

Roger M Enoka

List of Publications by Year in Descending Order

Source: <https://exaly.com/author-pdf/6166989/roger-m-enoka-publications-by-year.pdf>

Version: 2024-04-28

This document has been generated based on the publications and citations recorded by exaly.com. For the latest version of this publication list, visit the link given above.

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

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	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	
97	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
96	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
95	Force Steadiness: From Motor Units to Voluntary Actions. <i>Physiology</i> , 2021 , 36, 114-130	9.8	9
94	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
93	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
92	Consensus for experimental design in electromyography (CEDE) project: Terminology matrix. <i>Journal of Electromyography and Kinesiology</i> , 2021 , 59, 102565	2.5	8
91	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
90	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
89	Distinguishing between Fatigue and Fatigability in Multiple Sclerosis. <i>Neurorehabilitation and Neural Repair</i> , 2021 , 35, 960-973	4.7	11
88	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
87	Consensus for experimental design in electromyography (CEDE) project: Amplitude normalization matrix. <i>Journal of Electromyography and Kinesiology</i> , 2020 , 53, 102438	2.5	64
86	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
85	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
84	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
83	Electrical Stimulation of Muscle: Electrophysiology and Rehabilitation. <i>Physiology</i> , 2020 , 35, 40-56	9.8	16
82	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

81	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
80	A primer on motor unit physiology. <i>Journal of Electromyography and Kinesiology</i> , 2019 , 47, 123-124	2.5	1
79	Physiological validation of the decomposition of surface EMG signals. <i>Journal of Electromyography and Kinesiology</i> , 2019 , 46, 70-83	2.5	33
78	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
77	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
76	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
75	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
74	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
73	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
72	Motor unit discharge characteristics and walking performance of individuals with multiple sclerosis. <i>Journal of Neurophysiology</i> , 2018 , 119, 1273-1282	3.2	18
71	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
70	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
69	Manipulation of sensory input can improve stretching outcomes. <i>European Journal of Sport Science</i> , 2018 , 18, 83-91	3.9	6
68	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
67	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
66	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
65	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
64	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

63	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
62	Rate Coding and the Control of Muscle Force. <i>Cold Spring Harbor Perspectives in Medicine</i> , 2017 , 7,	5.4	50
61	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
60	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
59	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
58	Neural control of lengthening contractions. <i>Journal of Experimental Biology</i> , 2016 , 219, 197-204	3	113
57	Principles of Motor Unit Physiology Evolve With Advances in Technology. <i>Physiology</i> , 2016 , 31, 83-94	9.8	92
56	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
55	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
54	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
53	Translating Fatigue to Human Performance. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 2228-2238		320
52	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
51	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
50	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
49	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
48	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
47	Discharge characteristics of motor units during long-duration contractions. <i>Experimental Physiology</i> , 2014 , 99, 1387-98	2.4	20
46	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

45	The extraction of neural strategies from the surface EMG: an update. <i>Journal of Applied Physiology</i> , 2014 , 117, 1215-30	3.7	252
44	Fatigue and fatigability in neurologic illnesses: proposal for a unified taxonomy. <i>Neurology</i> , 2013 , 80, 409-16	6.5	481
43	Muscle fatigue--from motor units to clinical symptoms. <i>Journal of Biomechanics</i> , 2012 , 45, 427-33	2.9	59
42	Motor unit. <i>Comprehensive Physiology</i> , 2012 , 2, 2629-82	7.7	225
41	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
40	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
39	Unraveling the neurophysiology of muscle fatigue. <i>Journal of Electromyography and Kinesiology</i> , 2011 , 21, 208-19	2.5	104
38	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
37	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
36	Human motor unit recordings: origins and insight into the integrated motor system. <i>Brain Research</i> , 2011 , 1409, 42-61	3.7	123
35	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
34	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
33	Decoding the neural drive to muscles from the surface electromyogram. <i>Clinical Neurophysiology</i> , 2010 , 121, 1616-23	4.3	216
32	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
31	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
30	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
29	Muscle fatigue: what, why and how it influences muscle function. <i>Journal of Physiology</i> , 2008 , 586, 11-23	3.9	637
28	Motor unit recruitment in human biceps brachii during sustained voluntary contractions. <i>Journal of Physiology</i> , 2008 , 586, 2183-93	3.9	42

27	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
26	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
25	Motor Unit 2006 ,		1
24	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
23	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
22	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
21	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
20	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
19	Motor-unit activity differs with load type during a fatiguing contraction. <i>Journal of Neurophysiology</i> , 2005 , 93, 1381-92	3.2	125
18	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
17	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
16	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
15	Biomechanics and neuroscience: a failure to communicate. <i>Exercise and Sport Sciences Reviews</i> , 2004 , 32, 1-3	6.7	6
14	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
13	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
12	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
11	Motor unit physiology: some unresolved issues. <i>Muscle and Nerve</i> , 2001 , 24, 4-17	3.4	265
10	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

9	Strength training can improve steadiness in persons with essential tremor. <i>Muscle and Nerve</i> , 2000 , 23, 771-8	3.4	73
8	Limb immobilization alters muscle activation patterns during a fatiguing isometric contraction. <i>Muscle and Nerve</i> , 2000 , 23, 1381-92	3.4	58
7	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
6	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
5	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
4	Gender differences in the fatigability of human skeletal muscle. <i>Journal of Neurophysiology</i> , 1999 , 82, 3590-3	3.2	66
3	Neural strategies in the control of muscle force. <i>Muscle and Nerve</i> , 1997 , 20, 66-69	3.4	30
2	Morphological features and activation patterns of motor units. <i>Journal of Clinical Neurophysiology</i> , 1995 , 12, 538-59	2.2	109
1	Motor unit physiology: Some unresolved issues		1