

Jason M Defreitas

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.

86
papers

1,040
citations

17
h-index

29
g-index

119
ext. papers

1,152
ext. citations

2.1
avg, IF

4.23
L-index

#	Paper	IF	Citations
86	The time course of musculotendinous stiffness responses following different durations of passive stretching. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , 2008 , 38, 632-9	4.2	117
85	An examination of the time course of training-induced skeletal muscle hypertrophy. <i>European Journal of Applied Physiology</i> , 2011 , 111, 2785-90	3.4	114
84	Effects of fatigue on motor unit firing rate versus recruitment threshold relationships. <i>Muscle and Nerve</i> , 2012 , 45, 100-9	3.4	55
83	Determining the minimum number of passive stretches necessary to alter musculotendinous stiffness. <i>Journal of Sports Sciences</i> , 2009 , 27, 957-61	3.6	49
82	Test-retest reliability of barbell velocity during the free-weight bench-press exercise. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 171-7	3.2	41
81	Action potential amplitude as a noninvasive indicator of motor unit-specific hypertrophy. <i>Journal of Neurophysiology</i> , 2016 , 115, 2608-14	3.2	35
80	Acute effects of static stretching on peak torque and the hamstrings-to-quadriceps conventional and functional ratios. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2013 , 23, 38-45	4.6	32
79	Passive properties of the muscle-tendon unit: the influence of muscle cross-sectional area. <i>Muscle and Nerve</i> , 2009 , 39, 227-9	3.4	30
78	Molecular, neuromuscular, and recovery responses to light versus heavy resistance exercise in young men. <i>Physiological Reports</i> , 2017 , 5, e13457	2.6	26
77	Reliability of mechanomyographic amplitude and mean power frequency during isometric step and ramp muscle actions. <i>Journal of Neuroscience Methods</i> , 2008 , 171, 104-9	3	25
76	Synchronization of low- and high-threshold motor units. <i>Muscle and Nerve</i> , 2014 , 49, 575-83	3.4	23
75	The time course of short-term hypertrophy in the absence of eccentric muscle damage. <i>European Journal of Applied Physiology</i> , 2017 , 117, 989-1004	3.4	22
74	Shifts in EMG spectral power during fatiguing dynamic contractions. <i>Muscle and Nerve</i> , 2014 , 50, 95-102	3.4	21
73	A comparison of techniques for estimating training-induced changes in muscle cross-sectional area. <i>Journal of Strength and Conditioning Research</i> , 2010 , 24, 2383-9	3.2	21
72	Accuracy of three different techniques for automatically estimating innervation zone location. <i>Computer Methods and Programs in Biomedicine</i> , 2012 , 105, 13-21	6.9	20
71	An examination of innervation zone movement with increases in isometric torque production. <i>Clinical Neurophysiology</i> , 2008 , 119, 2795-9	4.3	19
70	Electrode placement over the innervation zone affects the low-, not the high-frequency portion of the EMG frequency spectrum. <i>Journal of Electromyography and Kinesiology</i> , 2009 , 19, 660-6	2.5	18

69	Effects of fatiguing, submaximal high- versus low-torque isometric exercise on motor unit recruitment and firing behavior. <i>Physiological Reports</i> , 2018 , 6, e13675	2.6	17
68	Effects of resistance training on force steadiness and common drive. <i>Muscle and Nerve</i> , 2011 , 43, 245-50	3.4	17
67	An examination of cross-talk among surface mechanomyographic signals from the superficial quadriceps femoris muscles during isometric muscle actions. <i>Human Movement Science</i> , 2010 , 29, 165-71	2.4	17
66	Innervation zone location of the biceps brachii, a comparison between genders and correlation with anthropometric measurements. <i>Journal of Electromyography and Kinesiology</i> , 2010 , 20, 76-80	2.5	16
65	Neural contributions to concentric vs. eccentric exercise-induced strength loss. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 633-40	3.2	16
64	The effects of acute and prolonged muscle vibration on the function of the muscle spindle reflex arc. <i>Somatosensory & Motor Research</i> , 2015 , 32, 254-61	1.2	12
63	Muscle phenotype is related to motor unit behavior of the vastus lateralis during maximal isometric contractions. <i>Physiological Reports</i> , 2018 , 6, e13636	2.6	12
62	Effects of strength training on mechanomyographic amplitude. <i>Physiological Measurement</i> , 2012 , 33, 1353-61	2.9	11
61	Sex comparisons for relative peak torque and electromyographic mean frequency during fatigue. <i>Research Quarterly for Exercise and Sport</i> , 2013 , 84, 345-52	1.9	11
60	A comparison of adaptive and notch filtering for removing electromagnetic noise from monopolar surface electromyographic signals. <i>Physiological Measurement</i> , 2009 , 30, 353-61	2.9	11
59	Age Does Not Attenuate Maximal Velocity Adaptations in the Ipsilateral and Contralateral Limbs During Unilateral Resistance Training. <i>Journal of Aging and Physical Activity</i> , 2019 , 27, 1-8	1.6	11
58	Acute effects of dynamic exercises on the relationship between the motor unit firing rate and the recruitment threshold. <i>Human Movement Science</i> , 2015 , 40, 24-37	2.4	10
57	The consistency of ordinary least-squares and generalized least-squares polynomial regression on characterizing the mechanomyographic amplitude versus torque relationship. <i>Physiological Measurement</i> , 2009 , 30, 115-28	2.9	10
56	Linearity and reliability of the mechanomyographic amplitude versus dynamic torque relationships for the superficial quadriceps femoris muscles. <i>Muscle and Nerve</i> , 2010 , 41, 342-9	3.4	10
55	Effects of a pre-workout supplement on hyperemia following leg extension resistance exercise to failure with different resistance loads. <i>Journal of the International Society of Sports Nutrition</i> , 2017 , 14, 38	4.5	9
54	The effects of a high-intensity free-weight back-squat exercise protocol on postural stability in resistance-trained males. <i>Journal of Sports Sciences</i> , 2015 , 33, 211-8	3.6	9
53	Power output during a high-volume power-oriented back squat protocol. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 2801-5	3.2	9
52	The linearity and reliability of the mechanomyographic amplitude versus submaximal isometric force relationship. <i>Physiological Measurement</i> , 2009 , 30, 1009-16	2.9	9

51	Cross-education: effects of age on rapid and maximal voluntary contractile characteristics in males. <i>European Journal of Applied Physiology</i> , 2019 , 119, 1313-1322	3.4	8
50	The effects of vibration-induced altered stretch reflex sensitivity on maximal motor unit firing properties. <i>Journal of Neurophysiology</i> , 2019 , 121, 2215-2221	3.2	8
49	Comparison of methods for removing electromagnetic noise from electromyographic signals. <i>Physiological Measurement</i> , 2012 , 33, 147-58	2.9	8
48	An examination of mechanomyographic signal stationarity during concentric isokinetic, eccentric isokinetic and isometric muscle actions. <i>Physiological Measurement</i> , 2010 , 31, 339-61	2.9	8
47	Cross-correlation analysis of mechanomyographic signals detected in two axes. <i>Physiological Measurement</i> , 2009 , 30, 1465-71	2.9	8
46	An examination of the strength and electromyographic responses after concentric vs. eccentric exercise of the forearm flexors. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 1072-80	3.2	7
45	Eccentric exercise does not affect common drive in the biceps brachii. <i>Muscle and Nerve</i> , 2012 , 46, 759-66.4	6.4	7
44	The effects of diverting activities on recovery from fatiguing concentric isokinetic muscle actions. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 1911-7	3.2	7
43	Linearity and reliability of the mechanomyographic amplitude versus dynamic constant external resistance relationships for the biceps brachii. <i>Physiological Measurement</i> , 2010 , 31, 1487-98	2.9	7
42	Relationships among peak power output, peak bar velocity, and mechanomyographic amplitude during the free-weight bench press exercise. <i>Journal of Sports Sciences</i> , 2010 , 28, 1309-17	3.6	7
41	The time course of cross-education during short-term isometric strength training. <i>European Journal of Applied Physiology</i> , 2019 , 119, 1395-1407	3.4	6
40	Effects of fatigue on intermuscular common drive to the quadriceps femoris. <i>International Journal of Neuroscience</i> , 2012 , 122, 574-82	2	6
39	Comparison of fatigue responses and rapid force characteristics between explosive- and traditional-resistance-trained males. <i>European Journal of Applied Physiology</i> , 2018 , 118, 1539-1546	3.4	6
38	The effects of body position and muscle activation on patellar tendon reflex properties. <i>Physiological Measurement</i> , 2015 , 36, 1429-38	2.9	5
37	Linearity and reliability of the mechanomyographic amplitude versus concentric dynamic constant external resistance relationships for the bench press exercise. <i>Journal of Strength and Conditioning Research</i> , 2010 , 24, 785-95	3.2	5
36	Does strict validation criteria for individual motor units alter population-based regression models of the motor unit pool?. <i>Experimental Brain Research</i> , 2020 , 238, 2475-2485	2.3	5
35	Potential: Effect of Ballistic and Heavy Exercise on Vertical Jump Performance. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 660-666	3.2	4
34	Electromyography Activation of the Lower-Limb Muscles Adopting a Physioball and Elastic Band to Stabilize the Knee Joint During Multiple Sets With Submaximal Loads. <i>Journal of Sport Rehabilitation</i> , 2017 , 26, 406-414	1.7	4

33	Mechanomyographic responses for the biceps brachii are unable to track the declines in peak torque during 25, 50, 75, and 100 fatiguing isokinetic muscle actions. <i>Journal of Applied Biomechanics</i> , 2013 , 29, 769-78	1.2	4
32	Time-frequency analysis of surface electromyographic signals during fatiguing isokinetic muscle actions. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 1904-14	3.2	4
31	An examination of the linearity and reliability of the electromyographic amplitude versus dynamic constant external resistance relationships using monopolar and bipolar recording methods. <i>Journal of Neuroscience Methods</i> , 2010 , 194, 94-101	3	4
30	Comparison of the muscle activation pattern for the vastus lateralis before and after an 8-week resistance training program. <i>Biomedical Signal Processing and Control</i> , 2010 , 5, 264-270	4.9	4
29	Muscle size, strength, power, and echo intensity, but not specific tension, are affected by age in physically active adults. <i>Isokinetics and Exercise Science</i> , 2018 , 26, 95-103	0.6	3
28	The findings of Damas et al. have not influenced the previously proposed time course of skeletal muscle hypertrophy. <i>European Journal of Applied Physiology</i> , 2016 , 116, 443-4	3.4	3
27	A longitudinal analysis of the U.S. Air Force reserve officers training corps physical fitness assessment. <i>Military Medical Research</i> , 2019 , 6, 30	19.3	3
26	Differences in muscle activation patterns among the quadriceps femoris muscles during fatiguing isokinetic leg extensions. <i>Isokinetics and Exercise Science</i> , 2012 , 20, 5-12	0.6	2
25	Peak torque and electromyographic responses during fatiguing concentric muscle actions with eyes-open versus eyes-closed. <i>Perceptual and Motor Skills</i> , 2013 , 116, 581-97	2.2	2
24	Can Recruiting Rankings Predict the Success of NCAA Division I Football Teams? An Examination of the Relationships among Rivals and Scouts Recruiting Rankings and Jeff Sagarin End-of-Season Ratings in Collegiate Football. <i>Journal of Quantitative Analysis in Sports</i> , 2009 , 5,	1.2	2
23	Bilateral deficit in strength but not rapid force during maximal handgrip contractions. <i>European Journal of Sport Science</i> , 2021 , 21, 836-843	3.9	2
22	In regards to motor unit decomposition, are we caring about the right information?. <i>Journal of Electromyography and Kinesiology</i> , 2019 , 47, 121-122	2.5	1
21	The reactive leg drop: a simple and novel sensory-motor assessment to predict fall risk in older individuals. <i>Journal of Neurophysiology</i> , 2018 , 119, 1556-1561	3.2	1
20	EMG spectral differences among the quadriceps femoris during the stretch reflex. <i>Muscle and Nerve</i> , 2015 , 52, 826-31	3.4	1
19	Neuromodulation Does Not Enhance Neural Adaptations To Strength Training In Previously Trained Individuals. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 214-214	1.2	1
18	Physical Performance Among Air Force ROTC Cadets Following Non-Mandatory Training. <i>Aerospace Medicine and Human Performance</i> , 2020 , 91, 818-823	1.1	1
17	Ipsilateral and contralateral responses following unimanual fatigue with and without illusionary mirror visual feedback. <i>Journal of Neurophysiology</i> , 2021 , 125, 2084-2093	3.2	0
16	Torque-related changes in mechanomyographic intensity patterns for the superficial quadriceps femoris muscles. <i>Computer Methods in Biomechanics and Biomedical Engineering</i> , 2014 , 17, 714-22	2.1	

15	Effects of a Pre-Workout Supplement on Hyperemia Following Leg Extension Resistance Exercise at Different Intensities. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 83	1.2
14	The Effects Of A Muscle Biopsy On Motor Unit Firing Properties. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 612-613	1.2
13	Differences Among Kinetics, Kinematics, Performance, and Elbow Varus Torque in Professional Versus High School Pitchers. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 736	1.2
12	Physiological Determinants Of The Rate Of Torque Development In Older Men: A Pilot Study. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 941-941	1.2
11	Both Slower Sensory Response Time and Electromechanical Delay Explain Age-related Differences in the Reactive Leg Drop. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 571	1.2
10	Antagonist Coactivation During A Reactive Leg Drop In Young And Older Adults. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 556-557	1.2
9	ARE MOTOR UNIT FIRING PROPERTIES CONTROLLED WITHIN DISTINCT REGIONS OF A MUSCLE. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 940-940	1.2
8	Quantifying The Relationship Between Contraction Efficiency And Muscle Size Across The Adult Lifespan. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 487-487	1.2
7	Motor Unit Action Potential Size In Young And Old Males. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 235-236	1.2
6	Maximal Velocity Adaptions During Unilateral Resistance Training In Older Adults. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 49-50	1.2
5	Effects Of Resistance Training On Maximal Motor Unit Firing Rates In Young And Older Males. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 429-430	1.2
4	The Magnitude Of Hamstring Co-activation During A Knee Extension Is Dependent On Knee Flexor Strength. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 555	1.2
3	Ipsilateral and Contralateral Rapid Torque Adaptations To Unilateral Resistance Training In Young and Older Males. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 365	1.2
2	Relationships between Motor Unit Behavior during Maximal Effort Contractions and Skeletal Muscle Phenotype. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 201	1.2
1	Effects of a thorstensson fatiguing protocol on isometric and isokinetic performance. <i>Isokinetics and Exercise Science</i> , 2022 , 1-8	0.6