Anthony D Kay

List of Publications by Year
in descending order

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26 papers	1,372 citations	687363 13 h-index	610901 24 g-index
26 all docs	26 docs citations	26 times ranked	912 citing authors

#	Article	IF	Citations
1	Acute effects of muscle stretching on physical performance, range of motion, and injury incidence in healthy active individuals: a systematic review. Applied Physiology, Nutrition and Metabolism, 2016, 41, 1-11.	1.9	425
2	Effect of Acute Static Stretch on Maximal Muscle Performance. Medicine and Science in Sports and Exercise, 2012, 44, 154-164.	0.4	276
3	Moderate-duration static stretch reduces active and passive plantar flexor moment but not Achilles tendon stiffness or active muscle length. Journal of Applied Physiology, 2009, 106, 1249-1256.	2.5	127
4	Effects of Contractâ€“Relax, Static Stretching, and Isometric Contractions on Muscleâ€“Tendon Mechanics. Medicine and Science in Sports and Exercise, 2015, 47, 2181-2190.	0.4	105
5	Isometric contractions reduce plantar flexor moment, Achilles tendon stiffness, and neuromuscular activity but remove the subsequent effects of stretch. Journal of Applied Physiology, 2009, 107, 1181-1189.	2.5	70
6	No Effect of Muscle Stretching within a Full, Dynamic Warm-up on Athletic Performance. Medicine and Science in Sports and Exercise, 2018, 50, 1258-1266.	0.4	58
7	Mechanisms underlying performance impairments following prolonged static stretching without a comprehensive warm-up. European Journal of Applied Physiology, 2021, 121, 67-94.	2.5	53
8	Reductions in active plantarflexor moment are significantly correlated with static stretch duration. European Journal of Sport Science, 2008, 8, 41-46.	2.7	40
9	Variable, but not freeâ€weight, resistance back squat exercise potentiates jump performance following a comprehensive taskâ€specific warmâ€up. Scandinavian Journal of Medicine and Science in Sports, 2019, 29, 380-392.	2.9	29
10	Stretching of Active Muscle Elicits Chronic Changes in Multiple Strain Risk Factors. Medicine and Science in Sports and Exercise, 2016, 48, 1388-1396.	0.4	27
11	Concentric muscle contractions before static stretching minimize, but do not remove, stretch-induced force deficits. Journal of Applied Physiology, 2010, 108, 637-645.	2.5	23
12	Influence of Variable Resistance Loading on Subsequent Free Weight Maximal Back Squat Performance. Journal of Strength and Conditioning Research, 2014, 28, 2988-2995.	2.1	21
13	Changes in postural sway and gait characteristics as a consequence of anterior load carriage. Gait and Posture, 2018, 66, 139-145.	1.4	17
14	Chainâ€loaded variable resistance warmâ€up improves freeâ€weight maximal back squat performance. European Journal of Sport Science, 2016, 16, 932-939.	2.7	15
15	Effects of Stretching on Injury Risk Reduction and Balance. Bioengineered, 2021, 10, 106-116.	3.2	14
16	Acute effects of contractâ€“relax (CR) stretch versus a modified CR technique. European Journal of Applied Physiology, 2016, 116, 611-621.	2.5	12
17	Stretch imposed on active muscle elicits positive adaptations in strain risk factors and exerciseâ€induced muscle damage. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 2299-2309.	2.9	11
18	Association between knee extensor and ankle plantarflexor muscle thickness and echo intensity with postural sway, mobility and physical function in older adults. Experimental Gerontology, 2021, 150, 111385.	2.8	11

#	Article	IF	Citations
19	Isokinetic eccentric exercise substantially improves mobility, muscle strength and size, but not postural sway metrics in older adults, with limited regression observed following a detraining period. European Journal of Applied Physiology, 2020, 120, 2383-2395.	2.5	9
20	Effects of Acute and Chronic Stretching on Pain Control. Bioengineered, 2021, 10, 150-159.	3.2	9
21	The external validity of a novel contractâ€•relax stretching technique on knee flexor range of motion. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 74-82.	2.9	6
22	Delayed Impairment of Postural, Physical, and Muscular Functions Following Downhill Compared to Level Walking in Older People. Frontiers in Physiology, 2020, 11, 544559.	2.8	5
23	Reliability of isokinetic tests of velocityâ€•and contraction intensityâ€dependent plantar flexor mechanical properties. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 1009-1025.	2.9	5
24	The effect of isokinetic dynamometer deceleration phase on maximum ankle joint range of motion and plantar flexor mechanical properties tested at different angular velocities. Journal of Biomechanics, 2019, 92, 169-174.	2.1	4
25	Stretching of voluntarily-activated muscles evokes greater acute and chronic adaptive changes than (traditional) static stretching. Journal of Science and Medicine in Sport, 2017, 20, S41-S42.	1.3	0
26	Response to the Letter to the Editor from Costa do Couto et al. regarding our article â€˜Isokinetic eccentric exercise substantially improves mobility, muscle strength and size, but not postural sway metrics in older adults with limited regression observed following a detraining periodâ€™. European Journal of Applied Physiology, 2021, 121, 1797-1798.	2.5	0