Michael Behringer Jun-Prof med rer nat

List of Publications by Year
in descending order

35 papers	850 citations	759233 12 h-index	501196 28 g-index
39 all docs	39 docs citations	39 times ranked	1168 citing authors

#	Article	IF	Citations
1	Effects of Strength Training on Motor Performance Skills in Children and Adolescents: A Meta-Analysis. Pediatric Exercise Science, 2011, 23, 186-206.	1.0	184
2	Effects of Resistance Training in Children and Adolescents: A Meta-analysis. Pediatrics, 2010, 126, e1199-e1210.	2.1	169
3	Effects of Weight-Bearing Activities on Bone Mineral Content and Density in Children and Adolescents: A Meta-Analysis. Journal of Bone and Mineral Research, 2014, 29, 467-478.	2.8	140
4	A systematic review on the effects of resistance and plyometric training on physical fitness in youth-What do comparative studies tell us?. PLoS ONE, 2018, 13, e0205525.	2.5	45
5	Motor point map of upper body muscles. European Journal of Applied Physiology, 2014, 114, 1605-1617.	2.5	33
6	Ischemic Preconditioning Blunts Muscle Damage Responses Induced by Eccentric Exercise. Medicine and Science in Sports and Exercise, 2018, 50, 109-115.	0.4	28
7	Exhaustive exercise â€“ A near death experience for skeletal muscle cells?. Medical Hypotheses, 2014, 83, 758-765.	1.5	21
8	Effects of stimulation frequency, amplitude, and impulse width on muscle fatigue. Muscle and Nerve, 2016, 53, 608-616.	2.2	18
9	Is â€œDelayed Onset Muscle Sorenessâ€•a False Friend? The Potential Implication of the Fascial Connective Tissue in Post-Exercise Discomfort. International Journal of Molecular Sciences, 2021, 22, 9482.	4.1	17
10	Effects of blood flow restriction during moderate-intensity eccentric knee extensions. Journal of Physiological Sciences, 2018, 68, 589-599.	2.1	16
11	Mechanisms underpinning protection against eccentric exercise-induced muscle damage by ischemic preconditioning. Medical Hypotheses, 2017, 98, 21-27.	1.5	15
12	Blood flow restriction training as a prehabilitation concept in total knee arthroplasty: A narrative review about current preoperative interventions and the potential impact of BFR. Medical Hypotheses, 2018, 110, 53-59.	1.5	15
13	A Promising Approach to Effectively Reduce Cramp Susceptibility in Human Muscles: A Randomized, Controlled Clinical Trial. PLoS ONE, 2014, 9, e94910.	2.5	12
14	Effects of Resting vs. Continuous Blood-Flow Restriction-Training on Strength, Fatigue Resistance, Muscle Thickness, and Perceived Discomfort. Frontiers in Physiology, 2021, 12, 663665.	2.8	12
15	Effects of lymphatic drainage and cryotherapy on indirect markers of muscle damage. Journal of Sports Medicine and Physical Fitness, 2018, 58, 903-909.	0.7	11
16	Impact of a Six-Week Prehabilitation With Blood-Flow Restriction Training on Pre- and Postoperative Skeletal Muscle Mass and Strength in Patients Receiving Primary Total Knee Arthroplasty. Frontiers in Physiology, 0, 13, .	2.8	11
17	Invasive Assessment of Hemodynamic, Metabolic and Ionic Consequences During Blood Flow Restriction Training. Frontiers in Physiology, 2020, 11, 617668.	2.8	10
18	Anatomical versus functional motor points of selected upper body muscles. Muscle and Nerve, 2018, 57, 460-465.	2.2	9

#	Article	IF	Citations
19	Are electrically induced muscle cramps able to increase the cramp threshold frequency, when induced once a week?. Orthopedic Reviews, 2015, 7, 6028.	1.3	8
20	Evaluation of muscle damage marker after mixed martial arts matches. Orthopedic Reviews, 2016, 8, 6209.	1.3	8
21	Effects of TRPV1 and TRPA1 activators on the cramp threshold frequency: a randomized, double-blind placebo-controlled trial. European Journal of Applied Physiology, 2017, 117, 1641-1647.	2.5	8
22	Effects of Neuromuscular Electrical Stimulation on the Frequency of Skeletal Muscle Cramps: A Prospective Controlled Clinical Trial. Neuromodulation, 2018, 21, 815-822.	0.8	8
23	Tensiomyography parameters and serum biomarkers after eccentric exercise of the elbow flexors. European Journal of Applied Physiology, 2019, 119, 455-464.	2.5	8
24	Efficacy of manual versus free-weight training to improve maximal strength and performance for microgravity conditions. Journal of Sports Sciences, 2016, 34, 630-636.	2.0	7
25	High-Protein Energy-Restriction: Effects on Body Composition, Contractile Properties, Mood, and Sleep in Active Young College Students. Frontiers in Sports and Active Living, 2021, 3, 683327.	1.8	7
26	Analyzing acute and daily load parameters in match situations â€“ a comparison of classic and 3â€‰Ã—â€‰3 basketball. International Journal of Sports Science and Coaching, 0, , 174795412110679.	1.4	7
27	Cramp Training Induces a Long-Lasting Increase of the Cramp Threshold Frequency in Healthy Subjects. Neuromodulation, 2018, 21, 809-814.	0.8	6
28	Motor imagery and the muscle system. International Journal of Psychophysiology, 2022, 174, 57-65.	1.0	6
29	Application of Blood Flow Restriction to Optimize Exercise Countermeasures for Human Space Flight. Frontiers in Physiology, 2019, 10, 33.	2.8	2
30	Neuromuscular Electrical Stimulation Reduces Leg Cramps in Patients With Lumbar Degenerative Disorders: A Randomized Placeboâ€Controlled Trial. Neuromodulation, 2020, , .	0.8	2
31	The Effect of Lower-Body Blood Flow Restriction on Static and Perturbated Stable Stand in Young, Healthy Adults. Frontiers in Human Neuroscience, 2021, 15, 756230.	2.0	2
32	H-reflex and M-wave responses after voluntary and electrically evoked muscle cramping. European Journal of Applied Physiology, 2021, 121, 659-672.	2.5	1
33	Reproducibility of knee extensor and flexor contraction velocity in healthy men and women assessed using tensiomyography: A study protocol. PLoS ONE, 2022, 17, e0262156.	2.5	1
34	Polyamines, myosin heavy chains, and collagen specific amino acids after a repeated bout of eccentric exercise. Research in Sports Medicine, 2016, 24, 272-282.	1.3	0
35	Welche biologischen Besonderheiten gilt es, beim Krafttraining fÃ¼r junge Schwimmer zu berÃ¼cksichtigen?. , 2017, , 67-92.		0