

Matthew B Jessee

List of Publications by Year in descending order

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Version: 2024-02-01

64
papers

1,927
citations

257101

24
h-index

276539

41
g-index

64
all docs

64
docs citations

64
times ranked

1337
citing authors

#	ARTICLE	IF	CITATIONS
1	Determining Strength: A Case for Multiple Methods of Measurement. <i>Sports Medicine</i> , 2017, 47, 193-195.	3.1	128
2	Muscle Adaptations to High-Load Training and Very Low-Load Training With and Without Blood Flow Restriction. <i>Frontiers in Physiology</i> , 2018, 9, 1448.	1.3	94
3	The Influence of Cuff Width, Sex, and Race on Arterial Occlusion: Implications for Blood Flow Restriction Research. <i>Sports Medicine</i> , 2016, 46, 913-921.	3.1	88
4	The widespread misuse of effect sizes. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, 446-450.	0.6	82
5	Training to Fatigue: The Answer for Standardization When Assessing Muscle Hypertrophy?. <i>Sports Medicine</i> , 2017, 47, 1021-1027.	3.1	75
6	The effects of upper body exercise across different levels of blood flow restriction on arterial occlusion pressure and perceptual responses. <i>Physiology and Behavior</i> , 2017, 171, 181-186.	1.0	74
7	Frequency: The Overlooked Resistance Training Variable for Inducing Muscle Hypertrophy?. <i>Sports Medicine</i> , 2017, 47, 799-805.	3.1	72
8	The Effects of Blood Flow Restriction on Upper-Body Musculature Located Distal and Proximal to Applied Pressure. <i>Sports Medicine</i> , 2016, 46, 23-33.	3.1	70
9	Mechanisms of Blood Flow Restriction: The New Testament. <i>Techniques in Orthopaedics</i> , 2018, 33, 72-79.	0.1	68
10	The Application of Blood Flow Restriction: Lessons From the Laboratory. <i>Current Sports Medicine Reports</i> , 2018, 17, 129-134.	0.5	61
11	Correlations Do Not Show Cause and Effect: Not Even for Changes in Muscle Size and Strength. <i>Sports Medicine</i> , 2018, 48, 1-6.	3.1	61
12	Do metabolites that are produced during resistance exercise enhance muscle hypertrophy?. <i>European Journal of Applied Physiology</i> , 2017, 117, 2125-2135.	1.2	59
13	The acute and chronic effects of NO LOAD-resistance training. <i>Physiology and Behavior</i> , 2016, 164, 345-352.	1.0	57
14	A tale of three cuffs: the hemodynamics of blood flow restriction. <i>European Journal of Applied Physiology</i> , 2017, 117, 1493-1499.	1.2	56
15	The Cardiovascular and Perceptual Response to Very Low Load Blood Flow Restricted Exercise. <i>International Journal of Sports Medicine</i> , 2017, 38, 597-603.	0.8	56
16	The problem Of muscle hypertrophy: Revisited. <i>Muscle and Nerve</i> , 2016, 54, 1012-1014.	1.0	54
17	Influence of cuff material on blood flow restriction stimulus in the upper body. <i>Journal of Physiological Sciences</i> , 2017, 67, 207-215.	0.9	45
18	Blood flow in humans following low-load exercise with and without blood flow restriction. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017, 42, 1165-1171.	0.9	38

#	ARTICLE	IF	CITATIONS
19	The Impact of Ultrasound Probe Tilt on Muscle Thickness and Echo-Intensity: A Cross-Sectional Study. <i>Journal of Clinical Densitometry</i> , 2020, 23, 630-638.	0.5	36
20	Letter to the editor: Applying the blood flow restriction pressure: the elephant in the room. <i>American Journal of Physiology - Heart and Circulatory Physiology</i> , 2016, 310, H132-H133.	1.5	35
21	Muscle growth: To infinity and beyond?. <i>Muscle and Nerve</i> , 2017, 56, 1022-1030.	1.0	33
22	Let's talk about sex: where are the young females in blood flow restriction research?. <i>Clinical Physiology and Functional Imaging</i> , 2018, 38, 1-3.	0.5	32
23	Assessing differential responders and mean changes in muscle size, strength, and the crossover effect to 2 distinct resistance training protocols. <i>Applied Physiology, Nutrition and Metabolism</i> , 2020, 45, 463-470.	0.9	32
24	High-pressure blood flow restriction with very low load resistance training results in peripheral vascular adaptations similar to heavy resistance training. <i>Physiological Measurement</i> , 2019, 40, 035003.	1.2	29
25	Perceptual changes to progressive resistance training with and without blood flow restriction. <i>Journal of Sports Sciences</i> , 2019, 37, 1857-1864.	1.0	29
26	Post-exercise blood flow restriction attenuates muscle hypertrophy. <i>European Journal of Applied Physiology</i> , 2016, 116, 1955-1963.	1.2	26
27	Moderately heavy exercise produces lower cardiovascular, RPE, and discomfort compared to lower load exercise with and without blood flow restriction. <i>European Journal of Applied Physiology</i> , 2018, 118, 1473-1480.	1.2	26
28	Is muscle growth a mechanism for increasing strength?. <i>Medical Hypotheses</i> , 2019, 125, 51-56.	0.8	25
29	The General Adaptation Syndrome: Potential misapplications to resistance exercise. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, 1015-1017.	0.6	23
30	Differentiating swelling and hypertrophy through indirect assessment of muscle damage in untrained men following repeated bouts of resistance exercise. <i>European Journal of Applied Physiology</i> , 2017, 117, 213-224.	1.2	23
31	Skeletal muscle mass in human athletes: What is the upper limit?. <i>American Journal of Human Biology</i> , 2018, 30, e23102.	0.8	22
32	Perceptual and arterial occlusion responses to very low load blood flow restricted exercise performed to volitional failure. <i>Clinical Physiology and Functional Imaging</i> , 2019, 39, 29-34.	0.5	22
33	Acute skeletal muscle responses to very low load resistance exercise with and without the application of blood flow restriction in the upper body. <i>Clinical Physiology and Functional Imaging</i> , 2019, 39, 201-208.	0.5	22
34	Validity of the Handheld Doppler to Determine Lower-Limb Blood Flow Restriction Pressure for Exercise Protocols. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2693-2696.	1.0	22
35	A method to standardize the blood flow restriction pressure by an elastic cuff. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2019, 29, 329-335.	1.3	20
36	Blood flow restriction and cuff width: effect on blood flow in the legs. <i>Clinical Physiology and Functional Imaging</i> , 2018, 38, 944-948.	0.5	19

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37	The Basics of Training for Muscle Size and Strength: A Brief Review on the Theory. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 645-653.	0.2	18
38	What does individual strength say about resistance training status?. <i>Muscle and Nerve</i> , 2017, 55, 455-457.	1.0	17
39	The acute muscular response to blood flow-restricted exercise with very low relative pressure. <i>Clinical Physiology and Functional Imaging</i> , 2018, 38, 304-311.	0.5	16
40	Blood flow restriction does not augment low force contractions taken to or near task failure. <i>European Journal of Sport Science</i> , 2020, 20, 650-659.	1.4	16
41	Very-low-load resistance exercise in the upper body with and without blood flow restriction: cardiovascular outcomes. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019, 44, 288-292.	0.9	15
42	Resistance exercise and sports performance: The minority report. <i>Medical Hypotheses</i> , 2018, 113, 1-5.	0.8	14
43	Can blood flow restriction augment muscle activation during high-load training?. <i>Clinical Physiology and Functional Imaging</i> , 2018, 38, 291-295.	0.5	14
44	Chasing the top quartile of cross-sectional data: Is it possible with resistance training?. <i>Medical Hypotheses</i> , 2017, 108, 63-68.	0.8	13
45	Differences in 100-m sprint performance and skeletal muscle mass between elite male and female sprinters. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019, 59, 304-309.	0.4	12
46	Muscle size and strength: another study not designed to answer the question. <i>European Journal of Applied Physiology</i> , 2017, 117, 1273-1274.	1.2	10
47	Central cardiovascular hemodynamic response to unilateral handgrip exercise with blood flow restriction. <i>European Journal of Applied Physiology</i> , 2019, 119, 2255-2263.	1.2	10
48	Effects of load on the acute response of muscles proximal and distal to blood flow restriction. <i>Journal of Physiological Sciences</i> , 2018, 68, 769-779.	0.9	7
49	A critical review of the current evidence examining whether resistance training improves time trial performance. <i>Journal of Sports Sciences</i> , 2018, 36, 1485-1491.	1.0	7
50	A comparison of acute changes in muscle thickness between A-mode and B-mode ultrasound. <i>Physiological Measurement</i> , 2019, 40, 115004.	1.2	6
51	Acute hemodynamic changes following high load and very low load lower body resistance exercise with and without the restriction of blood flow. <i>Physiological Measurement</i> , 2018, 39, 125007.	1.2	5
52	Acute cardiovascular response to unilateral, bilateral, and alternating resistance exercise with blood flow restriction. <i>European Journal of Applied Physiology</i> , 2020, 120, 1921-1930.	1.2	5
53	Post-exercise blood flow restriction attenuates hyperemia similarly in males and females. <i>European Journal of Applied Physiology</i> , 2017, 117, 1707-1712.	1.2	4
54	Blood flow restriction: Methods matter. <i>Experimental Gerontology</i> , 2018, 104, 7-8.	1.2	4

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55	Magnetic resonance imaging-measured skeletal muscle mass to fat-free mass ratio increases with increasing levels of fat-free mass. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019, 59, 619-623.	0.4	4
56	A Retrospective Analysis to Determine Whether Training-Induced Changes in Muscle Thickness Mediate Changes in Muscle Strength. <i>Sports Medicine</i> , 2021, 51, 1999-2010.	3.1	4
57	Do rhythms exist in elbow flexor torque, oral temperature and muscle thickness during normal waking hours?. <i>Physiology and Behavior</i> , 2016, 160, 12-17.	1.0	3
58	Comment on: "The General Adaptation Syndrome: A Foundation for the Concept of Periodization". <i>Sports Medicine</i> , 2018, 48, 1751-1753.	3.1	3
59	The acute muscular response to passive movement and blood flow restriction. <i>Clinical Physiology and Functional Imaging</i> , 2020, 40, 351-359.	0.5	3
60	A narrative review of the effects of blood flow restriction on vascular structure and function. <i>Physiology International</i> , 2022, 109, 186-203.	0.8	2
61	Limb Occlusion Pressure: A Method to Assess Changes in Systolic Blood Pressure. <i>International Journal of Exercise Science</i> , 2020, 13, 366-373.	0.5	1
62	Does the time of your health screening alter your "health"? <i>International Journal of Cardiology</i> , 2016, 220, 524-526.	0.8	0
63	Unilateral, bilateral, and alternating muscle actions elicit similar muscular responses during low load blood flow restriction exercise. <i>European Journal of Applied Physiology</i> , 2021, 121, 2879-2891.	1.2	0
64	A comparison of variability between absolute and relative blood flow restriction pressures. <i>Clinical Physiology and Functional Imaging</i> , 2022, , .	0.5	0