

Roger M Enoka

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98
papers

6,556
citations

42
h-index

80
g-index

105
ext. papers

7,817
ext. citations

3.3
avg, IF

6.43
L-index

#	Paper	IF	Citations
98	Muscle fatigue: what, why and how it influences muscle function. <i>Journal of Physiology</i> , 2008 , 586, 11-23	3.9	637
97	Fatigue and fatigability in neurologic illnesses: proposal for a unified taxonomy. <i>Neurology</i> , 2013 , 80, 409-16	6.5	481
96	Translating Fatigue to Human Performance. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 2228-2238	3.8	320
95	Discharge rate variability influences the variation in force fluctuations across the working range of a hand muscle. <i>Journal of Neurophysiology</i> , 2005 , 93, 2449-59	3.2	307
94	Motor unit physiology: some unresolved issues. <i>Muscle and Nerve</i> , 2001 , 24, 4-17	3.4	265
93	The extraction of neural strategies from the surface EMG: an update. <i>Journal of Applied Physiology</i> , 2014 , 117, 1215-30	3.7	252
92	Sex differences in the fatigability of arm muscles depends on absolute force during isometric contractions. <i>Journal of Applied Physiology</i> , 2001 , 91, 2686-94	3.7	239
91	Motor unit. <i>Comprehensive Physiology</i> , 2012 , 2, 2629-82	7.7	225
90	Decoding the neural drive to muscles from the surface electromyogram. <i>Clinical Neurophysiology</i> , 2010 , 121, 1616-23	4.3	216
89	Older adults are less steady during submaximal isometric contractions with the knee extensor muscles. <i>Journal of Applied Physiology</i> , 2002 , 92, 1004-12	3.7	187
88	Practice reduces motor unit discharge variability in a hand muscle and improves manual dexterity in old adults. <i>Journal of Applied Physiology</i> , 2005 , 98, 2072-80	3.7	169
87	Task differences with the same load torque alter the endurance time of submaximal fatiguing contractions in humans. <i>Journal of Neurophysiology</i> , 2002 , 88, 3087-96	3.2	140
86	Coactivation of the antagonist muscle does not covary with steadiness in old adults. <i>Journal of Applied Physiology</i> , 2000 , 89, 61-71	3.7	138
85	Motor-unit activity differs with load type during a fatiguing contraction. <i>Journal of Neurophysiology</i> , 2005 , 93, 1381-92	3.2	125
84	Human motor unit recordings: origins and insight into the integrated motor system. <i>Brain Research</i> , 2011 , 1409, 42-61	3.7	123
83	Neural control of lengthening contractions. <i>Journal of Experimental Biology</i> , 2016 , 219, 197-204	3	113
82	Strength training improves the steadiness of slow lengthening contractions performed by old adults. <i>Journal of Applied Physiology</i> , 1999 , 87, 1786-95	3.7	113

81	Morphological features and activation patterns of motor units. <i>Journal of Clinical Neurophysiology</i> , 1995 , 12, 538-59	2.2	109
80	Unraveling the neurophysiology of muscle fatigue. <i>Journal of Electromyography and Kinesiology</i> , 2011 , 21, 208-19	2.5	104
79	Rate coding is compressed but variability is unaltered for motor units in a hand muscle of old adults. <i>Journal of Neurophysiology</i> , 2007 , 97, 3206-18	3.2	101
78	Motor unit recruitment strategies and muscle properties determine the influence of synaptic noise on force steadiness. <i>Journal of Neurophysiology</i> , 2012 , 107, 3357-69	3.2	100
77	Motor-unit synchronization is not responsible for larger motor-unit forces in old adults. <i>Journal of Neurophysiology</i> , 2000 , 84, 358-66	3.2	98
76	Principles of Motor Unit Physiology Evolve With Advances in Technology. <i>Physiology</i> , 2016 , 31, 83-94	9.8	92
75	The increase in muscle force after 4 weeks of strength training is mediated by adaptations in motor unit recruitment and rate coding. <i>Journal of Physiology</i> , 2019 , 597, 1873-1887	3.9	90
74	Amplitude cancellation reduces the size of motor unit potentials averaged from the surface EMG. <i>Journal of Applied Physiology</i> , 2006 , 100, 1928-37	3.7	85
73	The 1- to 2-Hz oscillations in muscle force are exacerbated by stress, especially in older adults. <i>Journal of Applied Physiology</i> , 2004 , 97, 225-35	3.7	83
72	Inappropriate interpretation of surface EMG signals and muscle fiber characteristics impedes understanding of the control of neuromuscular function. <i>Journal of Applied Physiology</i> , 2015 , 119, 1516-8	3.7	78
71	Associations among strength, steadiness, and hand function across the adult life span. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 560-7	1.2	77
70	Spinal mechanisms contribute to differences in the time to failure of submaximal fatiguing contractions performed with different loads. <i>Journal of Neurophysiology</i> , 2008 , 99, 1096-104	3.2	77
69	Muscle activation and time to task failure differ with load type and contraction intensity for a human hand muscle. <i>Experimental Brain Research</i> , 2005 , 167, 165-77	2.3	73
68	Strength training can improve steadiness in persons with essential tremor. <i>Muscle and Nerve</i> , 2000 , 23, 771-8	3.4	73
67	Strength training reduces force fluctuations during anisometric contractions of the quadriceps femoris muscles in old adults. <i>Journal of Applied Physiology</i> , 2004 , 96, 1530-40	3.7	71
66	Gender differences in the fatigability of human skeletal muscle. <i>Journal of Neurophysiology</i> , 1999 , 82, 3590-3	3.2	66
65	Consensus for experimental design in electromyography (CEDE) project: Amplitude normalization matrix. <i>Journal of Electromyography and Kinesiology</i> , 2020 , 53, 102438	2.5	64
64	Muscle fatigue--from motor units to clinical symptoms. <i>Journal of Biomechanics</i> , 2012 , 45, 427-33	2.9	59

63	Presynaptic modulation of Ia afferents in young and old adults when performing force and position control. <i>Journal of Neurophysiology</i> , 2010 , 103, 623-31	3.2	59
62	Limb immobilization alters muscle activation patterns during a fatiguing isometric contraction. <i>Muscle and Nerve</i> , 2000 , 23, 1381-92	3.4	58
61	Prolonged muscle vibration increases stretch reflex amplitude, motor unit discharge rate, and force fluctuations in a hand muscle. <i>Journal of Applied Physiology</i> , 2005 , 99, 1835-42	3.7	54
60	Rate Coding and the Control of Muscle Force. <i>Cold Spring Harbor Perspectives in Medicine</i> , 2017 , 7,	5.4	50
59	Muscle activity and time to task failure differ with load compliance and target force for elbow flexor muscles. <i>Journal of Applied Physiology</i> , 2011 , 110, 125-36	3.7	46
58	Consensus for experimental design in electromyography (CEDE) project: Electrode selection matrix. <i>Journal of Electromyography and Kinesiology</i> , 2019 , 48, 128-144	2.5	43
57	Motor unit recruitment in human biceps brachii during sustained voluntary contractions. <i>Journal of Physiology</i> , 2008 , 586, 2183-93	3.9	42
56	Load type influences motor unit recruitment in biceps brachii during a sustained contraction. <i>Journal of Neurophysiology</i> , 2009 , 102, 1725-35	3.2	36
55	Physiological validation of the decomposition of surface EMG signals. <i>Journal of Electromyography and Kinesiology</i> , 2019 , 46, 70-83	2.5	33
54	Variability in common synaptic input to motor neurons modulates both force steadiness and pegboard time in young and older adults. <i>Journal of Physiology</i> , 2018 , 596, 3793-3806	3.9	31
53	Muscle activity differs with load compliance during fatiguing contractions with the knee extensor muscles. <i>Experimental Brain Research</i> , 2010 , 203, 307-16	2.3	31
52	Neural strategies in the control of muscle force. <i>Muscle and Nerve</i> , 1997 , 20, 66-69	3.4	30
51	Fatigability of the dorsiflexors and associations among multiple domains of motor function in young and old adults. <i>Experimental Gerontology</i> , 2014 , 55, 92-101	4.5	29
50	Force steadiness as a predictor of time to complete a pegboard test of dexterity in young men and women. <i>Journal of Applied Physiology</i> , 2016 , 120, 1410-7	3.7	28
49	Practicing a functional task improves steadiness with hand muscles in older adults. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 1531-7	1.2	27
48	Steadiness training with light loads in the knee extensors of elderly adults. <i>Medicine and Science in Sports and Exercise</i> , 2006 , 38, 735-45	1.2	25
47	Discharge properties of motor units during steady isometric contractions performed with the dorsiflexor muscles. <i>Journal of Applied Physiology</i> , 2012 , 112, 1897-905	3.7	23
46	Discharge characteristics of motor units during long-duration contractions. <i>Experimental Physiology</i> , 2014 , 99, 1387-98	2.4	20

45	Prolonged vibration of the biceps brachii tendon reduces time to failure when maintaining arm position with a submaximal load. <i>Journal of Neurophysiology</i> , 2006 , 95, 1185-93	3.2	20
44	Motor unit discharge characteristics and walking performance of individuals with multiple sclerosis. <i>Journal of Neurophysiology</i> , 2018 , 119, 1273-1282	3.2	18
43	Sodium nitrite supplementation improves motor function and skeletal muscle inflammatory profile in old male mice. <i>Journal of Applied Physiology</i> , 2015 , 118, 163-9	3.7	18
42	Enhancing the weight training experience: a comparison of limb kinematics and EMG activity on three machines. <i>European Journal of Applied Physiology</i> , 2010 , 109, 789-801	3.4	17
41	A framework for identifying the adaptations responsible for differences in pegboard times between middle-aged and older adults. <i>Experimental Gerontology</i> , 2017 , 97, 9-16	4.5	16
40	Electrical Stimulation of Muscle: Electrophysiology and Rehabilitation. <i>Physiology</i> , 2020 , 35, 40-56	9.8	16
39	Motor unit activity, force steadiness, and perceived fatigability are correlated with mobility in older adults. <i>Journal of Neurophysiology</i> , 2018 , 120, 1988-1997	3.2	15
38	A latent low-dimensional common input drives a pool of motor neurons: a probabilistic latent state-space model. <i>Journal of Neurophysiology</i> , 2017 , 118, 2238-2250	3.2	15
37	Force steadiness during a co-contraction task can be improved with practice, but only by young adults and not by middle-aged or old adults. <i>Experimental Physiology</i> , 2015 , 100, 182-92	2.4	14
36	Reply to De Luca, Nawab, and Kline: The proposed method to validate surface EMG signal decomposition remains problematic. <i>Journal of Applied Physiology</i> , 2015 , 118, 1085	3.7	12
35	Distinguishing between Fatigue and Fatigability in Multiple Sclerosis. <i>Neurorehabilitation and Neural Repair</i> , 2021 , 35, 960-973	4.7	11
34	Fatigue-induced adjustment in antagonist coactivation by old adults during a steadiness task. <i>Journal of Applied Physiology</i> , 2016 , 120, 1039-46	3.7	10
33	Neuromuscular electrical stimulation can improve mobility in older adults but the time course varies across tasks: Double-blind, randomized trial. <i>Experimental Gerontology</i> , 2018 , 108, 269-275	4.5	10
32	Modulation of motor unit activity in biceps brachii by neuromuscular electrical stimulation applied to the contralateral arm. <i>Journal of Applied Physiology</i> , 2015 , 118, 1544-52	3.7	9
31	Force control during submaximal isometric contractions is associated with walking performance in persons with multiple sclerosis. <i>Journal of Neurophysiology</i> , 2020 , 123, 2191-2200	3.2	9
30	Changes in Fatigue Are the Same for Trained Men and Women after Resistance Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 196-204	1.2	9
29	Force Steadiness: From Motor Units to Voluntary Actions. <i>Physiology</i> , 2021 , 36, 114-130	9.8	9
28	Differences in postural sway among healthy adults are associated with the ability to perform steady contractions with leg muscles. <i>Experimental Brain Research</i> , 2020 , 238, 487-497	2.3	8

27	Poor estimates of motor variability are associated with longer grooved pegboard times for middle-aged and older adults. <i>Journal of Neurophysiology</i> , 2019 , 121, 588-601	3.2	8
26	Consensus for experimental design in electromyography (CEDE) project: Terminology matrix. <i>Journal of Electromyography and Kinesiology</i> , 2021 , 59, 102565	2.5	8
25	Control of force during rapid visuomotor force-matching tasks can be described by discrete time PID control algorithms. <i>Experimental Brain Research</i> , 2017 , 235, 2561-2573	2.3	7
24	Pulse Width Does Not Influence the Gains Achieved With Neuromuscular Electrical Stimulation in People With Multiple Sclerosis: Double-Blind, Randomized Trial. <i>Neurorehabilitation and Neural Repair</i> , 2018 , 32, 84-93	4.7	7
23	Peg-manipulation capabilities during a test of manual dexterity differ for persons with multiple sclerosis and healthy individuals. <i>Experimental Brain Research</i> , 2017 , 235, 3487-3493	2.3	7
22	Individuals with sacroiliac joint dysfunction display asymmetrical gait and a depressed synergy between muscles providing sacroiliac joint force closure when walking. <i>Journal of Electromyography and Kinesiology</i> , 2018 , 43, 95-103	2.5	7
21	Electrical nerve stimulation modulates motor unit activity in contralateral biceps brachii during steady isometric contractions. <i>Journal of Neurophysiology</i> , 2018 , 120, 2603-2613	3.2	7
20	Biomechanics and neuroscience: a failure to communicate. <i>Exercise and Sport Sciences Reviews</i> , 2004 , 32, 1-3	6.7	6
19	Motor unit activity in biceps brachii of left-handed humans during sustained contractions with two load types. <i>Journal of Neurophysiology</i> , 2016 , 116, 1358-65	3.2	6
18	Manipulation of sensory input can improve stretching outcomes. <i>European Journal of Sport Science</i> , 2018 , 18, 83-91	3.9	6
17	The modulation of force steadiness by electrical nerve stimulation applied to the wrist extensors differs for young and older adults. <i>European Journal of Applied Physiology</i> , 2019 , 119, 301-310	3.4	5
16	Patients with sacroiliac joint dysfunction exhibit altered movement strategies when performing a sit-to-stand task. <i>Spine Journal</i> , 2018 , 18, 1434-1440	4	4
15	Sensory nerve stimulation causes an immediate improvement in motor function of persons with multiple sclerosis: A pilot study. <i>Multiple Sclerosis and Related Disorders</i> , 2020 , 38, 101508	4	4
14	Adjustments in Torque Steadiness During Fatiguing Contractions Are Inversely Correlated With IQ in Persons With Multiple Sclerosis. <i>Frontiers in Physiology</i> , 2018 , 9, 1404	4.6	4
13	Consensus for experimental design in electromyography (CEDE) project: High-density surface electromyography matrix.. <i>Journal of Electromyography and Kinesiology</i> , 2022 , 64, 102656	2.5	4
12	Self-massage prior to stretching improves flexibility in young and middle-aged adults. <i>Journal of Sports Sciences</i> , 2019 , 37, 1543-1550	3.6	3
11	Peg-manipulation capabilities of middle-aged adults have a greater influence on pegboard times than those of young and old adults. <i>Experimental Brain Research</i> , 2018 , 236, 2165-2172	2.3	2
10	A primer on motor unit physiology. <i>Journal of Electromyography and Kinesiology</i> , 2019 , 47, 123-124	2.5	1

9	Motor Unit 2006 ,			1
8	Treatment with electrical stimulation of sensory nerves improves motor function and disability status in persons with multiple sclerosis: A pilot study. <i>Journal of Electromyography and Kinesiology</i> , 2021 , 61, 102607	2.5		1
7	The length of tibialis anterior does not influence force steadiness during submaximal isometric contractions with the dorsiflexors. <i>European Journal of Sport Science</i> , 2021 , 1-10	3.9		1
6	Exercise with TENS does not augment gains in balance and strength for dancers. <i>Journal of Electromyography and Kinesiology</i> , 2021 , 56, 102507	2.5		1
5	Changes in neural drive to calf muscles during steady submaximal contractions after repeated static stretches. <i>Journal of Physiology</i> , 2021 , 599, 4321-4336	3.9		1
4	Motor unit physiology: Some unresolved issues			1
3	Fatigue, pain, and the recovery of neuromuscular function after consecutive days of full-body resistance exercise in trained men. <i>European Journal of Applied Physiology</i> , 2021 , 121, 3103-3116	3.4		0
2	Declines in muscle contractility and activation during isometric contractions of the knee extensors vary with contraction intensity and exercise volume. <i>Experimental Physiology</i> , 2021 , 106, 2096-2106	2.4		0
1	Bursting TENS increases walking endurance more than continuous TENS in middle-aged adults.. <i>Journal of Electromyography and Kinesiology</i> , 2022 , 63, 102644	2.5		