

# Andreas Konrad

## List of Publications by Year in descending order

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Version: 2024-02-01

54  
papers

1,023  
citations

566801

15  
h-index

525886

27  
g-index

55  
all docs

55  
docs citations

55  
times ranked

389  
citing authors

#	ARTICLE	IF	CITATIONS
1	The Combined Effect of Static Stretching and Foam Rolling With or Without Vibration on the Range of Motion, Muscle Performance, and Tissue Hardness of the Knee Extensor. <i>Journal of Strength and Conditioning Research</i> , 2023, 37, 322-327.	1.0	10
2	Comparison Between Foam Rolling With and Without Vibration on Passive and Active Plantar Flexor Muscle Properties. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 3339-3344.	1.0	15
3	Myofascial Treatment Techniques on the Plantar Surface Influence Functional Performance in the Dorsal Kinetic Chain. <i>Journal of Sports Science and Medicine</i> , 2022, 21, 13-22.	0.7	8
4	A Human-Centered Machine-Learning Approach for Muscle-Tendon Junction Tracking in Ultrasound Images. <i>IEEE Transactions on Biomedical Engineering</i> , 2022, 69, 1920-1930.	2.5	3
5	Relationship between Eccentric-Exercise-Induced Loss in Muscle Function to Muscle Soreness and Tissue Hardness. <i>Healthcare (Switzerland)</i> , 2022, 10, 96.	1.0	9
6	Comparison of the Acute Effects of Foam Rolling with High and Low Vibration Frequencies on Eccentrically Damaged Muscle. <i>Journal of Sports Science and Medicine</i> , 2022, 21, 112-119.	0.7	6
7	No Association between Jump Parameters and Tissue Stiffness in the Quadriceps and Triceps Surae Muscles in Recreationally Active Young Adult Males. <i>Applied Sciences (Switzerland)</i> , 2022, 12, 1596.	1.3	3
8	Cross-education effect of 4-week high- or low-intensity static stretching intervention programs on passive properties of plantar flexors. <i>Journal of Biomechanics</i> , 2022, 133, 110958.	0.9	10
9	The Effect of Static Compression via Vibration Foam Rolling on Eccentrically Damaged Muscle. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 1823.	1.2	2
10	Core Muscle Activation With Foam Rolling and Static Planks. <i>Frontiers in Physiology</i> , 2022, 13, 852094.	1.3	6
11	A comparison of a single bout of stretching or foam rolling on range of motion in healthy adults. <i>European Journal of Applied Physiology</i> , 2022, 122, 1545-1557.	1.2	23
12	What to stretch? - Isolated proprioceptive neuromuscular facilitation stretching of either quadriceps or triceps surae followed by post-stretching activities alters tissue stiffness and jump performance. <i>Sports Biomechanics</i> , 2022, , 1-18.	0.8	4
13	The Effect of Capacitive and Resistive Electric Transfer Intervention on Delayed-Onset Muscle Soreness Induced by Eccentric Exercise. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 5723.	1.2	5
14	Foam Rolling Training Effects on Range of Motion: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2022, 52, 2523-2535.	3.1	25
15	The Time-Course Changes in Knee Flexion Range of Motion, Muscle Strength, and Rate of Force Development After Static Stretching. <i>Frontiers in Physiology</i> , 2022, 13, .	1.3	1
16	Comparison between 6-week foam rolling intervention program with and without vibration on rolling and non-rolling sides. <i>European Journal of Applied Physiology</i> , 2022, 122, 2061-2070.	1.2	10
17	Is There a "Window of Opportunity" for Flexibility Development in Youth? A Systematic Review with Meta-analysis. <i>Sports Medicine - Open</i> , 2022, 8, .	1.3	5
18	Tissue flossing of the thigh increases isometric strength acutely but has no effects on flexibility or jump height. <i>European Journal of Sport Science</i> , 2021, 21, 1648-1658.	1.4	12

#	ARTICLE	IF	CITATIONS
19	The Associations between Rapid Strength Development and Muscle Stiffness in Older Population. Healthcare (Switzerland), 2021, 9, 80.	1.0	2
20	The Influence of Stretching the Hip Flexor Muscles on Performance Parameters. A Systematic Review with Meta-Analysis. International Journal of Environmental Research and Public Health, 2021, 18, 1936.	1.2	15
21	Comparison of the Acute Effects of Hold-Relax and Static Stretching among Older Adults. Biology, 2021, 10, 126.	1.3	11
22	A comparison of foam rolling and vibration foam rolling on the quadriceps muscle function and mechanical properties. European Journal of Applied Physiology, 2021, 121, 1461-1471.	1.2	33
23	Association between the Range of Motion and Passive Property of the Gastrocnemius Muscleâ€™Tendon Unit in Older Population. Healthcare (Switzerland), 2021, 9, 314.	1.0	4
24	The Acute and Prolonged Effects of Different Durations of Foam Rolling on Range of Motion, Muscle Stiffness, and Muscle Strength. Journal of Sports Science and Medicine, 2021, 20, 62-68.	0.7	44
25	Joint Flexibility and Isometric Strength Parameters Are Not Relevant Determinants for Countermovement Jump Performance. International Journal of Environmental Research and Public Health, 2021, 18, 2510.	1.2	9
26	Training and Detraining Effects Following a Static Stretching Program on Medial Gastrocnemius Passive Properties. Frontiers in Physiology, 2021, 12, 656579.	1.3	21
27	Effects of Tissue Flossing on the Healthy and Impaired Musculoskeletal System: A Scoping Review. Frontiers in Physiology, 2021, 12, 666129.	1.3	10
28	Local and Non-local Effects of Foam Rolling on Passive Soft Tissue Properties and Spinal Excitability. Frontiers in Physiology, 2021, 12, 702042.	1.3	18
29	Muscle Architectural and Functional Adaptations Following 12-Weeks of Stretching in Adolescent Female Athletes. Frontiers in Physiology, 2021, 12, 701338.	1.3	33
30	The Accumulated Effects of Foam Rolling Combined with Stretching on Range of Motion and Physical Performance: A Systematic Review and Meta-Analysis. Journal of Sports Science and Medicine, 2021, 20, 535-545.	0.7	26
31	Sex Differences in the Mechanical and Neurophysiological Response to Roller Massage of the Plantar Flexors. Journal of Sports Science and Medicine, 2021, 20, 665-671.	0.7	2
32	Effects of a Single Proprioceptive Neuromuscular Facilitation Stretching Exercise With and Without Post-stretching Activation on the Muscle Function and Mechanical Properties of the Plantar Flexor Muscles. Frontiers in Physiology, 2021, 12, 732654.	1.3	14
33	A Comparison of the Effects of Foam Rolling and Stretching on Physical Performance. A Systematic Review and Meta-Analysis. Frontiers in Physiology, 2021, 12, 720531.	1.3	22
34	Acute Effect of Vibration Roller With and Without Rolling on Various Parts of the Plantar Flexor Muscle. Frontiers in Physiology, 2021, 12, 716668.	1.3	11
35	Effects of a high-volume static stretching programme on plantar-flexor muscle strength and architecture. European Journal of Applied Physiology, 2021, 121, 1159-1166.	1.2	34
36	The Acute Effect of Foam Rolling on Eccentrically-Induced Muscle Damage. International Journal of Environmental Research and Public Health, 2021, 18, 75.	1.2	22

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37	Comparison Between Contractâ€Relax Stretching and Antagonist Contractâ€Relax Stretching on Gastrocnemius Medialis Passive Properties. <i>Frontiers in Physiology</i> , 2021, 12, 764792.	1.3	4
38	Comparison Between High- and Low-Intensity Static Stretching Training Program on Active and Passive Properties of Plantar Flexors. <i>Frontiers in Physiology</i> , 2021, 12, 796497.	1.3	26
39	Automatic Tracking of the Muscle Tendon Junction in Healthy and Impaired Subjects using Deep Learning. , 2020, 2020, 4770-4774.		5
40	The Impact of a Single Stretching Session on Running Performance and Running Economy: A Scoping Review. <i>Frontiers in Physiology</i> , 2020, 11, 630282.	1.3	9
41	The Time Course of Muscle-Tendon Unit Function and Structure Following Three Minutes of Static Stretching. <i>Journal of Sports Science and Medicine</i> , 2020, 19, 52-58.	0.7	12
42	The Acute Effects of a Percussive Massage Treatment with a Hypervolt Device on Plantar Flexor Muscles' Range of Motion and Performance. <i>Journal of Sports Science and Medicine</i> , 2020, 19, 690-694.	0.7	6
43	The time course of muscleâ€tendon properties and function responses of a fiveâ€minute static stretching exercise. <i>European Journal of Sport Science</i> , 2019, 19, 1195-1203.	1.4	46
44	Muscle and tendon tissue properties of competitive soccer goalkeepers and midfielders. <i>German Journal of Exercise and Sport Research</i> , 2018, 48, 245-251.	1.0	4
45	Relationship between Achilles Tendon Stiffness and Ground Contact Time during Drop Jumps. <i>Journal of Sports Science and Medicine</i> , 2018, 17, 223-228.	0.7	7
46	Acute effects of constant torque and constant angle stretching on the muscle and tendon tissue properties. <i>European Journal of Applied Physiology</i> , 2017, 117, 1649-1656.	1.2	34
47	Effects of acute static, ballistic, and <scp>PNF</scp> stretching exercise on the muscle and tendon tissue properties. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2017, 27, 1070-1080.	1.3	106
48	Effect of <scp>PNF</scp> stretching training on the properties of human muscle and tendon structures. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2015, 25, 346-355.	1.3	64
49	Increased range of motion after static stretching is not due to changes in muscle and tendon structures. <i>Clinical Biomechanics</i> , 2014, 29, 636-642.	0.5	128
50	Effects of ballistic stretching training on the properties of human muscle and tendon structures. <i>Journal of Applied Physiology</i> , 2014, 117, 29-35.	1.2	53
51	The acute time course of muscle and tendon tissue changes following one minute of static stretching. <i>Current Issues in Sport Science</i> , 0, , .	0.1	15
52	An Intense Warm-Up Does Not Potentiate Performance Before or After a Single Bout of Foam Rolling. <i>Journal of Sports Science and Medicine</i> , 0, , 145-152.	0.7	5
53	Comparison between the Original- and a Standardized Version of a Physical Assessment Test for the Dorsal Chain - A Cohort-Based Cross Sectional Study. <i>Journal of Sports Science and Medicine</i> , 0, , 182-190.	0.7	3
54	Comparison of A Single Vibration Foam Rolling and Static Stretching Exercise on the Muscle Function and Mechanical Properties of the Hamstring Muscles. <i>Journal of Sports Science and Medicine</i> , 0, , 287-297.	0.7	8