

Marcus Tilp

List of Publications by Year in descending order

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Version: 2024-02-01

77
papers

1,611
citations

331538

21
h-index

360920

35
g-index

82
all docs

82
docs citations

82
times ranked

1285
citing authors

#	ARTICLE	IF	CITATIONS
1	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
2	Upper-body kinematics in team handball throw, tennis serve, and volleyball spike. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014, 24, 345-354.	1.3	113
3	Effects of acute static, ballistic, and PNF 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
4	Kinematic Analysis of Volleyball Spike Jump. <i>International Journal of Sports Medicine</i> , 2009, 30, 760-765.	0.8	78
5	Effect of PNF 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
6	Force-time history effects in voluntary contractions of human tibialis anterior. <i>European Journal of Applied Physiology</i> , 2009, 106, 159-166.	1.2	55
7	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
8	Covid-19 Has Turned Home Advantage Into Home Disadvantage in the German Soccer Bundesliga. <i>Frontiers in Sports and Active Living</i> , 2020, 2, 593499.	0.9	48
9	Differences in 3D kinematics between volleyball and beach volleyball spike movements. <i>Sports Biomechanics</i> , 2008, 7, 386-397.	0.8	47
10	The time course of muscle-tendon properties and function responses of a five-minute static stretching exercise. <i>European Journal of Sport Science</i> , 2019, 19, 1195-1203.	1.4	46
11	Ultrasound and magnetic resonance imaging are not interchangeable to assess the Achilles tendon cross-sectional-area. <i>European Journal of Applied Physiology</i> , 2017, 117, 73-82.	1.2	40
12	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
13	A comparison of foam rolling and vibration foam rolling on the quadriceps muscle function and mechanical properties. <i>European Journal of Applied Physiology</i> , 2021, 121, 1461-1471.	1.2	33
14	Muscle and tendon morphology alterations in children and adolescents with mild forms of spastic cerebral palsy. <i>BMC Pediatrics</i> , 2018, 18, 156.	0.7	32
15	Detecting fatigue thresholds from electromyographic signals: A systematic review on approaches and methodologies. <i>Journal of Electromyography and Kinesiology</i> , 2016, 30, 216-230.	0.7	30
16	Effects of short duration static stretching on jump performance, maximum voluntary contraction, and various mechanical and morphological parameters of the muscle-tendon unit of the lower extremities. <i>European Journal of Applied Physiology</i> , 2015, 115, 607-617.	1.2	29
17	Does Home-Based Progressive Resistance or High-Intensity Circuit Training Improve Strength, Function, Activity or Participation in Children With Cerebral Palsy?. <i>Archives of Physical Medicine and Rehabilitation</i> , 2018, 99, 2457-2464.e4.	0.5	29
18	Changes in Fascicle Lengths and Pennation Angles Do Not Contribute to Residual Force Enhancement/Depression in Voluntary Contractions. <i>Journal of Applied Biomechanics</i> , 2011, 27, 64-73.	0.3	28

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19	Stimuli for Adaptations in Muscle Length and the Length Range of Active Force Exertionâ€”A Narrative Review. <i>Frontiers in Physiology</i> , 2021, 12, 742034.	1.3	27
20	One minute static stretch of plantar flexors transiently increases H-reflex excitability and exerts no effect on corticospinal pathways. <i>Experimental Physiology</i> , 2017, 102, 901-910.	0.9	26
21	The Accumulated Effects of Foam Rolling Combined with Stretching on Range of Motion and Physical Performance: A Systematic Review and Meta-Analysis. <i>Journal of Sports Science and Medicine</i> , 2021, 20, 535-545.	0.7	26
22	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
23	Changes in H-reflex amplitude to muscle stretch and lengthening in humans. <i>Reviews in the Neurosciences</i> , 2016, 27, 511-522.	1.4	23
24	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
25	A Comparison of the Effects of Foam Rolling and Stretching on Physical Performance. A Systematic Review and Meta-Analysis. <i>Frontiers in Physiology</i> , 2021, 12, 720531.	1.3	22
26	An improved method to determine neuromuscular properties using force laws â€” From single muscle to applications in human movements. <i>Human Movement Science</i> , 2007, 26, 320-341.	0.6	21
27	Length changes of human tibialis anterior central aponeurosis during passive movements and isometric, concentric, and eccentric contractions. <i>European Journal of Applied Physiology</i> , 2012, 112, 1485-1494.	1.2	20
28	Ultrasound as a Tool to Study Muscleâ€™Tendon Functions during Locomotion: A Systematic Review of Applications. <i>Sensors</i> , 2019, 19, 4316.	2.1	19
29	Analysis of beach volleyball action sequences of female top athletes. <i>Journal of Human Sport and Exercise</i> , 2009, 4, 272-283.	0.2	19
30	Mechanical muscle and tendon properties of the plantar flexors are altered even in highly functional children with spastic cerebral palsy. <i>Clinical Biomechanics</i> , 2017, 50, 139-144.	0.5	18
31	The Influence of Stretching the Hip Flexor Muscles on Performance Parameters. A Systematic Review with Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 1936.	1.2	15
32	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
33	Effects of progressive resistance or high-intensity strength training on muscle function and Achilles tendon mechanical properties in children with cerebral palsy. <i>Gait and Posture</i> , 2017, 57, 40-41.	0.6	14
34	The prediction of action positions in team handball by non-linear hybrid neural networks. <i>International Journal of Performance Analysis in Sport</i> , 2017, 17, 293-302.	0.5	14
35	Learning Unicycling Evokes Manifold Changes in Gray and White Matter Networks Related to Motor and Cognitive Functions. <i>Scientific Reports</i> , 2019, 9, 4324.	1.6	14
36	Physical Exercise During the Morning Schoolâ€™Break Improves Basic Cognitive Functions. <i>Mind, Brain, and Education</i> , 2020, 14, 24-31.	0.9	14

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37	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. <i>Frontiers in Physiology</i> , 2021, 12, 732654.	1.3	14
38	Digital game analysis in beach volleyball.. <i>International Journal of Performance Analysis in Sport</i> , 2006, 6, 140-148.	0.5	13
39	The Effect of Functional Home-Based Strength Training Programs on the Mechano-Morphological Properties of the Plantar Flexor Muscle-Tendon Unit in Children With Spastic Cerebral Palsy. <i>Pediatric Exercise Science</i> , 2019, 31, 67-76.	0.5	13
40	A systematic review of volleyball spike kinematics: Implications for practice and research. <i>International Journal of Sports Science and Coaching</i> , 2020, 15, 239-255.	0.7	13
41	Evaluation of tactical training in team handball by means of artificial neural networks. <i>Journal of Sports Sciences</i> , 2017, 35, 642-647.	1.0	12
42	Tactical interaction of offensive and defensive teams in team handball analysed by artificial neural networks. <i>Mathematical and Computer Modelling of Dynamical Systems</i> , 2017, 23, 363-371.	1.4	12
43	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
44	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
45	Transient Increase in Cortical Excitability Following Static Stretching of Plantar Flexor Muscles. <i>Frontiers in Physiology</i> , 2018, 9, 530.	1.3	11
46	Long jump training emphasizing plyometric exercises is more effective than traditional long jump training: A randomized controlled trial. <i>Journal of Human Sport and Exercise</i> , 2019, 14, .	0.2	11
47	Action sequence analysis in team handball. <i>Journal of Human Sport and Exercise</i> , 2013, 8, S615-S621.	0.2	11
48	Soleus H-Reflex Inhibition Decreases During 30 s Static Stretching of Plantar Flexors, Showing Two Recovery Steps. <i>Frontiers in Physiology</i> , 2018, 9, 935.	1.3	10
49	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
50	Joint Flexibility and Isometric Strength Parameters Are Not Relevant Determinants for Countermovement Jump Performance. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 2510.	1.2	9
51	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
52	Analysis of the arm swing technique during the spike attack in elite beach volleyball. <i>International Journal of Performance Analysis in Sport</i> , 2019, 19, 370-380.	0.5	7
53	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
54	Analysis of tactical defensive behavior in team handball by means of artificial neural networks. <i>IFAC-PapersOnLine</i> , 2015, 48, 784-785.	0.5	6

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55	Five minutes static stretching influences neural responses at spinal level in the background of unchanged corticospinal excitability. <i>Journal of Musculoskeletal Neuronal Interactions</i> , 2019, 19, 30-37.	0.1	6
56	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
57	Automatic Tracking of the Muscle Tendon Junction in Healthy and Impaired Subjects using Deep Learning. , 2020, 2020, 4770-4774.		5
58	The Recovery of Muscle Spindle Sensitivity Following Stretching Is Promoted by Isometric but Not by Dynamic Muscle Contractions. <i>Frontiers in Physiology</i> , 2020, 11, 905.	1.3	5
59	Human Fascicle Strain Behavior During Twitch using Ultrafast Ultrasound. , 2020, , .		5
60	Landing techniques in beach volleyball. <i>Journal of Sports Science and Medicine</i> , 2013, 12, 447-53.	0.7	5
61	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
62	The effect of individual neuromuscular properties on performance in sports. <i>Mathematical and Computer Modelling of Dynamical Systems</i> , 2010, 16, 417-429.	1.4	4
63	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
64	Impact of Altered Gastrocnemius Morphometrics and Fascicle Behavior on Walking Patterns in Children With Spastic Cerebral Palsy. <i>Frontiers in Physiology</i> , 2020, 11, 518134.	1.3	4
65	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
66	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
67	Evaluation of visual position estimation in beach volleyball.. <i>International Journal of Performance Analysis in Sport</i> , 2009, 9, 332-343.	0.5	2
68	High Intensity Circuit Training and Progressive Resistance Training improve functional performance but not the Gait Profile Score. <i>Gait and Posture</i> , 2017, 57, 30-31.	0.6	1
69	Is there a relationship between muscle-tendon properties and a variety of functional tasks in children with spastic cerebral palsy?. <i>Gait and Posture</i> , 2021, 85, 14-19.	0.6	1
70	Antagonist Muscle Co-Activation during Kettlebell Single Arm Swing Exercise. <i>Applied Sciences (Switzerland)</i> , 2021, 11, 4033.	1.3	1
71	Beach volleyball spike arm swing techniques of Olympics and world championships winners (1996â€“2019) reveal gender differences. <i>International Journal of Sports Science and Coaching</i> , 0, , 174795412110241.	0.7	1
72	Quantifying Coordination between Agonist and Antagonist Elbow Muscles during Backhand Crosscourt Shots in Adult Female Squash Players. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 9825.	1.2	1

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73	Acute effects of proprioceptive neuromuscular facilitation stretching in children with spastic cerebral palsy – A preliminary analysis. <i>Gait and Posture</i> , 2021, 90, 129-130.	0.6	1
74	P 045 - Is the maximum functional performance a meaningful parameter in children with cerebral palsy?. <i>Gait and Posture</i> , 2018, 65, 311-312.	0.6	0
75	Is there a relationship between muscle-tendon properties and a variety of functional tasks in children with cerebral palsy?. <i>Gait and Posture</i> , 2020, 81, 358.	0.6	0
76	Electromyographic and Systemic Physiological Thresholds in Single-Joint Elbow Flexion Movements. <i>International Journal of Sports Physiology and Performance</i> , 2021, , 1-8.	1.1	0
77	Submaximal fatiguing contractions reduce stability of voluntary postural control more than maximal fatiguing contractions. <i>Gait and Posture</i> , 2022, 92, 407-412.	0.6	0