Basics of Training for Muscle Size and Strength: A Brief Review on the Theory. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 645-653	1.2	10
38	Blood flow restriction and cuff width: effect on blood flow in the legs. <i>Clinical Physiology and Functional Imaging</i> , 2018 , 38, 944	2.4	9
37	Muscle size and strength: another study not designed to answer the question. <i>European Journal of Applied Physiology</i> , 2017 , 117, 1273-1274	3.4	8
36	The Generality of Strength Adaptation. <i>Journal of Trainology</i> , 2019 , 8, 5-8	1.2	8
35	Factors underlying the perception of effort during constant heart rate running above and below the critical heart rate. <i>European Journal of Applied Physiology</i> , 2015 , 115, 2231-41	3.4	8
34	An examination of changes in skeletal muscle thickness, echo intensity, strength and soreness following resistance exercise. <i>Clinical Physiology and Functional Imaging</i> , 2020 , 40, 238-244	2.4	8
33	Resistance exercise and sports performance: The minority report. <i>Medical Hypotheses</i> , 2018 , 113, 1-5	3.8	8
32	Can blood flow restriction augment muscle activation during high-load training?. <i>Clinical Physiology and Functional Imaging</i> , 2018 , 38, 291-295	2.4	8
31	A method to standardize the blood flow restriction pressure by an elastic cuff. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2019 , 29, 329-335	4.6	8
30	Periodization: Variation in the Definition and Discrepancies in Study Design. <i>Sports Medicine</i> , 2021 , 51, 625-651	10.6	8

29	Can changes in echo intensity be used to detect the presence of acute muscle swelling?. <i>Physiological Measurement</i> , 2019 , 40, 045002	2.9	7
28	Strength testing or strength training: considerations for future research. <i>Physiological Measurement</i> , 2020 , 41, 09TR01	2.9	7
27	Blood flow restriction does not augment low force contractions taken to or near task failure. <i>European Journal of Sport Science</i> , 2020 , 20, 650-659	3.9	7
26	Do exercise-induced increases in muscle size contribute to strength in resistance-trained individuals?. <i>Clinical Physiology and Functional Imaging</i> , 2021 , 41, 326-333	2.4	7
25	Protein timing during the day and its relevance for muscle strength and lean mass. <i>Clinical Physiology and Functional Imaging</i> , 2018 , 38, 332-337	2.4	6
24	A critical review of the current evidence examining whether resistance training improves time trial performance. <i>Journal of Sports Sciences</i> , 2018 , 36, 1485-1491	3.6	6
23	Cross-Sectional Association Between Normal-Range Lactate Dehydrogenase, Physical Activity and Cardiovascular Disease Risk Score. <i>Sports Medicine</i> , 2016 , 46, 467-72	10.6	5
22	Effects of load on the acute response of muscles proximal and distal to blood flow restriction. <i>Journal of Physiological Sciences</i> , 2018 , 68, 769-779	2.3	4
21	Individual Responses for Muscle Activation, Repetitions, and Volume during Three Sets to Failure of High- (80% 1RM) versus Low-Load (30% 1RM) Forearm Flexion Resistance Exercise. <i>Sports</i> , 2015 , 3, 269-280	3.8	4
20	Comment on: "The General Adaptation Syndrome: A Foundation for the Concept of Periodization". <i>Sports Medicine</i> , 2018 , 48, 1751-1753	10.6	3
19	Blood flow restriction: Methods matter. <i>Experimental Gerontology</i> , 2018 , 104, 7-8	4.5	3
18	A comparison of acute changes in muscle thickness between A-mode and B-mode ultrasound. <i>Physiological Measurement</i> , 2019 , 40, 115004	2.9	3
17	Magnetic resonance imaging-measured skeletal muscle mass to fat-free mass ratio increases with increasing levels of fat-free mass. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019 , 59, 619-623	1.4	3
16	Post-exercise blood flow restriction attenuates hyperemia similarly in males and females. <i>European Journal of Applied Physiology</i> , 2017 , 117, 1707-1712	3.4	2
15	Why don't more people eat breakfast? A biological perspective. <i>American Journal of Clinical Nutrition</i> , 2016 , 103, 1555-6	7	2
14	Muscle growth adaptations to high-load training and low-load training with blood flow restriction in calf muscles.. <i>European Journal of Applied Physiology</i> , 2022 , 122, 623	3.4	2
13	Do rhythms exist in elbow flexor torque, oral temperature and muscle thickness during normal waking hours?. <i>Physiology and Behavior</i> , 2016 , 160, 12-7	3.5	2
12	Association between sedentary behavior and normal-range lactate dehydrogenase activity. <i>Postgraduate Medicine</i> , 2017 , 129, 484-487	3.7	1

11	Muscle and fat mapping of the trunk: a case study. <i>Journal of Ultrasound</i> , 2015 , 18, 399-405	3.4	1
10	Is β periodization programming β periodization or programming?. <i>Journal of Trainology</i> , 2021 , 10, 20-24	1.2	1
9	Examination of Changes in Echo Intensity Following Resistance Exercise among Various Regions of Interest. <i>Clinical Physiology and Functional Imaging</i> , 2021 ,	2.4	1
8	Is there Evidence for the Suggestion that Fatigue Accumulates Following Resistance Exercise?. <i>Sports Medicine</i> , 2021 , 1	10.6	1
7	An examination of changes in muscle thickness, isometric strength and body water throughout the menstrual cycle. <i>Clinical Physiology and Functional Imaging</i> , 2021 , 41, 165-172	2.4	1
6	Exercise science perspective: Comment on "Dynamic and thermodynamic models of adaptation" by Alexander N. Gorban et al. <i>Physics of Life Reviews</i> , 2021 , 38, 129-131	2.1	1
5	The acute muscular response to passive movement and blood flow restriction. <i>Clinical Physiology and Functional Imaging</i> , 2020 , 40, 351-359	2.4	0
4	Does the time of your health screening alter your "health"?. <i>International Journal of Cardiology</i> , 2016 , 220, 524-6	3.2	
3	Mechanisms mediating increased endurance following high- and low-load training with and without blood flow restriction. <i>Journal of Trainology</i> , 2022 , 11, 7-11	1.2	
2	Cardiovascular and Muscular Response to NO LOAD Exercise with Blood Flow Restriction. <i>International Journal of Exercise Science</i> , 2020 , 13, 1807-1818	1.3	
1	Does performing resistance exercise to failure homogenize the training stimulus by accounting for differences in local muscular endurance?. <i>European Journal of Sport Science</i> , 2022 , 1-10	3.9	