

Trent J Herda

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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

1,403

citations

21

h-index

34

g-index

98

ext. papers

1,604

ext. citations

2.4

avg, IF

4.48

L-index

#	Paper	IF	Citations
82	Acute effects of static versus dynamic stretching on isometric peak torque, electromyography, and mechanomyography of the biceps femoris muscle. <i>Journal of Strength and Conditioning Research</i> , 2008 , 22, 809-17	3.2	134
81	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
80	Do practical durations of stretching alter muscle strength? A dose-response study. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, 1529-37	1.2	102
79	Acute effects of passive stretching on the electromechanical delay and evoked twitch properties. <i>European Journal of Applied Physiology</i> , 2010 , 108, 301-10	3.4	62
78	Effects of two modes of static stretching on muscle strength and stiffness. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 1777-84	1.2	56
77	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
76	The effects of dynamic stretching on the passive properties of the muscle-tendon unit. <i>Journal of Sports Sciences</i> , 2013 , 31, 479-87	3.6	39
75	A noninvasive, log-transform method for fiber type discrimination using mechanomyography. <i>Journal of Electromyography and Kinesiology</i> , 2010 , 20, 787-94	2.5	39
74	Time and frequency domain responses of the mechanomyogram and electromyogram during isometric ramp contractions: a comparison of the short-time Fourier and continuous wavelet transforms. <i>Journal of Electromyography and Kinesiology</i> , 2008 , 18, 54-67	2.5	38
73	Effects of dynamic stretching on strength, muscle imbalance, and muscle activation. <i>Medicine and Science in Sports and Exercise</i> , 2014 , 46, 586-93	1.2	32
72	Viscoelastic creep in the human skeletal muscle-tendon unit. <i>European Journal of Applied Physiology</i> , 2010 , 108, 207-11	3.4	31
71	Motor unit control strategies of endurance- versus resistance-trained individuals. <i>Muscle and Nerve</i> , 2015 , 52, 832-43	3.4	29
70	Mechanomyographic amplitude and mean power frequency responses during isometric ramp vs. step muscle actions. <i>Journal of Neuroscience Methods</i> , 2008 , 168, 293-305	3	26
69	Reproducibility and validity of bioimpedance spectroscopy for tracking changes in total body water: implications for repeated measurements. <i>British Journal of Nutrition</i> , 2010 , 104, 1384-94	3.6	25
68	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
67	Influence of the contractile properties of muscle on motor unit firing rates during a moderate-intensity contraction in vivo. <i>Journal of Neurophysiology</i> , 2016 , 116, 552-62	3.2	25
66	Sex-related differences in muscle size explained by amplitudes of higher-threshold motor unit action potentials and muscle fibre typing. <i>Acta Physiologica</i> , 2019 , 225, e13151	5.6	24

65	Reliability of absolute versus log-transformed regression models for examining the torque-related patterns of response for mechanomyographic amplitude. <i>Journal of Neuroscience Methods</i> , 2009 , 179, 240-6	3	24
64	Relationships between skinfold thickness and electromyographic and mechanomyographic amplitude recorded during voluntary and non-voluntary muscle actions. <i>Journal of Electromyography and Kinesiology</i> , 2014 , 24, 207-13	2.5	22
63	Acute effects of passive stretching on the electromechanical delay and evoked twitch properties: a gender comparison. <i>Journal of Applied Biomechanics</i> , 2012 , 28, 645-54	1.2	22
62	The time course of the effects of constant-angle and constant-torque stretching on the muscle-tendon unit. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014 , 24, 62-7	4.6	21
61	Consistency of rapid muscle force characteristics: influence of muscle contraction onset detection methodology. <i>Journal of Electromyography and Kinesiology</i> , 2012 , 22, 893-900	2.5	20
60	Differences in the log-transformed electromyographic-force relationships of the plantar flexors between high- and moderate-activated subjects. <i>Journal of Electromyography and Kinesiology</i> , 2011 , 21, 841-6	2.5	20
59	Inter-individual variability in the torque-related patterns of responses for mechanomyographic amplitude and mean power frequency. <i>Journal of Neuroscience Methods</i> , 2007 , 161, 212-9	3	20
58	An examination of innervation zone movement with increases in isometric torque production. <i>Clinical Neurophysiology</i> , 2008 , 119, 2795-9	4.3	19
57	Age-related differences in the motor unit action potential size in relation to recruitment threshold. <i>Clinical Physiology and Functional Imaging</i> , 2018 , 38, 610-616	2.4	18
56	Examination of muscle composition and motor unit behavior of the first dorsal interosseous of normal and overweight children. <i>Journal of Neurophysiology</i> , 2018 , 119, 1902-1911	3.2	18
55	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
54	Differences in the motor unit firing rates and amplitudes in relation to recruitment thresholds during submaximal contractions of the first dorsal interosseous between chronically resistance-trained and physically active men. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018 , 43, 759-768	3	17
53	Age-related differences in twitch properties and muscle activation of the first dorsal interosseous. <i>Clinical Neurophysiology</i> , 2017 , 128, 925-934	4.3	16
52	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
51	Examination of muscle morphology and neuromuscular function in normal weight and overfat children aged 7-10 years. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018 , 28, 2310-2321	4.6	14
50	Vastus lateralis muscle tissue composition and motor unit properties in chronically endurance-trained vs. sedentary women. <i>European Journal of Applied Physiology</i> , 2018 , 118, 1789-1800	3.4	14
49	Eight weeks of resistance training increases strength, muscle cross-sectional area and motor unit size, but does not alter firing rates in the vastus lateralis. <i>European Journal of Applied Physiology</i> , 2020 , 120, 281-294	3.4	14
48	The change in motor unit firing rates at de-recruitment relative to recruitment is correlated with type I myosin heavy chain isoform content of the vastus lateralis in vivo. <i>Acta Physiologica</i> , 2016 , 216, 454-63	5.6	13

47	Muscular strength and power are correlated with motor unit action potential amplitudes, but not myosin heavy chain isoforms in sedentary males and females. <i>Journal of Biomechanics</i> , 2019 , 86, 251-255 ^{2,9}		13
46	Time Course of Changes in Neuromuscular Parameters During Sustained Isometric Muscle Actions. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 2697-2702	3.2	11
45	Acute effects of a thermogenic nutritional supplement on cycling time to exhaustion and muscular strength in college-aged men. <i>Journal of the International Society of Sports Nutrition</i> , 2009 , 6, 15	4.5	11
44	Effects of a supplement designed to increase ATP levels on muscle strength, power output, and endurance. <i>Journal of the International Society of Sports Nutrition</i> , 2008 , 5, 3	4.5	11
43	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
42	Motor unit action potential amplitudes and firing rates during repetitive muscle actions of the first dorsal interosseous in children and adults. <i>European Journal of Applied Physiology</i> , 2019 , 119, 1007-1018 ^{3,4}		10
41	Effects of the innervation zone on the time and frequency domain parameters of the surface electromyographic signal. <i>Journal of Electromyography and Kinesiology</i> , 2015 , 25, 565-70	2.5	9
40	Quantifying the effects of electrode distance from the innervation zone on the electromyographic amplitude versus torque relationships. <i>Physiological Measurement</i> , 2013 , 34, 315-24	2.9	9
39	Neural Drive is Greater for a High-Intensity Contraction Than for Moderate-Intensity Contractions Performed to Fatigue. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 3013-3021	3.2	9
38	Muscle-related differences in mechanomyography force relationships are model-dependent. <i>Muscle and Nerve</i> , 2014 , 49, 202-8	3.4	8
37	The influence of prolonged vibration on motor unit behavior. <i>Muscle and Nerve</i> , 2017 , 55, 500-507	3.4	8
36	Effects of short-term resistance training and subsequent detraining on the electromechanical delay. <i>Muscle and Nerve</i> , 2013 , 48, 135-6	3.4	8
35	Measuring the accuracies of motor unit firing times and action potential waveforms derived from surface electromyographic decomposition. <i>Journal of Electromyography and Kinesiology</i> , 2020 , 52, 10242 ^{1,5}	2.5	8
34	The influence of myosin heavy chain isoform content on mechanical behavior of the vastus lateralis in vivo. <i>Journal of Electromyography and Kinesiology</i> , 2016 , 28, 143-51	2.5	8
33	Motor unit firing rates of the first dorsal interosseous differ between male and female children aged 8-10 years. <i>Human Movement Science</i> , 2019 , 66, 416-424	2.4	6
32	Muscle-related differences in mechanomyography frequency-force relationships are model dependent. <i>Medical and Biological Engineering and Computing</i> , 2015 , 53, 689-97	3.1	6
31	Time-related changes in firing rates are influenced by recruitment threshold and twitch force potentiation in the first dorsal interosseous. <i>Experimental Physiology</i> , 2017 , 102, 950-961	2.4	6
30	The effects of chronic exercise training status on motor unit activation and deactivation control strategies. <i>Journal of Sports Sciences</i> , 2016 , 34, 199-208	3.6	6

29	The effect of rate of torque development on motor unit recruitment and firing rates during isometric voluntary trapezoidal contractions. <i>Experimental Brain Research</i> , 2019 , 237, 2653-2664	2.3	6
28	The effects of poliomyelitis on motor unit behavior during repetitive muscle actions: a case report. <i>BMC Research Notes</i> , 2014 , 7, 611	2.3	6
27	The influence of electromyographic recording methods and the innervation zone on the mean power frequency-torque relationships. <i>Journal of Electromyography and Kinesiology</i> , 2015 , 25, 423-30	2.5	5
26	Sex-related differences in motor unit firing rates and action potential amplitudes of the first dorsal interosseous during high-, but not low-intensity contractions. <i>Experimental Brain Research</i> , 2020 , 238, 1133-1144	2.3	5
25	Percent voluntary inactivation and peak force predictions with the interpolated twitch technique in individuals with high ability of voluntary activation. <i>Physiological Measurement</i> , 2011 , 32, 1591-603	2.9	5
24	Mechanomyographic mean power frequency during an isometric trapezoid muscle action at multiple contraction intensities. <i>Physiological Measurement</i> , 2015 , 36, 1383-97	2.9	4
23	Immunoendocrine alterations following Marine Corps Martial Arts training are associated with changes in moral cognitive processes. <i>Physiology and Behavior</i> , 2016 , 154, 76-82	3.5	4
22	Electromyographic, but not mechanomyographic amplitude-force relationships, distinguished differences in voluntary activation capabilities between individuals. <i>Journal of Electromyography and Kinesiology</i> , 2013 , 23, 356-61	2.5	4
21	An examination of a potential organized motor unit firing rate and recruitment scheme of an antagonist muscle during isometric contractions. <i>Journal of Neurophysiology</i> , 2021 , 125, 2094-2106	3.2	4
20	Examination of motor unit control properties of the vastus lateralis in an individual that had acute paralytic poliomyelitis. <i>Journal of Clinical Neurophysiology</i> , 2014 , 31, e11-5	2.2	3
19	The effects of a doublet stimulus and force level on the electromechanical delay. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 2314-8	3.2	3
18	Effects of creatine loading on electromyographic fatigue threshold in cycle ergometry in college-age men. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2008 , 18, 142-51	4.4	3
17	Muscle cross-sectional area and motor unit properties of the medial gastrocnemius and vastus lateralis in normal weight and overfat children. <i>Experimental Physiology</i> , 2020 , 105, 335-346	2.4	3
16	Differences in the firing rate versus recruitment threshold relationships of the vastus lateralis in children ages 7-10 years and adults. <i>Human Movement Science</i> , 2020 , 72, 102650	2.4	2
15	Relationships between the mechanomyographic amplitude patterns of response and concentric isokinetic fatiguing tasks of the leg extensors. <i>Physiological Measurement</i> , 2013 , 34, 1293-301	2.9	2
14	Endurance training alters motor unit activation strategies for the vastus lateralis, yet sex-related differences and relationships with muscle size remain. <i>European Journal of Applied Physiology</i> , 2021 , 121, 1367-1377	3.4	2
13	Comparing passive angle-torque curves recorded simultaneously with a load cell versus an isokinetic dynamometer during dorsiflexion stretch tolerance assessments. <i>Medical Engineering and Physics</i> , 2015 , 37, 494-8	2.4	1
12	Effects of continuous cycling training on motor unit firing rates, input excitation, and myosin heavy chain of the vastus lateralis in sedentary females.. <i>Experimental Brain Research</i> , 2022 , 240, 825	2.3	1

11	Comparisons of muscle strength, size, and voluntary activation in pre- and post-pubescent males and females. <i>European Journal of Applied Physiology</i> , 2021 , 121, 2487-2497	3.4	1
10	Effects of Short-Term Dynamic Constant External Resistance Training and Subsequent Detraining on Strength of the Trained and Untrained Limbs: A Randomized Trial. <i>Sports</i> , 2016 , 4,	3	1
9	Changes in Strength, Mobility, and Body Composition Following Self-Selected Exercise in Older Adults. <i>Journal of Aging and Physical Activity</i> , 2020 , 29, 17-26	1.6	1
8	The reliability of the slopes and y-intercepts of the motor unit firing times and action potential waveforms versus recruitment threshold relationships derived from surface electromyography signal decomposition. <i>European Journal of Applied Physiology</i> , 2021 , 121, 3389-3398	3.4	1
7	An examination of motor unit firing rates during steady torque of maximal efforts with either an explosive or slower rate of torque development. <i>Experimental Physiology</i> , 2021 , 106, 2517-2530	2.4	0
6	Method of analysis influences interpretations of sex-related differences in firing rates during prolonged submaximal isometric contractions.. <i>Journal of Musculoskeletal Neuronal Interactions</i> , 2022 , 22, 27-36	1.3	0
5	Acute Effects of Passive Stretching on the Electromechanical Delay and Evoked Twitch Properties in Women. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 400	1.2	
4	The Effect Of The Length-tension Relationship On Muscle Activation. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 581	1.2	
3	Influence of Sex and Cross-Sectional Area on Motor Unit Recruitment Patterns of the Vastus Lateralis. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 566-567	1.2	
2	Skeletal Muscle Composition and Glucose Levels in Children Who Are Overweight and Obese. <i>Pediatric Exercise Science</i> , 2020 , 32, 157-164	2	
1	Effects of Endurance Cycling on Mechanomyographic Median Power Frequency of the Vastus Lateralis. <i>Applied Sciences (Switzerland)</i> , 2022 , 12, 5213	2.6	