

# Winfried Banzer

## List of Publications by Year in descending order

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Version: 2024-02-01

79  
papers

1,755  
citations

304743

22  
h-index

330143

37  
g-index

79  
all docs

79  
docs citations

79  
times ranked

2053  
citing authors

#	ARTICLE	IF	CITATIONS
1	What Is Evidence-Based About Myofascial Chains: A Systematic Review. Archives of Physical Medicine and Rehabilitation, 2016, 97, 454-461.	0.9	162
2	Physical activity during COVID-19 induced lockdown: recommendations. Journal of Occupational Medicine and Toxicology, 2020, 15, 25.	2.2	119
3	Intermuscular force transmission along myofascial chains: a systematic review. Journal of Anatomy, 2016, 228, 910-918.	1.5	93
4	Not merely a protective packing organ? A review of fascia and its force transmission capacity. Journal of Applied Physiology, 2018, 124, 234-244.	2.5	84
5	Physical Activity Throughout the Adult Life Span and Domain-Specific Cognitive Function in Old Age: A Systematic Review of Cross-Sectional and Longitudinal Data. Sports Medicine, 2018, 48, 1405-1436.	6.5	77
6	Return to play, performance, and career duration after anterior cruciate ligament rupture: A case-control study in the five biggest football nations in Europe. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 2226-2233.	2.9	76
7	Acute Effects of Resistance Exercise on Cognitive Function in Healthy Adults: A Systematic Review with Multilevel Meta-Analysis. Sports Medicine, 2019, 49, 905-916.	6.5	71
8	Evidence for the effects of prehabilitation before ACL-reconstruction on return to sport-related and self-reported knee function: A systematic review. PLoS ONE, 2020, 15, e0240192.	2.5	50
9	Physical Activity Recommendations for Health and Beyond in Currently Inactive Populations. International Journal of Environmental Research and Public Health, 2018, 15, 1042.	2.6	46
10	Remote effects of lower limb stretching: preliminary evidence for myofascial connectivity?. Journal of Sports Sciences, 2016, 34, 2145-2148.	2.0	39
11	Is Objectively Assessed Sedentary Behavior, Physical Activity and Cardiorespiratory Fitness Linked to Brain Plasticity Outcomes in Old Age?. Neuroscience, 2018, 388, 384-392.	2.3	39
12	Exercise and prostate cancer: From basic science to clinical applications. Prostate, 2018, 78, 639-645.	2.3	36
13	Acute effects of foam rolling on passive stiffness, stretch sensation and fascial sliding: A randomized controlled trial. Human Movement Science, 2019, 67, 102514.	1.4	36
14	Return to Sport Tests™ Prognostic Value for Reinjury Risk after Anterior Cruciate Ligament Reconstruction: A Systematic Review. Medicine and Science in Sports and Exercise, 2020, 52, 1263-1271.	0.4	36
15	Effects of high-intensity functional circuit training on motor function and sport motivation in healthy, inactive adults. Scandinavian Journal of Medicine and Science in Sports, 2019, 29, 144-153.	2.9	33
16	Exercise improves functional capacity and lean body mass in patients with gastrointestinal cancer during chemotherapy: a single-blind RCT. Supportive Care in Cancer, 2019, 27, 2159-2169.	2.2	31
17	Immediate effects of self-myofascial release on latent trigger point sensitivity: a randomized, placebo-controlled trial. Biology of Sport, 2018, 35, 349-354.	3.2	28
18	Impact of the initial fitness level on the effects of a structured exercise therapy during pediatric stem cell transplantation. Pediatric Blood and Cancer, 2018, 65, e26851.	1.5	26

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19	Medicine in spine exercise (MiSpEx) for nonspecific low back pain patients: study protocol for a multicentre, single-blind randomized controlled trial. <i>Trials</i> , 2016, 17, 507.	1.6	25
20	Development of a risk stratification and prevention index for stratified care in chronic low back pain. Focus: yellow flags (MiSpEx network). <i>Pain Reports</i> , 2017, 2, e623.	2.7	25
21	The pain threshold of high-threshold mechanosensitive receptors subsequent to maximal eccentric exercise is a potential marker in the prediction of DOMS associated impairment. <i>PLoS ONE</i> , 2017, 12, e0185463.	2.5	25
22	Is the message getting through? Awareness and use of the 11+ injury prevention programme in amateur level football clubs. <i>PLoS ONE</i> , 2018, 13, e0195998.	2.5	25
23	Specific smartphone usage and cognitive performance affect gait characteristics during free-living and treadmill walking. <i>Gait and Posture</i> , 2018, 62, 415-421.	1.4	24
24	Acute effects of foam rolling on passive tissue stiffness and fascial sliding: study protocol for a randomized controlled trial. <i>Trials</i> , 2017, 18, 114.	1.6	23
25	Are biomechanical stability deficits during unplanned single-leg landings related to specific markers of cognitive function?. <i>Journal of Science and Medicine in Sport</i> , 2020, 23, 82-88.	1.3	23
26	Lifespan leisure physical activity profile, brain plasticity and cognitive function in old age. <i>Aging and Mental Health</i> , 2019, 23, 811-818.	2.8	22
27	The Feasibility and Effectiveness of a New Practical Multidisciplinary Treatment for Low-Back Pain: A Randomized Controlled Trial. <i>Journal of Clinical Medicine</i> , 2020, 9, 115.	2.4	22
28	Psychophysical effects of an exercise therapy during pediatric stem cell transplantation: a randomized controlled trial. <i>Bone Marrow Transplantation</i> , 2019, 54, 1827-1835.	2.4	21
29	Motor Control Stabilisation Exercise for Patients with Non-Specific Low Back Pain: A Prospective Meta-Analysis with Multilevel Meta-Regressions on Intervention Effects. <i>Journal of Clinical Medicine</i> , 2020, 9, 3058.	2.4	20
30	Short-Time Effects of Laser Needle Stimulation on the Peripheral Microcirculation Assessed by Laser Doppler Spectroscopy and Near-Infrared Spectroscopy. <i>Photomedicine and Laser Surgery</i> , 2006, 24, 575-580.	2.0	18
31	Effect of a Single Administration of Focused Extracorporeal Shock Wave in the Relief of Delayed-Onset Muscle Soreness: Results of a Partially Blinded Randomized Controlled Trial. <i>Archives of Physical Medicine and Rehabilitation</i> , 2017, 98, 923-930.	0.9	18
32	Physical Activity during the First COVID-19-Related Lockdown in Italy. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 2511.	2.6	18
33	Preventive and Regenerative Foam Rolling are Equally Effective in Reducing Fatigue-Related Impairments of Muscle Function following Exercise. <i>Journal of Sports Science and Medicine</i> , 2017, 16, 474-479.	1.6	18
34	Unanticipated jump-landing quality in patients with anterior cruciate ligament reconstruction: How long after the surgery and return to sport does the re-injury risk factor persist?. <i>Clinical Biomechanics</i> , 2020, 72, 195-201.	1.2	16
35	Anatomical study of the morphological continuity between iliotibial tract and the fibularis longus fascia. <i>Surgical and Radiologic Anatomy</i> , 2016, 38, 349-352.	1.2	15
36	Breaking up sedentary time, physical activity and lipoprotein metabolism. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, 678-683.	1.3	15

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37	Return to Play After Injuries: A Survey on the Helpfulness of Various Forms of Assistance in the Shared Decision-Making Process in Semiprofessional Athletes in Germany. <i>Archives of Physical Medicine and Rehabilitation</i> , 2018, 99, 690-698.	0.9	14
38	Effectiveness of a home-based re-injury prevention program on motor control, return to sport and recurrence rates after anterior cruciate ligament reconstruction: study protocol for a multicenter, single-blind, randomized controlled trial (PReP). <i>Trials</i> , 2019, 20, 495.	1.6	14
39	Physical Activity Counseling in Primary Care in Germany—An Integrative Review. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 5625.	2.6	14
40	Injury and training history are associated with glenohumeral internal rotation deficit in youth tennis athletes. <i>BMC Musculoskeletal Disorders</i> , 2020, 21, 553.	1.9	14
41	Acute Effects of Aerobic Exercise on Cognitive Attention and Memory Performance: An Investigation on Duration-Based Dose-Response Relations and the Impact of Increased Arousal Levels. <i>Journal of Clinical Medicine</i> , 2020, 9, 1380.	2.4	14
42	SMART: physical activity and cerebral metabolism in older people: study protocol for a randomised controlled trial. <i>Trials</i> , 2015, 16, 155.	1.6	13
43	Injury Profile of Hip-Hop Dancers. <i>Journal of Dance Medicine and Science</i> , 2020, 24, 66-72.	0.7	13
44	Physical Activity and Its Related Factors during the First COVID-19 Lockdown in Germany. <i>Sustainability</i> , 2021, 13, 5711.	3.2	12
45	Exercise and microstructural changes in the motor cortex of older adults. <i>European Journal of Neuroscience</i> , 2020, 51, 1711-1722.	2.6	11
46	Sport-specific functional movement can simulate aspects of neuromuscular fatigue occurring in team sports. <i>Sports Biomechanics</i> , 2016, 15, 151-161.	1.6	10
47	Neurophysiological correlates of motor planning and movement initiation in ACL-reconstructed individuals: a case—control study. <i>BMJ Open</i> , 2018, 8, e023048.	1.9	10
48	The impact of regular activity and exercise intensity on the acute effects of resistance exercise on cognitive function. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2022, 32, 94-105.	2.9	10
49	Explaining Upper or Lower Extremity Crossover Effects of Visuomotor Choice Reaction Time Training. <i>Perceptual and Motor Skills</i> , 2019, 126, 675-693.	1.3	9
50	The detection of knee joint sounds at defined loads by means of vibroarthrography. <i>Clinical Biomechanics</i> , 2020, 74, 1-7.	1.2	9
51	Deducing the Impact of Physical Activity, Sedentary Behavior, and Physical Performance on Cognitive Function in Healthy Older Adults. <i>Frontiers in Aging Neuroscience</i> , 2021, 13, 777490.	3.4	9
52	Heart rate recovery and aerobic endurance capacity in cancer survivors: interdependence and exercise-induced improvements. <i>Supportive Care in Cancer</i> , 2015, 23, 3513-3520.	2.2	8
53	Real-time visual activity feedback for physical activity improvement in breast and colon cancer patients. <i>Research in Sports Medicine</i> , 2017, 25, 1-10.	1.3	8
54	Unanticipated jump-landing after anterior cruciate ligament reconstruction: Does unanticipated jump-landing testing deliver additional return to sport information to traditional jump performance tests?. <i>Clinical Biomechanics</i> , 2019, 70, 72-79.	1.2	8

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55	Personalized Treatment Suggestions: The Validity and Applicability of the Risk-Prevention-Index Social in Low Back Pain Exercise Treatments. <i>Journal of Clinical Medicine</i> , 2020, 9, 1197.	2.4	8
56	Increased visual distraction can impair landing biomechanics. <i>Biology of Sport</i> , 2021, 38, 110-127.	3.2	7
57	Psychosocial Moderators and Mediators of Sensorimotor Exercise in Low Back Pain: A Randomized Multicenter Controlled Trial. <i>Frontiers in Psychiatry</i> , 2021, 12, 629474.	2.6	7
58	How does a 4-week motorâ€œcognitive training affect choice reaction, dynamic balance and cognitive performance ability? A randomized controlled trial in well-trained, young, healthy participants. <i>SAGE Open Medicine</i> , 2019, 7, 205031211987002.	1.8	6
59	Perceptualâ€œCognitive Function and Unplanned Athletic Movement Task Performance: A Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 7481.	2.6	6
60	Online Exercise Classes during the COVID-19 Related Lockdown in Germany: Use and Attitudes. <i>Sustainability</i> , 2021, 13, 7677.	3.2	6
61	Acute effects of preventive warm-up exercises on modifiable risk factors for anterior cruciate ligament injuries: a three-arm randomized-controlled crossover trial. <i>Journal of Sports Medicine and Physical Fitness</i> , 2020, 60, 92-101.	0.7	6
62	Physical Activity and Well-Being during the Second COVID19-Related Lockdown in Germany in 2021. <i>Sustainability</i> , 2021, 13, 12172.	3.2	6
63	Going Online?â€œCan Online Exercise Classes during COVID-19-Related Lockdowns Replace in-Person Offers?. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 1942.	2.6	6
64	Treating Chronic Knee Pain With Acupuncture. <i>JAMA - Journal of the American Medical Association</i> , 2015, 313, 627.	7.4	5
65	Glucose metabolism from mouth to muscle: a student experiment to teach glucose metabolism during exercise and rest. <i>American Journal of Physiology - Advances in Physiology Education</i> , 2017, 41, 82-88.	1.6	5
66	Injuries and functional performance status in young elite football players: a prospective 2-year monitoring. <i>Journal of Sports Medicine and Physical Fitness</i> , 2020, 60, 1363-1370.	0.7	5
67	Return-to-play after concussion: state of knowledge, frequency of use and application barriers of guidelines among decision-makers in rugby. <i>Brain Injury</i> , 2018, 32, 1096-1102.	1.2	4
68	Quadriceps Torque, Peak Variability and Strength Endurance in Patients after Anterior Cruciate Ligament Reconstruction: Impact of Local Muscle Fatigue. <i>Journal of Motor Behavior</i> , 2020, 52, 22-32.	0.9	4
69	Lower Extremity Open Skill Training Effects on Perception of Visual Stimuli, Cognitive Processing, and Performance. <i>Journal of Motor Behavior</i> , 2021, 53, 324-333.	0.9	3
70	Medical exercise and physiotherapy modes and frequency as predictors for a recurrence of chronic non-specific low back pain. <i>Journal of Back and Musculoskeletal Rehabilitation</i> , 2021, 34, 665-670.	1.1	3
71	Acute effects of a neuromuscular warm-up on potential re-injury risk factors associated with unanticipated jump landings after anterior cruciate ligament reconstruction: A crossover trial. <i>Physical Therapy in Sport</i> , 2021, 52, 194-203.	1.9	3
72	The Acute Effects of Single or Repeated Bouts of Vigorous-Intensity Exercise on Insulin and Glucose Metabolism during Postprandial Sedentary Behavior. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 4422.	2.6	3

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73	Intensity related changes of running economy in recreational level distance runners. Journal of Sports Medicine and Physical Fitness, 2017, 57, 1111-1118.	0.7	2
74	Reliability of measuring half-cycle cervical range of motion may be increased using a spirit level for calibration. Musculoskeletal Science and Practice, 2018, 33, 99-104.	1.3	2
75	Alternatives to in-person exercise classes and training in Germany during the first COVID-19 lockdown. Health Promotion International, 2021, , .	1.8	2
76	Tennis ranking related to exercise capacity. BMJ Case Reports, 2009, 2009, bcr0920080965-bcr0920080965.	0.5	1
77	Reprint of "The detection of knee joint sounds at defined loads by means of vibroarthrography". Clinical Biomechanics, 2020, 79, 105175.	1.2	0
78	Acute effects of an injury preventive warmup programme on unanticipated jumpâ€landingâ€task performance in adult football players: A crossover trial. European Journal of Sport Science, 2022, 22, 1630-1639.	2.7	0
79	Game-specific abilities in elite youth football players: validity and sensitivity to change of subjective coach ratings compared to objectively-assessed data. Journal of Sports Medicine and Physical Fitness, 2020, 60, 229-235.	0.7	0