Shawn D Flanagan

List of Publications by Citations

85 papers	845 citations	16 h-index	26 g-index
123 ext. papers	1,011 ext. citations	2.2 avg, IF	3.49 L-index

#	Paper	IF	Citations
85	Whey protein supplementation during resistance training augments lean body mass. *Journal of the American College of Nutrition*, **2013**, 32, 122-35	3.5	115
84	Effects of a whole body compression garment on markers of recovery after a heavy resistance workout in men and women. *Journal of Strength and Conditioning Research*, **2010**, 24, 804-14	3.2	99
83	Validity of the Myotest in measuring force and power production in the squat and bench press. *Journal of Strength and Conditioning Research*, **2011**, 25, 2293-7	3.2	49
82	The effects of high intensity short rest resistance exercise on muscle damage markers in men and women. *Journal of Strength and Conditioning Research*, **2014**, 28, 1041-9	3.2	39
81	Understanding the Science of Resistance Training: An Evolutionary Perspective. *Sports Medicine*, **2017**, 47, 2415-2435	10.6	32
80	The effects of soy and whey protein supplementation on acute hormonal reponses to resistance exercise in men. *Journal of the American College of Nutrition*, **2013**, 32, 66-74	3.5	31
79	Electromyographical and Perceptual Responses to Different Resistance Intensities in a Squat Protocol: Does Performing Sets to Failure With Light Loads Produce the Same Activity?. *Journal of Strength and Conditioning Research*, **2016**, 30, 792-9	3.2	29
78	Effects of fatigue from resistance training on barbell back squat biomechanics. *Journal of Strength and Conditioning Research*, **2014**, 28, 1127-34	3.2	25
77	Changes in creatine kinase and cortisol in National Collegiate Athletic Association Division I American football players during a season. *Journal of Strength and Conditioning Research*, **2013**, 27, 434-41	3.2	24
76	Influence of HMB supplementation and resistance training on cytokine responses to resistance exercise. *Journal of the American College of Nutrition*, **2014**, 33, 247-55	3.5	23
75	Recovery from injury in sport: considerations in the transition from medical care to performance care. *Sports Health*, **2009**, 1, 392-5	4.7	22
74	Heat stress regulates the human 70-kDa heat-shock gene through the 3Suntranslated region. *American Journal of Physiology - Lung Cellular and Molecular Physiology*, **1993**, 264, L533-7	5.8	22
73	The Effects of Nitrate-Rich Supplementation on Neuromuscular Efficiency during Heavy Resistance Exercise. *Journal of the American College of Nutrition*, **2016**, 35, 100-7	3.5	20
72	The Effects of a Korean Ginseng, GINST15, on Hypo-Pituitary-Adrenal and Oxidative Activity Induced by Intense Work Stress. *Journal of Medicinal Food*, **2018**, 21, 104-112	2.8	17
71	Roles of an Upper-Body Compression Garment on Athletic Performances. *Journal of Strength and Conditioning Research*, **2015**, 29, 2655-60	3.2	17
70	The relationship between muscle action and repetition maximum on the squat and bench press in men and women. *Journal of Strength and Conditioning Research*, **2014**, 28, 2437-42	3.2	17
69	The effects of a roundtrip trans-American jet travel on physiological stress, neuromuscular performance, and recovery. *Journal of Applied Physiology*, **2016**, 121, 438-48	3.7	15

68	Adrenal Stress and Physical Performance During Military Survival Training. *Aerospace Medicine and Human Performance*, **2018**, 89, 99-107	1.1	15
67	The addition of beta-hydroxy-beta-methylbutyrate and isomaltulose to whey protein improves recovery from highly demanding resistance exercise. *Journal of the American College of Nutrition*, **2015**, 34, 91-9	3.5	14
66	Resistance exercise induces region-specific adaptations in anterior pituitary gland structure and function in rats. *Journal of Applied Physiology*, **2013**, 115, 1641-7	3.7	14
65	The influence of age and exercise modality on growth hormone bioactivity in women. *Growth Hormone and IGF Research*, **2014**, 24, 95-103	2	13
64	Influence of training on markers of platelet activation in response to a bout of heavy resistance exercise. *European Journal of Applied Physiology*, **2013**, 113, 2203-9	3.4	13
63	The effects of exercise training programs on plasma concentrations of proenkephalin Peptide F and catecholamines. *Peptides*, **2015**, 64, 74-81	3.8	13
62	Developmental differences between boys and girls result in sex-specific physical fitness changes from fourth to fifth grade. *Journal of Strength and Conditioning Research*, **2015**, 29, 175-80	3.2	11
61	Intersession Reliability and Within-Session Stability of a Novel Perception-Action Coupling Task. *Aerospace Medicine and Human Performance*, **2019**, 90, 77-83	1.1	10
60	Acute resistance exercise stimulates sex-specific dimeric immunoreactive growth hormone responses. *Growth Hormone and IGF Research*, **2015**, 25, 136-40	2	10
59	The effects of resistance training prioritization in NCAA Division I Football summer training. *Journal of Strength and Conditioning Research*, **2014**, 28, 14-22	3.2	10
58	Shared Neuromuscular Performance Traits in Military Personnel with Prior Concussion. *Medicine and Science in Sports and Exercise*, **2019**, 51, 1619-1625	1.2	9
57	Similar hormonal stress and tissue damage in response to National Collegiate Athletic Association Division I football games played in two consecutive seasons. *Journal of Strength and Conditioning Research*, **2014**, 28, 3234-8	3.2	8
56	Load carriage magnitude and locomotion strategy alter knee total joint moment during bipedal ambulatory tasks in recruit-aged women. *Journal of Biomechanics*, **2020**, 105, 109772	2.9	8
55	Effects of acute resistance exercise on muscle damage and perceptual measures between men who are lean and obese. *Journal of Strength and Conditioning Research*, **2013**, 27, 3488-94	3.2	7
54	Bioactive growth hormone in older men and women: Its relationship to immune markers and healthspan. *Growth Hormone and IGF Research*, **2017**, 34, 45-54	2	6
53	Concurrent validity of the Armour39 heart rate monitor strap. *Journal of Strength and Conditioning Research*, **2014**, 28, 870-3	3.2	6
52	Load Magnitude and Locomotion Pattern Alter Locomotor System Function in Healthy Young Adult Women. *Frontiers in Bioengineering and Biotechnology*, **2020**, 8, 582219	5.8	6
51	Using Machine Learning to Predict Lower-Extremity Injury in US Special Forces. *Medicine and Science in Sports and Exercise*, **2019**, 51, 1073-1079	1.2	6

50	Bilateral Strength Asymmetries and Unilateral Strength Imbalance: Predicting Ankle Injury When Considered With Higher Body Mass in US Special Forces. *Journal of Athletic Training*, **2019**, 54, 497-504	4	5
49	Blinding success of sham-controlled motor cortex intermittent theta burst stimulation based on participant perceptions. *Brain Stimulation*, **2019**, 12, 1058-1060	5.1	5
48	Synthetic garments enhance comfort, thermoregulatory response, and athletic performance compared with traditional cotton garments. *Journal of Strength and Conditioning Research*, **2015**, 29, 700-7	3.2	5
47	Utility of a novel perceptual-motor control test for identification of sport-related concussion beyond current clinical assessments. *Journal of Sports Sciences*, **2020**, 38, 1799-1805	3.6	5
46	Cortical Activity during a Highly-Trained Resistance Exercise Movement Emphasizing Force, Power or Volume. *Brain Sciences*, **2012**, 2, 649-66	3.4	5
45	Neuromuscular Performance and Hormonal Responses to Military Operational Stress in Men and Women. *Journal of Strength and Conditioning Research*, **2021**, 35, 1296-1305	3.2	5
44	Compromised Dynamic Postural Stability Under Increased Load Carriage Magnitudes. *Journal of Applied Biomechanics*, **2020**, 1-6	1.2	4
43	Impact of simulated military operational stress on executive function relative to trait resilience, aerobic fitness, and neuroendocrine biomarkers. *Physiology and Behavior*, **2021**, 236, 113413	3.5	4
42	Structural Connectome Disruptions in Military Personnel with Mild Traumatic Brain Injury and Post-Traumatic Stress Disorder. *Journal of Neurotrauma*, **2020**, 37, 2102-2112	5.4	3
41	Profiles of mood state fatigue scale is responsive to fatiguing protocol but shows no relationship to perceived or performance decrements. *Translational Sports Medicine*, **2019**, 2, 153-160	1.3	3
40	Responses of proenkephalin Peptide F to aerobic exercise stress in the plasma and white blood cell biocompartments. *Peptides*, **2013**, 42, 118-24	3.8	3
39	Effects of resistance exercise on the HPA axis response to psychological stress during short-term smoking abstinence in men. *Addictive Behaviors*, **2014**, 39, 695-8	4.2	3
38	The effects of fatiguing exercise and load carriage on the perception and initiation of movement. *European Journal of Sport Science*, **2021**, 21, 36-44	3.9	3
37	Epinephrine preworkout elevation may offset early morning melatonin concentrations to maintain maximal muscular force and power in track athletes. *Journal of Strength and Conditioning Research*, **2014**, 28, 2604-10	3.2	2
36	**2020**,		2
35	Effects of Short-Term Unilateral Strength Training on Measures of Postural Control When Wearing "Operationally Relevant" Backpack Loads. *Journal of Strength and Conditioning Research*, **2020**, 34, 2743-2750	3.2	2
34	Using Machine Learning and Wearable Inertial Sensor Data for the Classification of Fractal Gait Patterns in Women and Men During Load Carriage. *Procedia Computer Science*, **2021**, 185, 282-291	1.6	2
33	Evaluation of Shoulder Strength and Kinematics as Risk Factors for Shoulder Injury in United States Special Forces Personnel. *Orthopaedic Journal of Sports Medicine*, **2019**, 7, 2325967119831272	3.5	1

32	Constitutive and Stress-Induced Psychomotor Cortical Responses to Compound K Supplementation. *Frontiers in Neuroscience*, **2020**, 14, 315	5.1	1
31	Physiological Effects of Nucleotide Supplementation on Resistance Exercise Stress in Men and Women. *Journal of Strength and Conditioning Research*, **2016**, 30, 569-78	3.2	1
30	Prevention of exertional lower body musculoskeletal injury in tactical populations: protocol for a systematic review and planned meta-analysis of prospective studies from 1955 to 2018. *Systematic Reviews*, **2018**, 7, 73	3	1
29	Recovery patterns in electroencephalographic global field power during maximal isometric force production. *Journal of Strength and Conditioning Research*, **2011**, 25, 2818-27	3.2	1
28	Differences in brain structure and theta burst stimulation-induced plasticity implicate the corticomotor system in loss of function after musculoskeletal injury. *Journal of Neurophysiology*, **2021**, 125, 1006-1021	3.2	1
27	Men and Women Display Distinct Extracellular Vesicle Biomarker Signatures in Response to Military Operational Stress.. *Journal of Applied Physiology*, **2022**,	3.7	1
26	Finding a rhythm: Relating ultra-short-term heart rate variability measures in healthy young adults during rest, exercise, and recovery.. *Autonomic Neuroscience: Basic and Clinical*, **2022**, 239, 102953	2.4	0
25	Reliability of corticospinal excitability estimates for the vastus lateralis: Practical considerations for lower limb TMS task selection. *Brain Research*, **2021**, 1761, 147395	3.7	0
24	Loaded forced-marching shifts mechanical contributions proximally and disrupts stride-to-stride joint work modulation in recruit aged women. *Gait and Posture*, **2021**, 88, 22-27	2.6	0
23	Characterizing off-target corticospinal responses to double-cone transcranial magnetic stimulation. *Experimental Brain Research*, **2021**, 239, 1099-1110	2.3	0
22	Network Analysis of Research on Mild Traumatic Brain Injury in US Military Service Members and Veterans During the Past Decade (2010-2019). *Journal of Head Trauma Rehabilitation*, **2021**, 36, E345-E354	3	0
21	Increases in Load Carriage Magnitude and Forced Marching Change Lower-Extremity Coordination in Physically Active, Recruit-Aged Women. *Journal of Applied Biomechanics*, **2021**, 37, 343-350	1.2	0
20	Utility of extracellular vesicles as a potential biological indicator of physiological resilience during military operational stress.. *Physiological Reports*, **2022**, 10, e15219	2.6	0
19	Unique Leg-specific Executive And Motor BOLD Activity With Visually-guided Imagery Following ACL Injury. *Medicine and Science in Sports and Exercise*, **2017**, 49, 218	1.2	
18	Compromised Perception-action Coupling Performance In Military Personnel May Be Related To Increased Deep Sleep. *Medicine and Science in Sports and Exercise*, **2020**, 52, 182-182	1.2	
17	Effects of the Insulin-like Growth Factor Axis and its Relationship in Nonsurgical Treatments in Patients with Lumbar Spinal Stenosis. *FASEB Journal*, **2018**, 32, 588.24	0.9	
16	Corticomotor Network Activity Does Not Contribute To The Bilateral Deficit Phenomenon. *Medicine and Science in Sports and Exercise*, **2020**, 52, 945-945	1.2	
15	Foot Acceleration Attenuation Reduces During Military Load Carriage. *Medicine and Science in Sports and Exercise*, **2020**, 52, 183-183	1.2	

14	Injury-Related Reductions in Skilled Visuomotor Learning Revealed by Single Trial Analysis and Response Time Variability. *Medicine and Science in Sports and Exercise*, **2017**, 49, 218	1.2
13	0242 Efficient Perception-Action Coupling Relates to More Slow Wave Sleep in Military Personnel. *Sleep*, **2020**, 43, A93-A93	1.1
12	Simulated Military Operational Stress Negatively Impacts Psychomotor Vigilance And Neurocognitive Biomarkers In Men And Women. *Medicine and Science in Sports and Exercise*, **2020**, 52, 306-306	1.2
11	126 Exposure to simulated military operational stress decreases alertness in the morning but not the evening. *Sleep*, **2021**, 44, A51-A52	1.1
10	Persistent Reductions in Strength of Sensorimotor Circuits Governing Injured Leg After ACL Rupture. *Medicine and Science in Sports and Exercise*, **2019**, 51, 262-262	1.2
9	The Effects of Two Multi-Ingredient Pre-Workout Supplements on Endurance Capacity and Anaerobic Cycling Performance. *Medicine and Science in Sports and Exercise*, **2019**, 51, 137-137	1.2
8	Acute Heavy Resistance Exercise Protocol Induces Significant Physiological Stress Elevating Extracellular Heat Shock Protein. *Medicine and Science in Sports and Exercise*, **2019**, 51, 799-799	1.2
7	Leveraging Machine Learning Techniques to Reveal Relationships between Neuromuscular Traits in Previously Concussed Warfighters. *Medicine and Science in Sports and Exercise*, **2019**, 51, 278-278	1.2
6	Prediction of exertional lower extremity musculoskeletal injury in tactical populations: protocol for a systematic review and planned meta-analysis of prospective studies from 1955 to 2018. *Systematic Reviews*, **2018**, 7, 244	3
5	Higher Baseline Aerobic Fitness Influences Jumping Performance During Military Operational Stress. *Medicine and Science in Sports and Exercise*, **2021**, 53, 51-51	1.2
4	Relationship Between Bone Mineral Density And Irisin, At Rest And In Response To Exercise. *Medicine and Science in Sports and Exercise*, **2021**, 53, 115-115	1.2
3	Association Between DXA And HR-pQCT Measurements Of BMD In Active, Recruit-aged Men And Women. *Medicine and Science in Sports and Exercise*, **2021**, 53, 129-129	1.2
2	Differences in compound muscle activation patterns explain upper extremity bilateral deficits. *Human Movement Science*, **2021**, 79, 102851	2.4
1	The Bilateral Deficit Phenomenon in Elbow Flexion: Explanations for Its Inconsistent Occurrence and Detection.. *Perceptual and Motor Skills*, **2021**, 315125211060953	2.2