

# David A Opar

## List of Publications by Year in descending order

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Version: 2024-02-01

84  
papers

4,296  
citations

126708

33  
h-index

110170

64  
g-index

85  
all docs

85  
docs citations

85  
times ranked

2111  
citing authors

#	ARTICLE	IF	CITATIONS
1	Hamstring Strain Injuries. <i>Sports Medicine</i> , 2012, 42, 209-226.	3.1	483
2	Short biceps femoris fascicles and eccentric knee flexor weakness increase the risk of hamstring injury in elite football (soccer): a prospective cohort study. <i>British Journal of Sports Medicine</i> , 2016, 50, 1524-1535.	3.1	330
3	Eccentric Hamstring Strength and Hamstring Injury Risk in Australian Footballers. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 857-865.	0.2	252
4	Impact of the Nordic hamstring and hip extension exercises on hamstring architecture and morphology: implications for injury prevention. <i>British Journal of Sports Medicine</i> , 2017, 51, 469-477.	3.1	195
5	A Novel Device Using the Nordic Hamstring Exercise to Assess Eccentric Knee Flexor Strength: A Reliability and Retrospective Injury Study. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , 2013, 43, 636-640.	1.7	171
6	Eccentric Knee Flexor Strength and Risk of Hamstring Injuries in Rugby Union. <i>American Journal of Sports Medicine</i> , 2015, 43, 2663-2670.	1.9	155
7	An Evidence-Based Framework for Strengthening Exercises to Prevent Hamstring Injury. <i>Sports Medicine</i> , 2018, 48, 251-267.	3.1	155
8	The role of neuromuscular inhibition in hamstring strain injury recurrence. <i>Journal of Electromyography and Kinesiology</i> , 2013, 23, 523-530.	0.7	136
9	Architectural Changes of the Biceps Femoris Long Head after Concentric or Eccentric Training. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 499-508.	0.2	136
10	The financial cost of hamstring strain injuries in the Australian Football League. <i>British Journal of Sports Medicine</i> , 2014, 48, 729-730.	3.1	135
11	Impact of exercise selection on hamstring muscle activation. <i>British Journal of Sports Medicine</i> , 2017, 51, 1021-1028.	3.1	133
12	Effect of high-speed running on hamstring strain injury risk. <i>British Journal of Sports Medicine</i> , 2016, 50, 1536-1540.	3.1	131
13	Biceps Femoris Long Head Architecture. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 905-913.	0.2	111
14	The accuracy and precision of DXA for assessing body composition in team sport athletes. <i>Journal of Sports Sciences</i> , 2014, 32, 1821-1828.	1.0	109
15	Knee flexor strength and bicep femoris electromyographical activity is lower in previously strained hamstrings. <i>Journal of Electromyography and Kinesiology</i> , 2013, 23, 696-703.	0.7	107
16	Architectural adaptations of muscle to training and injury: a narrative review outlining the contributions by fascicle length, pennation angle and muscle thickness. <i>British Journal of Sports Medicine</i> , 2016, 50, 1467-1472.	3.1	96
17	Hamstring strength and flexibility after hamstring strain injury: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2016, 50, 909-920.	3.1	91
18	The effect of Nordic hamstring exercise training volume on biceps femoris long head architectural adaptation. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018, 28, 1775-1783.	1.3	91

#	ARTICLE	IF	CITATIONS
19	Muscle activation patterns in the Nordic hamstring exercise: Impact of prior strain injury. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2016, 26, 666-674.	1.3	70
20	Acute hamstring strain injury in track and field athletes: A 3-year observational study at the Penn Relay Carnival. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014, 24, e254-9.	1.3	67
21	Predictive Modeling of Hamstring Strain Injuries in Elite Australian Footballers. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 906-914.	0.2	67
22	Rate of Torque and Electromyographic Development During Anticipated Eccentric Contraction Is Lower in Previously Strained Hamstrings. <i>American Journal of Sports Medicine</i> , 2013, 41, 116-125.	1.9	66
23	Criteria for Progressing Rehabilitation and Determining Return-to-Play Clearance Following Hamstring Strain Injury: A Systematic Review. <i>Sports Medicine</i> , 2017, 47, 1375-1387.	3.1	63
24	Modeling the Risk of Team Sport Injuries: A Narrative Review of Different Statistical Approaches. <i>Frontiers in Physiology</i> , 2019, 10, 829.	1.3	58
25	Razor hamstring curl and Nordic hamstring exercise architectural adaptations: Impact of exercise selection and intensity. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2019, 29, 706-715.	1.3	54
26	Non-knee-spanning muscles contribute to tibiofemoral shear as well as valgus and rotational joint reaction moments during unanticipated sidestep cutting. <i>Scientific Reports</i> , 2018, 8, 2501.	1.6	51
27	The Effect of Previous Hamstring Strain Injuries on the Change in Eccentric Hamstring Strength During Preseason Training in Elite Australian Footballers. <i>American Journal of Sports Medicine</i> , 2015, 43, 377-384.	1.9	49
28	Reduced biceps femoris myoelectrical activity influences eccentric knee flexor weakness after repeat sprint running. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014, 24, e299-305.	1.3	47
29	Running exposure is associated with the risk of hamstring strain injury in elite Australian footballers. <i>British Journal of Sports Medicine</i> , 2018, 52, 919-928.	3.1	45
30	Biceps Femoris Architecture and Strength in Athletes with a Previous Anterior Cruciate Ligament Reconstruction. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 337-345.	0.2	42
31	Lower-limb muscle function during sidestep cutting. <i>Journal of Biomechanics</i> , 2019, 82, 186-192.	0.9	39
32	Is There a Potential Relationship Between Prior Hamstring Strain Injury and Increased Risk for Future Anterior Cruciate Ligament Injury?. <i>Archives of Physical Medicine and Rehabilitation</i> , 2014, 95, 401-405.	0.5	36
33	Comparison of Anthropometry, Upper-Body Strength, and Lower-Body Power Characteristics in Different Levels of Australian Football Players. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 826-834.	1.0	36
34	Pain-Free Versus Pain-Threshold Rehabilitation Following Acute Hamstring Strain Injury: A Randomized Controlled Trial. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , 2020, 50, 91-103.	1.7	34
35	Muscle contributions to tibiofemoral shear forces and valgus and rotational joint moments during single leg drop landing. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020, 30, 1664-1674.	1.3	27
36	Muscle Force Contributions to Anterior Cruciate Ligament Loading. <i>Sports Medicine</i> , 2022, 52, 1737-1750.	3.1	26

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37	Effect of Prior Injury on Changes to Biceps Femoris Architecture across an Australian Football League Season. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 2102-2109.	0.2	24
38	Is There Evidence to Support the Use of the Angle of Peak Torque as a Marker of Hamstring Injury and Re-Injury Risk?. <i>Sports Medicine</i> , 2016, 46, 7-13.	3.1	23
39	A Novel Apparatus to Measure Knee Flexor Strength During Various Hamstring Exercises: A Reliability and Retrospective Injury Study. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , 2018, 48, 72-80.	1.7	23
40	Lower Limb Muscle Size after Anterior Cruciate Ligament Injury: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2021, 51, 1209-1226.	3.1	23
41	Acute Injuries in Track and Field Athletes. <i>American Journal of Sports Medicine</i> , 2015, 43, 816-822.	1.9	20
42	Sprinting, Strength, and Architectural Adaptations Following Hamstring Training in Australian Footballers. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 1276-1289.	1.3	19
43	Hamstring Strain Injury Rehabilitation. <i>Journal of Athletic Training</i> , 2022, 57, 125-135.	0.9	19
44	Is Pre-season Eccentric Strength Testing During the Nordic Hamstring Exercise Associated with Future Hamstring Strain Injury? A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2021, 51, 1935-1945.	3.1	17
45	Hamstring strength and architectural adaptations following inertial flywheel resistance training. <i>Journal of Science and Medicine in Sport</i> , 2020, 23, 1093-1099.	0.6	17
46	ECCENTRIC HAMSTRING STRENGTH IS ASSOCIATED WITH AGE AND DURATION OF PREVIOUS SEASON HAMSTRING INJURY IN MALE SOCCER PLAYERS. <i>International Journal of Sports Physical Therapy</i> , 2020, 15, 246-253.	0.5	17
47	There is strength in numbers for muscle injuries: it is time to establish an international collaborative registry. <i>British Journal of Sports Medicine</i> , 2018, 52, 1228-1229.	3.1	15
48	Mechanical, Material and Morphological Adaptations of Healthy Lower Limb Tendons to Mechanical Loading: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2022, 52, 2405-2429.	3.1	14
49	Hamstring Myoelectrical Activity During Three Different Kettlebell Swing Exercises. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1953-1958.	1.0	13
50	Effect of acute augmented feedback on between limb asymmetries and eccentric knee flexor strength during the Nordic hamstring exercise. <i>PeerJ</i> , 2018, 6, e4972.	0.9	12
51	Trunk, pelvis and lower limb coordination between anticipated and unanticipated sidestep cutting in females. <i>Gait and Posture</i> , 2021, 85, 131-137.	0.6	11
52	Poor Reporting of Exercise Interventions for Hamstring Strain Injury Rehabilitation: A Scoping Review of Reporting Quality and Content in Contemporary Applied Research. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , 2022, 52, 130-141.	1.7	11
53	Drop punt kicking induces eccentric knee flexor weakness associated with reductions in hamstring electromyographic activity. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, 595-599.	0.6	10
54	Poor agreement between ultrasound and inbuilt diffusion tensor MRI measures of biceps femoris long head fascicle length. <i>Translational Sports Medicine</i> , 2019, 2, 58-63.	0.5	10

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55	Muscle function during single leg landing. <i>Scientific Reports</i> , 2022, 12, .	1.6	10
56	Muscle Activity and Activation in Previously Strain-Injured Lower Limbs: A Systematic Review. <i>Sports Medicine</i> , 2021, 51, 2311-2327.	3.1	9
57	Screening Hamstring Injury Risk Factors Multiple Times in a Season Does Not Improve the Identification of Future Injury Risk. <i>Medicine and Science in Sports and Exercise</i> , 2022, 54, 321-329.	0.2	9
58	Prediction of Hamstring Injuries in Australian Football Using Biceps Femoris Architectural Risk Factors Derived From Soccer. <i>American Journal of Sports Medicine</i> , 2021, 49, 3687-3695.	1.9	8
59	Reliability of measures of quadriceps muscle function using magnetic stimulation. <i>Muscle and Nerve</i> , 2016, 53, 770-778.	1.0	7
60	Pain-Free Versus Pain-Threshold Rehabilitation Following Acute Hamstring Strain Injury: A Randomized Controlled Trial. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , 2019, , 1-35.	1.7	7
61	Comparisons of eccentric knee flexor strength and asymmetries across elite, sub-elite and school level cricket players. <i>PeerJ</i> , 2016, 4, e1594.	0.9	7
62	Muscle contributions to medial and lateral tibiofemoral compressive loads during sidestep cutting. <i>Journal of Biomechanics</i> , 2020, 101, 109641.	0.9	6
63	The juxtaposition of science and medicine in sport. Can we all play together nicely?. <i>British Journal of Sports Medicine</i> , 2015, 49, 640-641.	3.1	4
64	Session Availability as a Result of Prior Injury Impacts the Risk of Subsequent Non-contact Lower Limb Injury in Elite Male Australian Footballers. <i>Frontiers in Physiology</i> , 2019, 10, 737.	1.3	4
65	Performance changes during the off-season period in football players – Effects of age and previous hamstring injury. <i>Journal of Sports Sciences</i> , 2020, 38, 2489-2499.	1.0	4
66	Hamstring and gluteal activation during high-speed overground running: Impact of prior strain injury. <i>Journal of Sports Sciences</i> , 2021, 39, 2073-2079.	1.0	4
67	Anterior Cruciate Ligament Reconstruction Increases the Risk of Hamstring Strain Injury Across Football Codes in Australia. <i>Sports Medicine</i> , 2022, 52, 923-932.	3.1	4
68	ECCENTRIC HAMSTRING STRENGTH IS ASSOCIATED WITH AGE AND DURATION OF PREVIOUS SEASON HAMSTRING INJURY IN MALE SOCCER PLAYERS. <i>International Journal of Sports Physical Therapy</i> , 2020, 15, 246-253.	0.5	4
69	The development of a HAMstring InjuRy (HAMIR) index to mitigate injury risk through innovative imaging, biomechanics, and data analytics: protocol for an observational cohort study. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2022, 14, .	0.7	4
70	Factors that Impact Self-reported Wellness Scores in Elite Australian Footballers. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 1427-1435.	0.2	3
71	Early introduction of high-intensity eccentric loading into hamstring strain injury rehabilitation. <i>Journal of Science and Medicine in Sport</i> , 2022, , .	0.6	2
72	Lower limb injury: improving our translation of research into clinical practice for acute injuries and long-term sequelae. <i>British Journal of Sports Medicine</i> , 2015, 49, 635-635.	3.1	1

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73	What do submarines have in common with diabetes?. British Journal of Sports Medicine, 2016, 50, 955-956.	3.1	1
74	Response. Medicine and Science in Sports and Exercise, 2018, 50, 2615-2616.	0.2	1
75	Infographic. The effect of high-speed running on hamstring strain injury risk. British Journal of Sports Medicine, 2019, 53, 1034-1035.	3.1	1
76	Hamstring Injury Prevention and Implementation. , 2020, , 145-163.		1
77	Authors'™ Response to Comment on "Lower Limb Muscle Size After Anterior Cruciate Ligament Injury: A Systematic Review and Meta-analysis". Sports Medicine, 2021, , 1.	3.1	1
78	Anatomy of the Hamstrings. , 2020, , 1-30.		1
79	You Can't Replicate What You Can't See: A Call for Researchers to Share Their Data and Avoid "Fragile" Correlations. Journal of Orthopaedic and Sports Physical Therapy, 2021, 51, 556-558.	1.7	1
80	Hamstring strain injury " Structural and functional considerations for prevention, rehabilitation and return to play. Journal of Science and Medicine in Sport, 2015, 19, e2.	0.6	0
81	The warm water in Langkawi awaits, but first. British Journal of Sports Medicine, 2017, 51, 1175-1175.	3.1	0
82	Hamstrings Biomechanics Related to Running. , 2020, , 65-81.		0
83	160...Eccentric hamstring strength and sprinting performance changes during the off-season in Spanish footballers. , 2021, , .		0
84	Assessing isometric kicking force and post-match responses using the Kicker test. Journal of Sports Sciences, 2022, , 1-7.	1.0	0