

Philip Atherton

List of Publications by Citations

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

186
papers

10,412
citations

48
h-index

101
g-index

212
ext. papers

12,474
ext. citations

5
avg, IF

6.26
L-index

#	Paper	IF	Citations
186	Anabolic signaling deficits underlie amino acid resistance of wasting, aging muscle. <i>FASEB Journal</i> , 2005 , 19, 422-4	0.9	816
185	Sarcopenia, dynapenia, and the impact of advancing age on human skeletal muscle size and strength; a quantitative review. <i>Frontiers in Physiology</i> , 2012 , 3, 260	4.6	618
184	Age-related differences in the dose-response relationship of muscle protein synthesis to resistance exercise in young and old men. <i>Journal of Physiology</i> , 2009 , 587, 211-7	3.9	488
183	Dietary omega-3 fatty acid supplementation increases the rate of muscle protein synthesis in older adults: a randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2011 , 93, 402-12	7	414
182	Differential effects of resistance and endurance exercise in the fed state on signalling molecule phosphorylation and protein synthesis in human muscle. <i>Journal of Physiology</i> , 2008 , 586, 3701-17	3.9	414
181	Selective activation of AMPK-PGC-1alpha or PKB-TSC2-mTOR signaling can explain specific adaptive responses to endurance or resistance training-like electrical muscle stimulation. <i>FASEB Journal</i> , 2005 , 19, 786-8	0.9	340
180	Low-load high volume resistance exercise stimulates muscle protein synthesis more than high-load low volume resistance exercise in young men. <i>PLoS ONE</i> , 2010 , 5, e12033	3.7	333
179	Effects of leucine and its metabolite β-hydroxy-β-methylbutyrate on human skeletal muscle protein metabolism. <i>Journal of Physiology</i> , 2013 , 591, 2911-23	3.9	286
178	Is irisin a human exercise gene?. <i>Nature</i> , 2012 , 488, E9-10; discussion E10-1	50.4	265
177	Muscle full effect after oral protein: time-dependent concordance and discordance between human muscle protein synthesis and mTORC1 signaling. <i>American Journal of Clinical Nutrition</i> , 2010 , 92, 1080-8	7	262
176	Insulin resistance and sarcopenia: mechanistic links between common co-morbidities. <i>Journal of Endocrinology</i> , 2016 , 229, R67-81	4.7	226
175	Two weeks of reduced activity decreases leg lean mass and induces "anabolic resistance" of myofibrillar protein synthesis in healthy elderly. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2013 , 98, 2604-12	5.6	225
174	The temporal responses of protein synthesis, gene expression and cell signalling in human quadriceps muscle and patellar tendon to disuse. <i>Journal of Physiology</i> , 2007 , 585, 241-51	3.9	225
173	Omega-3 polyunsaturated fatty acids augment the muscle protein anabolic response to hyperinsulinaemia-hyperaminoacidaemia in healthy young and middle-aged men and women. <i>Clinical Science</i> , 2011 , 121, 267-78	6.5	222
172	Architectural, functional and molecular responses to concentric and eccentric loading in human skeletal muscle. <i>Acta Physiologica</i> , 2014 , 210, 642-54	5.6	201
171	Enhanced amino acid sensitivity of myofibrillar protein synthesis persists for up to 24 h after resistance exercise in young men. <i>Journal of Nutrition</i> , 2011 , 141, 568-73	4.1	199
170	Muscle protein synthesis in response to nutrition and exercise. <i>Journal of Physiology</i> , 2012 , 590, 1049-57	3.9	191

169	Resistance exercise-induced increases in putative anabolic hormones do not enhance muscle protein synthesis or intracellular signalling in young men. <i>Journal of Physiology</i> , 2009 , 587, 5239-47	3.9	191
168	Distinct anabolic signalling responses to amino acids in C2C12 skeletal muscle cells. <i>Amino Acids</i> , 2010 , 38, 1533-9	3.5	187
167	The age-related loss of skeletal muscle mass and function: Measurement and physiology of muscle fibre atrophy and muscle fibre loss in humans. <i>Ageing Research Reviews</i> , 2018 , 47, 123-132	12	172
166	Human muscle protein synthesis and breakdown during and after exercise. <i>Journal of Applied Physiology</i> , 2009 , 106, 2026-39	3.7	169
165	Blunting of insulin inhibition of proteolysis in legs of older subjects may contribute to age-related sarcopenia. <i>American Journal of Clinical Nutrition</i> , 2009 , 90, 1343-50	7	151
164	An overview of technical considerations for Western blotting applications to physiological research. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2017 , 27, 4-25	4.6	150
163	Acute post-exercise myofibrillar protein synthesis is not correlated with resistance training-induced muscle hypertrophy in young men. <i>PLoS ONE</i> , 2014 , 9, e89431	3.7	142
162	Skeletal muscle hypertrophy adaptations predominate in the early stages of resistance exercise training, matching deuterium oxide-derived measures of muscle protein synthesis and mechanistic target of rapamycin complex 1 signaling. <i>FASEB Journal</i> , 2015 , 29, 4485-96	0.9	129
161	Molecular networks of human muscle adaptation to exercise and age. <i>PLoS Genetics</i> , 2013 , 9, e1003389	6	123
160	A validation of the application of D(2)O stable isotope tracer techniques for monitoring day-to-day changes in muscle protein subfraction synthesis in humans. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2014 , 306, E571-9	6	121
159	A novel multi-tissue RNA diagnostic of healthy ageing relates to cognitive health status. <i>Genome Biology</i> , 2015 , 16, 185	18.3	112
158	Carbohydrate does not augment exercise-induced protein accretion versus protein alone. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 1154-61	1.2	110
157	Differences in muscle protein synthesis and anabolic signaling in the postabsorptive state and in response to food in 65-80 year old men and women. <i>PLoS ONE</i> , 2008 , 3, e1875	3.7	108
156	Role of insulin in the regulation of human skeletal muscle protein synthesis and breakdown: a systematic review and meta-analysis. <i>Diabetologia</i> , 2016 , 59, 44-55	10.3	103
155	Synchronous deficits in cumulative muscle protein synthesis and ribosomal biogenesis underlie age-related anabolic resistance to exercise in humans. <i>Journal of Physiology</i> , 2016 , 594, 7399-7417	3.9	102
154	Effects of resistance exercise with and without creatine supplementation on gene expression and cell signaling in human skeletal muscle. <i>Journal of Applied Physiology</i> , 2008 , 104, 371-8	3.7	93
153	Muscle protein synthetic responses to exercise: effects of age, volume, and intensity. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2012 , 67, 1170-7	6.4	89
152	Intake of low-dose leucine-rich essential amino acids stimulates muscle anabolism equivalently to bolus whey protein in older women at rest and after exercise. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2015 , 308, E1056-65	6	88

151	Effect of tumor burden and subsequent surgical resection on skeletal muscle mass and protein turnover in colorectal cancer patients. <i>American Journal of Clinical Nutrition</i> , 2012 , 96, 1064-70	7	87
150	Control of skeletal muscle atrophy in response to disuse: clinical/preclinical contentions and fallacies of evidence. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2016 , 311, E594-604	6	83
149	Skeletal muscle homeostasis and plasticity in youth and ageing: impact of nutrition and exercise. <i>Acta Physiologica</i> , 2016 , 216, 15-41	5.6	81
148	Human Skeletal Muscle Disuse Atrophy: Effects on Muscle Protein Synthesis, Breakdown, and Insulin Resistance-A Qualitative Review. <i>Frontiers in Physiology</i> , 2016 , 7, 361	4.6	80
147	Metabolic phenotype of skeletal muscle in early critical illness. <i>Thorax</i> , 2018 , 73, 926-935	7.3	77
146	Decrease in Akt/PKB signalling in human skeletal muscle by resistance exercise. <i>European Journal of Applied Physiology</i> , 2008 , 104, 57-65	3.4	75
145	Blunting of adaptive responses to resistance exercise training in women over 75y. <i>Experimental Gerontology</i> , 2011 , 46, 884-90	4.5	72
144	Regulation of muscle protein synthesis in humans. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , 2012 , 15, 58-63	3.8	58
143	Focal adhesion kinase is required for IGF-I-mediated growth of skeletal muscle cells via a TSC2/mTOR/S6K1-associated pathway. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2013 , 305, E183-93	6	55
142	Effects of leucine-enriched essential amino acid and whey protein bolus dosing upon skeletal muscle protein synthesis at rest and after exercise in older women. <i>Clinical Nutrition</i> , 2018 , 37, 2011-2021	5.9	54
141	Development of a new SonoVue [®] contrast-enhanced ultrasound approach reveals temporal and age-related features of muscle microvascular responses to feeding. <i>Physiological Reports</i> , 2013 , 1, e00119	3.6	50
140	A Practical and Time-Efficient High-Intensity Interval Training Program Modifies Cardio-Metabolic Risk Factors in Adults with Risk Factors for Type II Diabetes. <i>Frontiers in Endocrinology</i> , 2017 , 8, 229	5.7	49
139	No major sex differences in muscle protein synthesis rates in the postabsorptive state and during hyperinsulinemia-hyperaminoacidemia in middle-aged adults. <i>Journal of Applied Physiology</i> , 2009 , 107, 1308-15	3.7	49
138	Early structural remodeling and deuterium oxide-derived protein metabolic responses to eccentric and concentric loading in human skeletal muscle. <i>Physiological Reports</i> , 2015 , 3, e12593	2.6	47
137	Human Skeletal Muscle Protein Metabolism Responses to Amino Acid Nutrition. <i>Advances in Nutrition</i> , 2016 , 7, 828S-38S	10	44
136	Protein carbonylation and heat shock proteins in human skeletal muscle: relationships to age and sarcopenia. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2015 , 70, 174-81	6.4	44
135	A dose- rather than delivery profile-dependent mechanism regulates the "muscle-full" effect in response to oral essential amino acid intake in young men. <i>Journal of Nutrition</i> , 2015 , 145, 207-14	4.1	43
134	Regional regulation of focal adhesion kinase after concentric and eccentric loading is related to remodelling of human skeletal muscle. <i>Acta Physiologica</i> , 2018 , 223, e13056	5.6	43

133	Effects of hypoxia on muscle protein synthesis and anabolic signaling at rest and in response to acute resistance exercise. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2011 , 301, E697-702	6	41
132	Resistance exercise training improves age-related declines in leg vascular conductance and rejuvenates acute leg blood flow responses to feeding and exercise. <i>Journal of Applied Physiology</i> , 2012 , 112, 347-53	3.7	41
131	"Nutraceuticals" in relation to human skeletal muscle and exercise. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2017 , 312, E282-E299	6	39
130	Biomarkers of browning of white adipose tissue and their regulation during exercise- and diet-induced weight loss. <i>American Journal of Clinical Nutrition</i> , 2016 , 104, 557-65	7	39
129	Cyclic stretch reduces myofibrillar protein synthesis despite increases in FAK and anabolic signalling in L6 cells. <i>Journal of Physiology</i> , 2009 , 587, 3719-27	3.9	39
128	The impact of delivery profile of essential amino acids upon skeletal muscle protein synthesis in older men: clinical efficacy of pulse vs. bolus supply. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2015 , 309, E450-7	6	37
127	Physiological adaptations to resistance exercise as a function of age. <i>JCI Insight</i> , 2017 , 2,	9.9	35
126	Mechanistic Links Underlying the Impact of C-Reactive Protein on Muscle Mass in Elderly. <i>Cellular Physiology and Biochemistry</i> , 2017 , 44, 267-278	3.9	35
125	Enriching a protein drink with leucine augments muscle protein synthesis after resistance exercise in young and older men. <i>Clinical Nutrition</i> , 2017 , 36, 888-895	5.9	34
124	Testosterone therapy induces molecular programming augmenting physiological adaptations to resistance exercise in older men. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2019 , 10, 1276-1294	10.3	34
123	Internal comparison between deuterium oxide (D2O) and L-[ring-13C6] phenylalanine for acute measurement of muscle protein synthesis in humans. <i>Physiological Reports</i> , 2015 , 3, e12433	2.6	34
122	Impact of the calcium form of β-hydroxy-β-methylbutyrate upon human skeletal muscle protein metabolism. <i>Clinical Nutrition</i> , 2018 , 37, 2068-2075	5.9	30
121	The effects of resistance exercise training on macro- and micro-circulatory responses to feeding and skeletal muscle protein anabolism in older men. <i>Journal of Physiology</i> , 2015 , 593, 2721-34	3.9	29
120	Stable isotope tracers and exercise physiology: past, present and future. <i>Journal of Physiology</i> , 2017 , 595, 2873-2882	3.9	29
119	Effect of Intermittent or Continuous Feed on Muscle Wasting in Critical Illness: A Phase 2 Clinical Trial. <i>Chest</i> , 2020 , 158, 183-194	5.3	28
118	Muscle and Tendon Contributions to Reduced Rate of Torque Development in Healthy Older Males. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2018 , 73, 539-545	6.4	27
117	Electrical pulse stimulation: an in vitro exercise model for the induction of human skeletal muscle cell hypertrophy. A proof-of-concept study. <i>Experimental Physiology</i> , 2017 , 102, 1405-1413	2.4	24
116	Human skeletal muscle is refractory to the anabolic effects of leucine during the postprandial muscle-full period in older men. <i>Clinical Science</i> , 2017 , 131, 2643-2653	6.5	22

115	The vitamin D receptor regulates mitochondrial function in C2C12 myoblasts. <i>American Journal of Physiology - Cell Physiology</i> , 2020 , 318, C536-C541	5.4	22
114	A coding and non-coding transcriptomic perspective on the genomics of human metabolic disease. <i>Nucleic Acids Research</i> , 2018 , 46, 7772-7792	20.1	22
113	Pharmacological enhancement of leg and muscle microvascular blood flow does not augment anabolic responses in skeletal muscle of young men under fed conditions. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2014 , 306, E168-76	6	21
112	A novel DO tracer method to quantify RNA turnover as a biomarker of de novo ribosomal biogenesis, in vitro, in animal models, and in human skeletal muscle. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2017 , 313, E681-E689	6	20
111	Overexpression of the vitamin D receptor (VDR) induces skeletal muscle hypertrophy. <i>Molecular Metabolism</i> , 2020 , 42, 101059	8.8	19
110	The metabolic and temporal basis of muscle hypertrophy in response to resistance exercise. <i>European Journal of Sport Science</i> , 2016 , 16, 633-44	3.9	18
109	Recent developments in deuterium oxide tracer approaches to measure rates of substrate turnover: implications for protein, lipid, and nucleic acid research. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , 2017 , 20, 375-381	3.8	18
108	A double-blind placebo controlled trial into the impacts of HMB supplementation and exercise on free-living muscle protein synthesis, muscle mass and function, in older adults. <i>Clinical Nutrition</i> , 2019 , 38, 2071-2078	5.9	18
107	Fascicle length does increase in response to longitudinal resistance training and in a contraction-mode specific manner. <i>SpringerPlus</i> , 2016 , 5, 94		17
106	The efficacy of unsupervised home-based exercise regimens in comparison to supervised laboratory-based exercise training upon cardio-respiratory health facets. <i>Physiological Reports</i> , 2017 , 5, e13390	2.6	17
105	Exercise and Regulation of Protein Metabolism. <i>Progress in Molecular Biology and Translational Science</i> , 2015 , 135, 75-98	4	16
104	Environmental hypoxia favors myoblast differentiation and fast phenotype but blunts activation of protein synthesis after resistance exercise in human skeletal muscle. <i>FASEB Journal</i> , 2018 , 32, 5272-5284	0.9	16
103	Supplementing essential amino acids with the nitric oxide precursor, L-arginine, enhances skeletal muscle perfusion without impacting anabolism in older men. <i>Clinical Nutrition</i> , 2017 , 36, 1573-1579	5.9	16
102	iGEMS: an integrated model for identification of alternative exon usage events. <i>Nucleic Acids Research</i> , 2016 , 44, e109	20.1	16
101	Links Between Testosterone, Oestrogen, and the Growth Hormone/Insulin-Like Growth Factor Axis and Resistance Exercise Muscle Adaptations. <i>Frontiers in Physiology</i> , 2020 , 11, 621226	4.6	16
100	Greek goddess or Greek myth: the effects of exercise on irisin/FNDC5 in humans. <i>Journal of Physiology</i> , 2013 , 591, 5267-8	3.9	15
99	Exploring the Association between Vascular Dysfunction and Skeletal Muscle Mass, Strength and Function in Healthy Adults: A Systematic Review. <i>Nutrients</i> , 2020 , 12,	6.7	14
98	Acute cocoa flavanol supplementation improves muscle macro- and microvascular but not anabolic responses to amino acids in older men. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016 , 41, 548-56	3	14

97	Influence of sex on the age-related adaptations of neuromuscular function and motor unit properties in elite masters athletes. <i>Journal of Physiology</i> , 2021 , 599, 193-205	3.9	13
96	Protein synthesis a low priority for exercising muscle. <i>Journal of Physiology</i> , 2006 , 573, 288-9	3.9	12
95	Longevity-related molecular pathways are subject to midlife "switch" in humans. <i>Aging Cell</i> , 2019 , 18, e12970	9.9	11
94	Integrated Myofibrillar Protein Synthesis in Recovery From Unaccustomed and Accustomed Resistance Exercise With and Without Multi-ingredient Supplementation in Overweight Older Men. <i>Frontiers in Nutrition</i> , 2019 , 6, 40	6.2	10
93	CORP: The use of deuterated water for the measurement of protein synthesis. <i>Journal of Applied Physiology</i> , 2020 , 128, 1163-1176	3.7	10
92	Tart cherry concentrate does not enhance muscle protein synthesis response to exercise and protein in healthy older men. <i>Experimental Gerontology</i> , 2018 , 110, 202-208	4.5	10
91	The effect of acute oral phosphatidic acid ingestion on myofibrillar protein synthesis and intracellular signaling in older males. <i>Clinical Nutrition</i> , 2019 , 38, 1423-1432	5.9	10
90	Differential Stimulation of Post-Exercise Myofibrillar Protein Synthesis in Humans Following Isonitrogenous, Isocaloric Pre-Exercise Feeding. <i>Nutrients</i> , 2019 , 11,	6.7	10
89	Age-related changes in muscle architecture and metabolism in humans: The likely contribution of physical inactivity to age-related functional decline. <i>Ageing Research Reviews</i> , 2021 , 68, 101344	12	10
88	The mechanisms of skeletal muscle atrophy in response to transient knockdown of the vitamin D receptor in vivo. <i>Journal of Physiology</i> , 2021 , 599, 963-979	3.9	10
87	Nutrient modulation in the management of disease-induced muscle wasting: evidence from human studies. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , 2017 , 20, 433-439	3.8	9
86	Network analysis of human muscle adaptation to aging and contraction. <i>Aging</i> , 2020 , 12, 740-755	5.6	9
85	Animal, Plant, Collagen and Blended Dietary Proteins: Effects on Musculoskeletal Outcomes. <i>Nutrients</i> , 2020 , 12,	6.7	9
84	High Levels of Physical Activity in Later Life Are Associated With Enhanced Markers of Mitochondrial Metabolism. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2020 , 75, 1481-1487	6.4	8
83	A reverse genetics cell-based evaluation of genes linked to healthy human tissue age. <i>FASEB Journal</i> , 2017 , 31, 96-108	0.9	8
82	The acute transcriptional response to resistance exercise: impact of age and contraction mode. <i>Aging</i> , 2019 , 11, 2111-2126	5.6	8
81	Age-related alterations in muscle architecture are a signature of sarcopenia: the ultrasound sarcopenia index. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2021 , 12, 973-982	10.3	8
80	The effect of short-term exercise prehabilitation on skeletal muscle protein synthesis and atrophy during bed rest in older men. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2021 , 12, 52-69	10.3	8

79	A dynamic ribosomal biogenesis response is not required for IGF-1-mediated hypertrophy of human primary myotubes. <i>FASEB Journal</i> , 2017 , 31, 5196-5207	0.9	7
78	Exploring mechanistic links between extracellular branched-chain amino acids and muscle insulin resistance: an in vitro approach. <i>American Journal of Physiology - Cell Physiology</i> , 2020 , 319, C1151-C1157	5.4	7
77	Myogenic, genomic and non-genomic influences of the vitamin D axis in skeletal muscle. <i>Cell Biochemistry and Function</i> , 2021 , 39, 48-59	4.2	7
76	Physiological adaptations to resistance training in rats selectively bred for low and high response to aerobic exercise training. <i>Experimental Physiology</i> , 2018 , 103, 1513-1523	2.4	7
75	Application of deuterium oxide (D2O) to metabolic research: just D2O it? Depends just how you D2O it!. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2015 , 308, E847	6	6
74	Letter to the Editor on the Journal Club article by Barker and Traber. <i>Journal of Physiology</i> , 2008 , 586, 307-8; author reply 309-10	3.9	6
73	The physiological impact of high-intensity interval training in octogenarians with comorbidities. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2021 , 12, 866-879	10.3	6
72	Dietary protein, exercise, ageing and physical inactivity: interactive influences on skeletal muscle proteostasis. <i>Proceedings of the Nutrition Society</i> , 2021 , 80, 106-117	2.9	6
71	Systematic review and meta-analysis of protein intake to support muscle mass and function in healthy adults.. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2022 ,	10.3	6
70	A 4-week, lifestyle-integrated, home-based exercise training programme elicits improvements in physical function and lean mass in older men and women: a pilot study. <i>F1000Research</i> , 2017 , 6, 1235	3.6	5
69	Untargeted metabolomics for uncovering biological markers of human skeletal muscle ageing. <i>Aging</i> , 2020 , 12, 12517-12533	5.6	5
68	Diet-induced vitamin D deficiency reduces skeletal muscle mitochondrial respiration. <i>Journal of Endocrinology</i> , 2021 , 249, 113-124	4.7	5
67	Molecular and neural adaptations to neuromuscular electrical stimulation; Implications for ageing muscle. <i>Mechanisms of Ageing and Development</i> , 2021 , 193, 111402	5.6	5
66	The time course of physiological adaptations to high-intensity interval training in older adults. <i>Aging Medicine (Milton (N S W))</i> , 2020 , 3, 245-251	3.5	4
65	It's no go for protein when it's all go. <i>Journal of Physiology</i> , 2009 , 587, 1373-4	3.9	4
64	A 4-week, lifestyle-integrated, home-based exercise training programme elicits improvements in physical function and lean mass in older men and women: a pilot study. <i>F1000Research</i> , 2017 , 6, 1235	3.6	4
63	A novel stable isotope tracer method to simultaneously quantify skeletal muscle protein synthesis and breakdown. <i>Metabolism Open</i> , 2020 , 5, 100022	2.8	4
62	Glucagon-like peptide 1 infusions overcome anabolic resistance to feeding in older human muscle. <i>Aging Cell</i> , 2020 , 19, e13202	9.9	4

61	Lifelong exercise is associated with more homogeneous motor unit potential features across deep and superficial areas of vastus lateralis. <i>GeroScience</i> , 2021 , 43, 1555-1565	8.9	4
60	The efficacy of static training interventions for improving indices of cardiorespiratory fitness in premenopausal females. <i>European Journal of Applied Physiology</i> , 2019 , 119, 645-652	3.4	4
59	Michael John Rennie, MSc, PhD, FRSE, FHEA, 1946-2017: an appreciation of his work on protein metabolism in human muscle. <i>American Journal of Clinical Nutrition</i> , 2017 , 106, 1-9	7	3
58	An update on nutrient modulation in the management of disease-induced muscle wasting: evidence from human studies. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , 2020 , 23, 174-180	3.8	3
57	The Effect of Whey Protein Supplementation on Myofibrillar Protein Synthesis and Performance Recovery in Resistance-Trained Men. <i>Nutrients</i> , 2020 , 12,	6.7	3
56	The metabolic and molecular mechanisms of hyperammonaemia- and hyperethanolaemia-induced protein catabolism in skeletal muscle cells. <i>Journal of Cellular Physiology</i> , 2018 , 233, 9663-9673	7	3
55	The importance of protein sources to support muscle anabolism in cancer: An expert group opinion. <i>Clinical Nutrition</i> , 2021 , 41, 192-201	5.9	3
54	A Novel Dietary Intervention Reduces Circulatory Branched-Chain Amino Acids by 50%: A Pilot Study of Relevance for Obesity and Diabetes. <i>Nutrients</i> , 2020 , 13,	6.7	3
53	Omega-3 supplementation during unilateral resistance exercise training in older women: A within subject and double-blind placebo-controlled trial. <i>Clinical Nutrition ESPEN</i> , 2021 , 46, 394-404	1.3	3
52	A novel puromycin decorporation method to quantify skeletal muscle protein breakdown: A proof-of-concept study. <i>Biochemical and Biophysical Research Communications</i> , 2017 , 494, 608-614	3.4	2
51	Impacts of rat hindlimb Fndc5/irisin overexpression on muscle and adipose tissue metabolism. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2020 , 318, E943-E955	6	2
50	The effect of oral essential amino acids on incretin hormone production in youth and ageing. <i>Endocrinology, Diabetes and Metabolism</i> , 2019 , 2, e00085	2.7	2
49	Don't agonise over the mechanisms underlying beta-agonist-induced muscle hypertrophy!. <i>Journal of Physiology</i> , 2011 , 589, 1-2	3.9	2
48	Cardiac stereotactic ablative radiotherapy for control of refractory ventricular tachycardia: initial UK multicentre experience. <i>Open Heart</i> , 2021 , 8,	3	2
47	Factors associated with electrical stimulation-induced performance fatigability are dependent upon stimulation location. <i>Experimental Physiology</i> , 2021 , 106, 828-836	2.4	2
46	Combined in vivo muscle mass, muscle protein synthesis and muscle protein breakdown measurement: a Combined Oral Stable Isotope Assessment of Muscle (COSIAM) Approach. <i>GeroScience</i> , 2021 , 43, 2653-2665	8.9	2
45	Myokine Responses to Exercise in a Rat Model of Low/High Adaptive Potential. <i>Frontiers in Endocrinology</i> , 2021 , 12, 645881	5.7	2
44	A collagen hydrolysate/milk protein-blend stimulates muscle anabolism equivalently to an isoenergetic milk protein-blend containing a greater quantity of essential amino acids in older men. <i>Clinical Nutrition</i> , 2021 , 40, 4456-4464	5.9	2

43	Higher strength gain after hypoxic vs normoxic resistance training despite no changes in muscle thickness and fractional protein synthetic rate. <i>FASEB Journal</i> , 2021 , 35, e21773	0.9	2
42	The Effects of Very Low Energy Diets and Low Energy Diets with Exercise Training on Skeletal Muscle Mass: A Narrative Review. <i>Advances in Therapy</i> , 2021 , 38, 149-163	4.1	2
41	Gene-based analysis of angiogenesis, mitochondrial and insulin-related pathways in skeletal muscle of older individuals following nutraceutical supplementation. <i>Journal of Functional Foods</i> , 2019 , 56, 216-223	5.3	1
40	Challenges and practical recommendations for successfully recruiting inactive, statin-free older adults to clinical trials. <i>BMC Research Notes</i> , 2020 , 13, 174	2.3	1
39	Targeted genotype analyses of GWAS-derived lean body mass and handgrip strength-associated single-nucleotide polymorphisms in elite master athletes. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2020 , 319, R184-R194	3.2	1
38	A statistical and biological response to an informatics appraisal of healthy aging gene signatures. <i>Genome Biology</i> , 2019 , 20, 152	18.3	1
37	Association between frailty and C-terminal agrin fragment with 3-month mortality following ST-elevation myocardial infarction.. <i>Experimental Gerontology</i> , 2021 , 158, 111658	4.5	1
36	Associations between Plasma Branched Chain Amino Acids and Health Biomarkers in Response to Resistance Exercise Training Across Age. <i>Nutrients</i> , 2020 , 12,	6.7	1
35	Ammonium chloride administration prior to exercise has muscle-specific effects on mitochondrial and myofibrillar protein synthesis in rats. <i>Physiological Reports</i> , 2021 , 9, e14797	2.6	1
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