Michael Bemben

List of Publications by Citations

86 papers	2,073 citations	27 h-index	43 g-index
117 ext. papers	2,393 ext. citations	2 avg, IF	4.63 L-index

#	Paper	IF	Citations
86	Effects of cuff width on arterial occlusion: implications for blood flow restricted exercise. *European Journal of Applied Physiology*, **2012**, 112, 2903-12	3.4	221
85	Musculoskeletal responses to high- and low-intensity resistance training in early postmenopausal women. *Medicine and Science in Sports and Exercise*, **2000**, 32, 1949-57	1.2	119
84	Effects of exercise with and without different degrees of blood flow restriction on torque and muscle activation. *Muscle and Nerve*, **2015**, 51, 713-21	3.4	97
83	Muscular adaptations to fatiguing exercise with and without blood flow restriction. *Clinical Physiology and Functional Imaging*, **2015**, 35, 167-76	2.4	83
82	Reliability of the one-repetition maximum test based on muscle group and gender. *Journal of Sports Science and Medicine*, **2012**, 11, 221-5	2.7	80
81	Effects of combined whole-body vibration and resistance training on muscular strength and bone metabolism in postmenopausal women. *Bone*, **2010**, 47, 650-6	4.7	66
80	Creatine supplementation during resistance training in college football athletes. *Medicine and Science in Sports and Exercise*, **2001**, 33, 1667-73	1.2	63
79	Effects of high-intensity resistance training and low-intensity resistance training with vascular restriction on bone markers in older men. *European Journal of Applied Physiology*, **2011**, 111, 1659-67	3.4	55
78	BMD and bone geometry in transtibial and transfemoral amputees. *Journal of Bone and Mineral Research*, **2008**, 23, 1449-57	6.3	54
77	Esophageal reflux in conditioned runners, cyclists, and weightlifters. *Medicine and Science in Sports and Exercise*, **2003**, 35, 730-5	1.2	50
76	Chromium picolinate effects on body composition and muscular performance in wrestlers. *Medicine and Science in Sports and Exercise*, **1998**, 30, 1730-7	1.2	50
75	Whole-body vibration augments resistance training effects on body composition in postmenopausal women. *Maturitas*, **2009**, 63, 79-83	5	49
74	The effects of elastic band resistance training combined with blood flow restriction on strength, total bone-free lean body mass and muscle thickness in postmenopausal women. *Clinical Physiology and Functional Imaging*, **2013**, 33, 344-52	2.4	48
73	Reduced retinal nerve fiber layer and macular thickness in patients with multiple sclerosis with no history of optic neuritis identified by the use of spectral domain high-definition optical coherence tomography. *Journal of Clinical Neuroscience*, **2011**, 18, 1469-72	2.2	44
72	Low-load resistance training with low relative pressure produces muscular changes similar to high-load resistance training. *Muscle and Nerve*, **2017**, 56, E126-E133	3.4	43
71	The effects of resistance exercise with and without different degrees of blood-flow restriction on perceptual responses. *Journal of Sports Sciences*, **2015**, 33, 1472-9	3.6	41
70	Interlimb muscle and fat comparisons in persons with lower-limb amputation. *Archives of Physical Medicine and Rehabilitation*, **2010**, 91, 1077-81	2.8	40

69	The influence of exercise load with and without different levels of blood flow restriction on acute changes in muscle thickness and lactate. *Clinical Physiology and Functional Imaging*, **2017**, 37, 734-740	2.4	39
68	Decreased postural balance in multiple sclerosis patients with low disability. *International Journal of Rehabilitation Research*, **2011**, 34, 53-8	1.8	39
67	Effect of different types of resistance exercise on arterial compliance and calf blood flow. *European Journal of Applied Physiology*, **2011**, 111, 2969-75	3.4	35
66	Inflammation marker, damage marker and anabolic hormone responses to resistance training with vascular restriction in older males. *Clinical Physiology and Functional Imaging*, **2013**, 33, 393-9	2.4	32
65	The effect of acute blood-flow-restricted resistance exercise on postexercise blood pressure. *Clinical Physiology and Functional Imaging*, **2011**, 31, 429-34	2.4	32
64	Effects of Age and ACL Reconstruction on Quadriceps Gamma Loop Function. *Journal of Geriatric Physical Therapy*, **2006**, 29, 26-32	3.2	32
63	Jump test performance and sarcopenia status in men and women, 55 to 75 years of age. *Journal of Geriatric Physical Therapy*, **2014**, 37, 76-82	3.2	30
62	The effects of different initial restrictive pressures used to reduce blood flow and thigh composition on tissue oxygenation of the quadriceps. *Journal of Sports Sciences*, **2011**, 29, 951-8	3.6	30
61	Effect of different types of lower body resistance training on arterial compliance and calf blood flow. *Clinical Physiology and Functional Imaging*, **2012**, 32, 45-51	2.4	29
60	Arterial stiffness and blood flow adaptations following eight weeks of resistance exercise training in young and older women. *Experimental Gerontology*, **2014**, 53, 48-56	4.5	28
59	Blood flow restriction: rationale for improving bone. *Medical Hypotheses*, **2012**, 78, 523-7	3.8	26
58	Influence of type of mechanical loading, menstrual status, and training season on bone density in young women athletes. *Journal of Strength and Conditioning Research*, **2004**, 18, 220-6	3.2	26
57	Age-related variability in body composition methods for assessment of percent fat and fat-free mass in men aged 20-74 years. *Age and Ageing*, **1998**, 27, 147-53	3	25
56	Relationships between body composition, muscular strength, and bone mineral density in estrogen-deficient postmenopausal women. *Journal of Clinical Densitometry*, **2009**, 12, 292-8	3.5	24
55	Effects of an 8-month yoga intervention on arterial compliance and muscle strength in premenopausal women. *Journal of Sports Science and Medicine*, **2012**, 11, 322-30	2.7	23
54	Validity of diagnostic ultrasound as a measure of delayed onset muscle soreness. *Journal of Orthopaedic and Sports Physical Therapy*, **2000**, 30, 116-22; discussion 123-5	4.2	22
53	Does nutritional supplementation influence adaptability of muscle to resistance training in men aged 48 to 72 years. *Journal of Geriatric Physical Therapy*, **2005**, 28, 40-7	3.2	21
52	Bone and muscle specific circulating microRNAs in postmenopausal women based on osteoporosis and sarcopenia status. *Bone*, **2019**, 120, 271-278	4.7	21

51	Effects of 12 weeks of combined exercise training on visfatin and metabolic syndrome factors in obese middle-aged women. *Journal of Sports Science and Medicine*, **2011**, 10, 222-6	2.7	20
50	Comparisons between twice-daily and once-daily training sessions in male weight lifters. *International Journal of Sports Physiology and Performance*, **2007**, 2, 159-69	3.5	19
49	Effects of age on testosterone responses to resistance exercise and musculoskeletal variables in men. *Journal of Strength and Conditioning Research*, **2006**, 20, 874-81	3.2	19
48	Brachial blood flow under relative levels of blood flow restriction is decreased in a nonlinear fashion. *Clinical Physiology and Functional Imaging*, **2018**, 38, 425-430	2.4	18
47	Vascular adaptations to low-load resistance training with and without blood flow restriction. *European Journal of Applied Physiology*, **2014**, 114, 715-24	3.4	18
46	Acute bone marker responses to whole-body vibration and resistance exercise in young women. *Journal of Clinical Densitometry*, **2013**, 16, 104-9	3.5	18
45	Influence of age on isometric, isotonic, and isokinetic force production characteristics in men. *Journal of Geriatric Physical Therapy*, **2005**, 28, 74-84	3.2	17
44	Tissue oxygenation, strength and lactate response to different blood flow restrictive pressures. *Clinical Physiology and Functional Imaging*, **2014**, 34, 263-9	2.4	16
43	Hormone responses to an acute bout of low intensity blood flow restricted resistance exercise in college-aged females. *Journal of Sports Science and Medicine*, **2014**, 13, 91-6	2.7	16
42	Age and sex differences in tibia morphology in healthy adult Caucasians. *Bone*, **2012**, 50, 1324-31	4.7	15
41	Effects of filtering methods on muscle and fat cross-sectional area measurement by pQCT: a technical note. *Physiological Measurement*, **2011**, 32, N65-72	2.9	15
40	Effects of creatine supplementation on isometric force-time curve characteristics. *Medicine and Science in Sports and Exercise*, **2001**, 33, 1876-81	1.2	14
39	Predictors of balance in young, middle-aged, and late middle-aged women. *Journal of Geriatric Physical Therapy*, **2010**, 33, 110-7	3.2	13
38	Relationships between central arterial stiffness, lean body mass, and absolute and relative strength in young and older men and women. *Clinical Physiology and Functional Imaging*, **2018**, 38, 676-680	2.4	12
37	Effects of age on arterial stiffness and central blood pressure after an acute bout of resistance exercise. *European Journal of Applied Physiology*, **2016**, 116, 39-48	3.4	10
36	Leptin, fat mass, and bone mineral density in healthy pre- and postmenopausal women. *Journal of Clinical Densitometry*, **2011**, 14, 321-5	3.5	10
35	Effects of an 8-Month Ashtanga-Based Yoga Intervention on Bone Metabolism in Middle-Aged Premenopausal Women: A Randomized Controlled Study. *Journal of Sports Science and Medicine*, **2015**, 14, 756-68	2.7	10
34	Effects of ballates, step aerobics, and walking on balance in women aged 50-75 years. *Journal of Sports Science and Medicine*, **2006**, 5, 390-9	2.7	9

33	Arterial compliance in multiple sclerosis: a pilot study. *Angiology*, **2010**, 61, 31-6	2.1	8
32	Resistance training effects on arterial compliance in premenopausal women. *Angiology*, **2009**, 60, 750-6	2.1	8
31	Effects of resistance training duration on muscular strength retention 6-month posttraining in older men and women. *Journal of Geriatric Physical Therapy*, **2012**, 35, 20-7	3.2	8
30	Appendicular lean mass and site-specific muscle loss in the extremities correlate with dynamic strength. *Clinical Physiology and Functional Imaging*, **2017**, 37, 328-331	2.4	7
29	Acute and Chronic Effects of Whole-Body Vibration on Balance, Postural Stability, and Mobility in Women With Multiple Sclerosis. *Dose-Response*, **2018**, 16, 1559325818816577	2.3	7
28	Muscle-Bone Interactions Across age in Men. *Journal of Sports Science and Medicine*, **2006**, 5, 43-51	2.7	6
27	Relationship between estimated aerobic fitness and injury rates among active duty at an Air Force base based upon two separate measures of estimated cardiovascular fitness. *Military Medicine*, **2012**, 177, 36-40	1.3	5
26	Perceptual responses: Clinical versus practical blood flow restriction resistance exercise. *Physiology and Behavior*, **2020**, 227, 113137	3.5	5
25	Comparing the Acute Effects of Intermittent and Continuous Whole-Body Vibration Exposure on Neuromuscular and Functional Measures in Sarcopenia and Nonsarcopenic Elderly Women. *Dose-Response*, **2018**, 16, 1559325818797009	2.3	5
24	Lower limb neuromuscular function and blood flow characteristics in AFO-using survivors of stroke. *Journal of Geriatric Physical Therapy*, **2015**, 38, 56-61	3.2	4
23	Differences in tibia morphology between the sound and affected sides in ankle-foot orthosis-using survivors of stroke. *Archives of Physical Medicine and Rehabilitation*, **2013**, 94, 510-5	2.8	4
22	The influence of sex, training intensity, and frequency on muscular adaptations to 40 weeks of resistance exercise in older adults. *Experimental Gerontology*, **2021**, 143, 111174	4.5	4
21	Sclerostin and parathyroid hormone responses to acute whole-body vibration and resistance exercise in young women. *Journal of Bone and Mineral Metabolism*, **2019**, 37, 358-367	2.9	3
20	Sex differences in bone density, geometry, and bone strength of competitive soccer players. *Journal of Musculoskeletal Neuronal Interactions*, **2020**, 20, 62-76	1.3	3
19	Influence of Body Composition, Oral Contraceptive Use, and Physical Activity on Bone Mineral Density in Premenopausal Women. *International Journal of Exercise Science*, **2009**, 2, 28-37	1.3	2
18	Quality of Life According to Duration of Disease in Women With Low Disability in Multiple Sclerosis. *International Journal of MS Care*, **2008**, 10, 77-80	2.3	2
17	Muscle-Bone Interactions in Chinese Men and Women Aged 18-35 Years. *Journal of Osteoporosis*, **2020**, 2020, 8126465	2.8	1
16	Can Blood Flow Restricted Exercise Improve Ham:Quad Ratios Better Than Traditional Training?. *International Journal of Exercise Science*, **2019**, 12, 1080-1093	1.3	1

15	Effect of continuous passive motion (machine-assisted) exercise as an alternative form of training on physiological profiles of women aged 40-65 years. *Journal of Strength and Conditioning Research*, **2005**, 19, 634-9	3.2	1
14	The Effects of Altering the Concentric/Eccentric Phase Times on EMG Response, Lactate Accumulation and Work Completed When Training to Failure. *Journal of Human Kinetics*, **2020**, 73, 33-44	2.6	0
13	Ipsilateral and contralateral responses following unimanual fatigue with and without illusionary mirror visual feedback. *Journal of Neurophysiology*, **2021**, 125, 2084-2093	3.2	0
12	Thigh Muscle Cross-sectional Area by pQCT. *Medicine and Science in Sports and Exercise*, **2017**, 49, 772	1.2	
11	Effects of Aerobic Exercise on Ultraweak Photon Emission. *Medicine and Science in Sports and Exercise*, **2010**, 42, 818	1.2	
10	JAPA Digest. *Journal of Aging and Physical Activity*, **1996**, 4, 203-206	1.6	
9	JAPA Digest. *Journal of Aging and Physical Activity*, **1996**, 4, 390-393	1.6	
8	JAPA Digest. *Journal of Aging and Physical Activity*, **1994**, 2, 196-200	1.6	
7	JAPA Digest. *Journal of Aging and Physical Activity*, **1994**, 2, 373-379	1.6	
6	Associations of serum IL-6 with muscle, bone, and adipose tissue in women.. *Cytokine*, **2022**, 151, 155787	4	
5	Effects Of Age And ACL Injury On Quadriceps Gamma Loop Function. *Medicine and Science in Sports and Exercise*, **2005**, 37, S442	1.2	
4	Relationship Between Wnt Signaling Inhibitors And Muscle Function In Young And Middle-aged Premenopausal Women. *Medicine and Science in Sports and Exercise*, **2018**, 50, 601	1.2	
3	Hip Structural Analyses Characteristics Based on Physical Activity Status in Young and Middle-aged Premenopausal Women. *Medicine and Science in Sports and Exercise*, **2019**, 51, 684-685	1.2	
2	Circulating Sclerostin and MicroRNA-21 Are Predictors of Bone Mineral Density in Postmenopausal Women. *Medicine and Science in Sports and Exercise*, **2019**, 51, 756-756	1.2	
1	Serum Sclerostin Levels Are Positively Correlated with Bone Mineral Density in Chinese Young Adults. *Medicine and Science in Sports and Exercise*, **2017**, 49, 398	1.2	