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List of Publications by Year in descending order

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Version: 2024-02-01

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	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
2	Motor imagery and the muscle system. International Journal of Psychophysiology, 2022, 174, 57-65.	1.0	6
3	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
4	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
5	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
6	Is "Delayed Onset Muscle Soreness" 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
7	The Effect of Lower-Body Blood Flow Restriction on Static and Perturbed Stable Stand in Young, Healthy Adults. Frontiers in Human Neuroscience, 2021, 15, 756230.	2.0	2
8	Neuromuscular Electrical Stimulation Reduces Leg Cramps in Patients With Lumbar Degenerative Disorders: A Randomized Placebo-Controlled Trial. Neuromodulation, 2020, , .	0.8	2
9	Invasive Assessment of Hemodynamic, Metabolic and Ionic Consequences During Blood Flow Restriction Training. Frontiers in Physiology, 2020, 11, 617668.	2.8	10
10	Application of Blood Flow Restriction to Optimize Exercise Countermeasures for Human Space Flight. Frontiers in Physiology, 2019, 10, 33.	2.8	2
11	Tensiomyography parameters and serum biomarkers after eccentric exercise of the elbow flexors. European Journal of Applied Physiology, 2019, 119, 455-464.	2.5	8
12	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
13	Cramp Training Induces a Long-Lasting Increase of the Cramp Threshold Frequency in Healthy Subjects. Neuromodulation, 2018, 21, 809-814.	0.8	6
14	Anatomical versus functional motor points of selected upper body muscles. Muscle and Nerve, 2018, 57, 460-465.	2.2	9
15	Ischemic Preconditioning Blunts Muscle Damage Responses Induced by Eccentric Exercise. Medicine and Science in Sports and Exercise, 2018, 50, 109-115.	0.4	28
16	Effects of blood flow restriction during moderate-intensity eccentric knee extensions. Journal of Physiological Sciences, 2018, 68, 589-599.	2.1	16
17	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
18	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

#	ARTICLE	IF	CITATIONS
19	Effects of lymphatic drainage and cryotherapy on indirect markers of muscle damage. <i>Journal of Sports Medicine and Physical Fitness</i> , 2018, 58, 903-909.	0.7	11
20	Effects of TRPV1 and TRPA1 activators on the cramp threshold frequency: a randomized, double-blind placebo-controlled trial. <i>European Journal of Applied Physiology</i> , 2017, 117, 1641-1647.	2.5	8
21	Mechanisms underpinning protection against eccentric exercise-induced muscle damage by ischemic preconditioning. <i>Medical Hypotheses</i> , 2017, 98, 21-27.	1.5	15
22	Welche biologischen Besonderheiten gilt es, beim Krafttraining für junge Schwimmer zu berücksichtigen?. , 2017, , 67-92.		0
23	Evaluation of muscle damage marker after mixed martial arts matches. <i>Orthopedic Reviews</i> , 2016, 8, 6209.	1.3	8
24	Polyamines, myosin heavy chains, and collagen specific amino acids after a repeated bout of eccentric exercise. <i>Research in Sports Medicine</i> , 2016, 24, 272-282.	1.3	0
25	Effects of stimulation frequency, amplitude, and impulse width on muscle fatigue. <i>Muscle and Nerve</i> , 2016, 53, 608-616.	2.2	18
26	Efficacy of manual versus free-weight training to improve maximal strength and performance for microgravity conditions. <i>Journal of Sports Sciences</i> , 2016, 34, 630-636.	2.0	7
27	Are electrically induced muscle cramps able to increase the cramp threshold frequency, when induced once a week?. <i>Orthopedic Reviews</i> , 2015, 7, 6028.	1.3	8
28	A Promising Approach to Effectively Reduce Cramp Susceptibility in Human Muscles: A Randomized, Controlled Clinical Trial. <i>PLoS ONE</i> , 2014, 9, e94910.	2.5	12
29	Exhaustive exercise – A near death experience for skeletal muscle cells?. <i>Medical Hypotheses</i> , 2014, 83, 758-765.	1.5	21
30	Effects of Weight-Bearing Activities on Bone Mineral Content and Density in Children and Adolescents: A Meta-Analysis. <i>Journal of Bone and Mineral Research</i> , 2014, 29, 467-478.	2.8	140
31	Motor point map of upper body muscles. <i>European Journal of Applied Physiology</i> , 2014, 114, 1605-1617.	2.5	33
32	Effects of Strength Training on Motor Performance Skills in Children and Adolescents: A Meta-Analysis. <i>Pediatric Exercise Science</i> , 2011, 23, 186-206.	1.0	184
33	Effects of Resistance Training in Children and Adolescents: A Meta-analysis. <i>Pediatrics</i> , 2010, 126, e1199-e1210.	2.1	169
34	Analyzing acute and daily load parameters in match situations – a comparison of classic and 3x3 basketball. <i>International Journal of Sports Science and Coaching</i> , 0, , 174795412110679.	1.4	7
35	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. <i>Frontiers in Physiology</i> , 0, 13, .	2.8	11