

Keitaro Kubo

List of Publications by Year in descending order

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85
papers

5,069
citations

101384

36
h-index

88477

70
g-index

85
all docs

85
docs citations

85
times ranked

3213
citing authors

#	ARTICLE	IF	CITATIONS
1	In vivo behaviour of human muscle tendon during walking. Proceedings of the Royal Society B: Biological Sciences, 2001, 268, 229-233.	1.2	492
2	Influence of static stretching on viscoelastic properties of human tendon structures in vivo. Journal of Applied Physiology, 2001, 90, 520-527.	1.2	302
3	Influence of elastic properties of tendon structures on jump performance in humans. Journal of Applied Physiology, 1999, 87, 2090-2096.	1.2	266
4	Effects of resistance and stretching training programmes on the viscoelastic properties of human tendon structures in vivo. Journal of Physiology, 2002, 538, 219-226.	1.3	252
5	Effects of Plyometric and Weight Training on Muscle-Tendon Complex and Jump Performance. Medicine and Science in Sports and Exercise, 2007, 39, 1801-1810.	0.2	252
6	Effects of isometric training on the elasticity of human tendon structures in vivo. Journal of Applied Physiology, 2001, 91, 26-32.	1.2	221
7	Gender differences in the viscoelastic properties of tendon structures. European Journal of Applied Physiology, 2003, 88, 520-526.	1.2	202
8	Changes in muscle size, architecture, and neural activation after 20 days of bed rest with and without resistance exercise. European Journal of Applied Physiology, 2001, 84, 7-12.	1.2	168
9	Effect of stretching training on the viscoelastic properties of human tendon structures in vivo. Journal of Applied Physiology, 2002, 92, 595-601.	1.2	162
10	Effects of Low-Load Resistance Training with Vascular Occlusion on the Mechanical Properties of Muscle and Tendon. Journal of Applied Biomechanics, 2006, 22, 112-119.	0.3	148
11	Effects of different duration isometric contractions on tendon elasticity in human quadriceps muscles. Journal of Physiology, 2001, 536, 649-655.	1.3	131
12	Time Course of Changes in Muscle and Tendon Properties During Strength Training and Detraining. Journal of Strength and Conditioning Research, 2010, 24, 322-331.	1.0	110
13	Leg-press resistance training during 20 days of 6° head-down-tilt bed rest prevents muscle deconditioning. European Journal of Applied Physiology, 2000, 82, 30-38.	1.2	109
14	Elastic properties of muscle-tendon complex in long-distance runners. European Journal of Applied Physiology, 2000, 81, 181-187.	1.2	103
15	Influences of tendon stiffness, joint stiffness, and electromyographic activity on jump performances using single joint. European Journal of Applied Physiology, 2007, 99, 235-243.	1.2	103
16	Effects of isometric squat training on the tendon stiffness and jump performance. European Journal of Applied Physiology, 2006, 96, 305-314.	1.2	92
17	Is passive stiffness in human muscles related to the elasticity of tendon structures?. European Journal of Applied Physiology, 2001, 85, 226-232.	1.2	91
18	Effects of plyometric and isometric training on muscle and tendon stiffness in vivo. Physiological Reports, 2017, 5, e13374.	0.7	86

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19	Activation of agonist and antagonist muscles at different joint angles during maximal isometric efforts. <i>European Journal of Applied Physiology</i> , 2004, 91, 349-352.	1.2	83
20	Muscle Architectural Characteristics in Women Aged 20-79 Years. <i>Medicine and Science in Sports and Exercise</i> , 2003, 35, 39-44.	0.2	82
21	Changes in the elastic properties of tendon structures following 20 days bed-rest in humans. <i>European Journal of Applied Physiology</i> , 2000, 83, 463-468.	1.2	81
22	Effects of static and dynamic training on the stiffness and blood volume of tendon in vivo. <i>Journal of Applied Physiology</i> , 2009, 106, 412-417.	1.2	81
23	Time course of changes in the human Achilles tendon properties and metabolism during training and detraining in vivo. <i>European Journal of Applied Physiology</i> , 2012, 112, 2679-2691.	1.2	80
24	Measurement of viscoelastic properties of tendon structures in vivo. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2002, 12, 3-8.	1.3	77
25	Influences of repetitive muscle contractions with different modes on tendon elasticity in vivo. <i>Journal of Applied Physiology</i> , 2001, 91, 277-282.	1.2	73
26	Effects of 20 days of bed rest on the viscoelastic properties of tendon structures in lower limb muscles. <i>British Journal of Sports Medicine</i> , 2004, 38, 324-330.	3.1	73
27	Architecture of Contracting Human Muscles and Its Functional Significance. <i>Journal of Applied Biomechanics</i> , 2000, 16, 88-97.	0.3	69
28	Effects of repeated muscle contractions on the tendon structures in humans. <i>European Journal of Applied Physiology</i> , 2001, 84, 162-166.	1.2	66
29	Effects of squat training with different depths on lower limb muscle volumes. <i>European Journal of Applied Physiology</i> , 2019, 119, 1933-1942.	1.2	65
30	Morphological and Mechanical Properties of Muscle and Tendon in Highly Trained Sprinters. <i>Journal of Applied Biomechanics</i> , 2011, 27, 336-344.	0.3	62
31	Effects of acupuncture and heating on blood volume and oxygen saturation of human Achilles tendon in vivo. <i>European Journal of Applied Physiology</i> , 2010, 109, 545-550.	1.2	56
32	Age-Related Differences in the Properties of the Plantar Flexor Muscles and Tendons. <i>Medicine and Science in Sports and Exercise</i> , 2007, 39, 541-547.	0.2	55
33	Effects of viscoelastic properties of tendon structures on stretch-shortening cycle exercise in vivo. <i>Journal of Sports Sciences</i> , 2005, 23, 851-860.	1.0	50
34	Effects of mechanical properties of muscle and tendon on performance in long distance runners. <i>European Journal of Applied Physiology</i> , 2010, 110, 507-514.	1.2	45
35	Effects of cold and hot water immersion on the mechanical properties of human muscle and tendon in vivo. <i>Clinical Biomechanics</i> , 2005, 20, 291-300.	0.5	43
36	Effects of resistance training during bed rest on the viscoelastic properties of tendon structures in the lower limb. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2004, 14, 296-302.	1.3	37

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37	Age-Related Differences in the Force Generation Capabilities and Tendon Extensibilities of Knee Extensors and Plantar Flexors in Men. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2007, 62, 1252-1258.	1.7	37
38	Active muscle stiffness in the human medial gastrocnemius muscle in vivo. <i>Journal of Applied Physiology</i> , 2014, 117, 1020-1026.	1.2	35
39	Passive and active muscle stiffness in plantar flexors of long distance runners. <i>Journal of Biomechanics</i> , 2015, 48, 1937-1943.	0.9	32
40	Growth Changes in Morphological and Mechanical Properties of Human Patellar Tendon in Vivo. <i>Journal of Applied Biomechanics</i> , 2014, 30, 415-422.	0.3	30
41	Tendon properties and muscle architecture for knee extensors and plantar flexors in boys and men. <i>Clinical Biomechanics</i> , 2014, 29, 506-511.	0.5	28
42	Relationship between elastic properties of tendon structures and performance in long distance runners. <i>European Journal of Applied Physiology</i> , 2015, 115, 1725-1733.	1.2	28
43	Blood Circulation of Patellar and Achilles Tendons during Contractions and Heating. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 2111-2117.	0.2	25
44	Relationship between Achilles tendon properties and foot strike patterns in long-distance runners. <i>Journal of Sports Sciences</i> , 2015, 33, 665-669.	1.0	25
45	Changes in oxygen consumption of human muscle and tendon following repeat muscle contractions. <i>European Journal of Applied Physiology</i> , 2008, 104, 859-866.	1.2	24
46	Effects of Training on Muscle and Tendon in Knee Extensors and Plantar Flexors in Vivo. <i>Journal of Applied Biomechanics</i> , 2010, 26, 316-323.	0.3	24
47	Comparison of Elasticity of Human Tendon and Aponeurosis in Knee Extensors and Ankle Plantar Flexors in Vivo. <i>Journal of Applied Biomechanics</i> , 2005, 21, 129-142.	0.3	22
48	Effects of 4, 8, and 12 Repetition Maximum Resistance Training Protocols on Muscle Volume and Strength. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 879-885.	1.0	20
49	Effect of gene polymorphisms on the mechanical properties of human tendon structures. <i>SpringerPlus</i> , 2013, 2, 343.	1.2	17
50	Active muscle and tendon stiffness of plantar flexors in sprinters. <i>Journal of Sports Sciences</i> , 2017, 35, 742-748.	1.0	17
51	Changes in joint, muscle, and tendon stiffness following repeated hopping exercise. <i>Physiological Reports</i> , 2019, 7, e14237.	0.7	16
52	Influences of Repetitive Drop Jump and Isometric Leg Press Exercises on Tendon Properties in Knee Extensors. <i>Journal of Strength and Conditioning Research</i> , 2005, 19, 864.	1.0	16
53	Effects of different duration contractions on elasticity, blood volume, and oxygen saturation of human tendon in vivo. <i>European Journal of Applied Physiology</i> , 2009, 106, 445-455.	1.2	14
54	Mechanical properties and collagen fiber orientation of tendon in young and elderly. <i>Clinical Biomechanics</i> , 2020, 71, 5-10.	0.5	13

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55	Effects of static stretching on mechanical properties and collagen fiber orientation of the Achilles tendon in vivo. <i>Clinical Biomechanics</i> , 2018, 60, 115-120.	0.5	12
56	Effects of eccentric training with different training frequencies on blood circulation, collagen fiber orientation, and mechanical properties of human Achilles tendons in vivo. <i>European Journal of Applied Physiology</i> , 2018, 118, 2617-2626.	1.2	12
57	Effects of plyometric training on muscle tendon mechanical properties and behavior of fascicles during jumping. <i>Physiological Reports</i> , 2021, 9, e15073.	0.7	11
58	Effects of Series Elasticity on the Human Knee Extension Torque-Angle Relationship in Vivo. <i>Research Quarterly for Exercise and Sport</i> , 2006, 77, 408-416.	0.8	10
59	A Longitudinal Assessment of Running Economy and Tendon Properties in Long-Distance Runners. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 1724-1731.	1.0	10
60	Changes in Bone Alkaline Phosphatase and Procollagen Type-1 C-Peptide After Static and Dynamic Exercises. <i>Research Quarterly for Exercise and Sport</i> , 2012, 83, 49-54.	0.8	10
61	Effects of Concentric and Eccentric Training on the Stiffness and Blood Circulation of the Patellar Tendon. <i>Sports Medicine International Open</i> , 2017, 01, E43-E49.	0.3	10
62	In Vivo Elastic Properties of Human Tendon Structures in Lower Limb. <i>International Journal of Sport and Health Science</i> , 2005, 3, 143-151.	0.0	9
63	THE RELATIONSHIP BETWEEN MUSCLE THICKNESS IN THE LOWER LIMBS AND COMPETITION PERFORMANCE IN WEIGHTLIFTERS AND SPRINTERS. <i>Japanese Journal of Physical Fitness and Sports Medicine</i> , 2011, 60, 401-411.	0.0	8
64	Quantification of collagen fiber orientation in human tendons with the coefficient of variation of echogenicity. <i>Journal of Biomechanics</i> , 2016, 49, 3923-3927.	0.9	8
65	Changes in Blood Circulation of the Tendons and Heart Rate Variability During and After Acupuncture. <i>Medical Acupuncture</i> , 2020, 32, 99-107.	0.3	8
66	Mechanical properties of muscles and tendon structures in middle-aged and young men. <i>Scientific Reports</i> , 2022, 12, 1702.	1.6	8
67	Effects of the strain rate on mechanical properties of tendon structures in knee extensors and plantar flexors in vivo. <i>Sports Biomechanics</i> , 2021, 20, 887-900.	0.8	6
68	Mechanical properties of muscle and tendon at high strain rate in sprinters. <i>Physiological Reports</i> , 2020, 8, e14583.	0.7	6
69	Acute and Chronic Effects of Hyperbaric Oxygen Therapy on Blood Circulation of Human Muscle and Tendon in Vivo. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 2765-2770.	1.0	5
70	Blood Supply. <i>Advances in Experimental Medicine and Biology</i> , 2016, 920, 27-33.	0.8	5
71	Measurement of active muscle stiffness with and without the stretch reflex. <i>Journal of Biomechanics</i> , 2018, 73, 50-59.	0.9	5
72	Effects of repeated eccentric contractions with different loads on blood circulation and collagen fiber orientation in the human Achilles tendon. <i>The Journal of Physical Fitness and Sports Medicine</i> , 2018, 7, 57-64.	0.2	5

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73	Effect of angular velocity on active muscle stiffness in vivo. <i>Journal of Biomechanics</i> , 2020, 111, 110007.	0.9	5
74	VISCO-ELASTIC PROPERTIES OF TENDON STRUCTURES IN HUMAN MEDIAL GASTROCNEMIUS MUSCLE. <i>Japanese Journal of Physical Fitness and Sports Medicine</i> , 1999, 48, 597-605.	0.0	5
75	Acupuncture- and Intermittent Compression-Induced Changes in Blood Circulation of Tendon. <i>Journal of Alternative and Complementary Medicine</i> , 2020, 26, 231-238.	2.1	4
76	CHANGES IN MUSCLE THICKNESS, PENNATION ANGLE AND FASCICLE LENGTH WITH AGING. <i>Japanese Journal of Physical Fitness and Sports Medicine</i> , 2003, 52, 119-126.	0.0	3
77	INFLUENCES OF REPETITIVE DROP JUMP AND ISOMETRIC LEG PRESS EXERCISES ON TENDON PROPERTIES IN KNEE EXTENSORS. <i>Journal of Strength and Conditioning Research</i> , 2005, 19, 864-870.	1.0	2
78	Is the stiffness of human muscle and tendon structures related to muscle fiber composition in vivo?. <i>Journal of Sports Medicine and Physical Fitness</i> , 2018, 58, 622-629.	0.4	2
79	Effects of static stretching on active muscle stiffness with and without the stretch reflex. <i>The Journal of Physical Fitness and Sports Medicine</i> , 2020, 9, 37-41.	0.2	2
80	Changes in tendon blood circulation and heart rate variability after intermittent compression to patellar and Achilles tendons. <i>Clinical Biomechanics</i> , 2022, 97, 105690.	0.5	2
81	Relationship between muscle fiber type and tendon properties in young males. <i>Muscle and Nerve</i> , 2010, 42, 127-129.	1.0	1
82	Are the knee and ankle angles at contact related to the tendon properties of lower limbs in long distance runners?. <i>SpringerPlus</i> , 2016, 5, 151.	1.2	1
83	Comparison of changes in blood circulation of patellar and Achilles tendons during and after acupuncture. <i>Translational Sports Medicine</i> , 2020, 3, 581-588.	0.5	1
84	Effects of repeated eccentric and isometric contractions with relatively low loading dose on joint stiffness. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019, 59, 1273-1280.	0.4	1
85	Effect of short latency stretch reflex on passive and active muscle stiffness in the soleus muscle in vivo. <i>European Journal of Applied Physiology</i> , 2022, 122, 1303-1312.	1.2	1