Scott J Dankel

List of Publications by Year
in descending order

140 papers	3,247 citations	159573 30 h-index	206102 48 g-index
140 all docs	140 docs citations	140 times ranked	2237 citing authors

#	Article	IF	Citations
1	Influence of relative blood flow restriction pressure on muscle activation and muscle adaptation. Muscle and Nerve, 2016, 53, 438-445.	2.2	164
2	Determining Strength: A Case for Multiple Methods of Measurement. Sports Medicine, 2017, 47, 193-195.	6.5	128
3	Practicing the Test Produces Strength Equivalent to Higher Volume Training. Medicine and Science in Sports and Exercise, 2017, 49, 1945-1954.	0.4	97
4	Muscle Adaptations to High-Load Training and Very Low-Load Training With and Without Blood Flow Restriction. Frontiers in Physiology, 2018, 9, 1448.	2.8	94
5	The Influence of Cuff Width, Sex, and Race on Arterial Occlusion: Implications for Blood Flow Restriction Research. Sports Medicine, 2016, 46, 913-921.	6.5	88
6	The widespread misuse of effect sizes. Journal of Science and Medicine in Sport, 2017, 20, 446-450.	1.3	82
7	Training to Fatigue: The Answer for Standardization When Assessing Muscle Hypertrophy?. Sports Medicine, 2017, 47, 1021-1027.	6.5	75
8	The effects of upper body exercise across different levels of blood flow restriction on arterial occlusion pressure and perceptual responses. Physiology and Behavior, 2017, 171, 181-186.	2.1	74
9	Muscle adaptations following 21 consecutive days of strength test familiarization compared with traditional training. Muscle and Nerve, 2017, 56, 307-314.	2.2	73
10	Frequency: The Overlooked Resistance Training Variable for Inducing Muscle Hypertrophy?. Sports Medicine, 2017, 47, 799-805.	6.5	72
11	The Effects of Blood Flow Restriction on Upper-Body Musculature Located Distal and Proximal to Applied Pressure. Sports Medicine, 2016, 46, 23-33.	6.5	70
12	Effect Sizes for Paired Data Should Use the Change Score Variability Rather Than the Pre-test Variability. Journal of Strength and Conditioning Research, 2021, 35, 1773-1778.	2.1	70
13	Mechanisms of Blood Flow Restriction: The New Testament. Techniques in Orthopaedics, 2018, 33, 72-79.	0.2	68
14	The Application of Blood Flow Restriction: Lessons From the Laboratory. Current Sports Medicine Reports, 2018, 17, 129-134.	1.2	61
15	Correlations Do Not Show Cause and Effect: Not Even for Changes in Muscle Size and Strength. Sports Medicine, 2018, 48, 1-6.	6.5	61
16	Do metabolites that are produced during resistance exercise enhance muscle hypertrophy?. European Journal of Applied Physiology, 2017, 117, 2125-2135.	2.5	59
17	The acute and chronic effects of â€œNO LOADâ€•resistance training. Physiology and Behavior, 2016, 164, 345-352.	2.1	57
18	Determining the Importance of Meeting Muscle-Strengthening Activity Guidelines. Mayo Clinic Proceedings, 2016, 91, 166-174.	3.0	56

#	ARTICLE	IF	CITATIONS
19	A tale of three cuffs: the hemodynamics of blood flow restriction. European Journal of Applied Physiology, 2017, 117, 1493-1499.	2.5	56
20	The Cardiovascular and Perceptual Response to Very Low Load Blood Flow Restricted Exercise. International Journal of Sports Medicine, 2017, 38, 597-603.	1.7	56
21	The problem Of muscle hypertrophy: Revisited. Muscle and Nerve, 2016, 54, 1012-1014.	2.2	54
22	Exercise-Induced Changes in Muscle Size do not Contribute to Exercise-Induced Changes in Muscle Strength. Sports Medicine, 2019, 49, 987-991.	6.5	47
23	Influence of cuff material on blood flow restriction stimulus in the upper body. Journal of Physiological Sciences, 2017, 67, 207-215.	2.1	45
24	Associations between Handgrip Strength and Ultrasound-Measured Muscle Thickness of the Hand and Forearm in Young Men and Women. Ultrasound in Medicine and Biology, 2015, 41, 2125-2130.	1.5	39
25	Blood flow in humans following low-load exercise with and without blood flow restriction. Applied Physiology, Nutrition and Metabolism, 2017, 42, 1165-1171.	1.9	38
26	Dose-dependent association between muscle-strengthening activities and all-cause mortality: Prospective cohort study among a national sample of adults in the USA. Archives of Cardiovascular Diseases, 2016, 109, 626-633.	1.6	36
27	The Impact of Ultrasound Probe Tilt on Muscle Thickness and Echo-Intensity: A Cross-Sectional Study. Journal of Clinical Densitometry, 2020, 23, 630-638.	1.2	36
28	Participation in muscle-strengthening activities as an alternative method for the prevention of multimorbidity. Preventive Medicine, 2015, 81, 54-57.	3.4	33
29	Muscle growth: To infinity and beyond?. Muscle and Nerve, 2017, 56, 1022-1030.	2.2	33
30	Let's talk about sex: where are the young females in blood flow restriction research?. Clinical Physiology and Functional Imaging, 2018, 38, 1-3.	1.2	32
31	The Association of Handgrip Strength and Mortality: What Does It Tell Us and What Can We Do With It?. Rejuvenation Research, 2019, 22, 230-234.	1.8	32
32	Assessing differential responders and mean changes in muscle size, strength, and the crossover effect to 2 distinct resistance training protocols. Applied Physiology, Nutrition and Metabolism, 2020, 45, 463-470.	1.9	32
33	The acute muscular response to two distinct blood flow restriction protocols. Physiology International, 2017, 104, 64-76.	1.6	30
34	Blood flow occlusion pressure at rest and immediately after a bout of low load exercise. Clinical Physiology and Functional Imaging, 2016, 36, 436-440.	1.2	29
35	High-pressure blood flow restriction with very low load resistance training results in peripheral vascular adaptations similar to heavy resistance training. Physiological Measurement, 2019, 40, 035003.	2.1	29
36	Perceptual changes to progressive resistance training with and without blood flow restriction. Journal of Sports Sciences, 2019, 37, 1857-1864.	2.0	29

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37	A Method to Stop Analyzing Random Error and Start Analyzing Differential Responders to Exercise. Sports Medicine, 2020, 50, 231-238.	6.5	29
38	Resistance training induced changes in strength and specific force at the fiber and whole muscle level: a meta-analysis. European Journal of Applied Physiology, 2019, 119, 265-278.	2.5	28
39	The effects of exergames on anxiety levels: A systematic review and metaâ€analysis. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 1100-1116.	2.9	28
40	Combined Associations of Muscle-Strengthening Activities and Accelerometer-Assessed Physical Activity on Multimorbidity: Findings From NHANES. American Journal of Health Promotion, 2017, 31, 274-277.	1.7	27
41	Post-exercise blood flow restriction attenuates muscle hypertrophy. European Journal of Applied Physiology, 2016, 116, 1955-1963.	2.5	26
42	Moderately heavy exercise produces lower cardiovascular, RPE, and discomfort compared to lower load exercise with and without blood flow restriction. European Journal of Applied Physiology, 2018, 118, 1473-1480.	2.5	26
43	Is muscle growth a mechanism for increasing strength?. Medical Hypotheses, 2019, 125, 51-56.	1.5	25
44	Periodization: What is it good for?. Journal of Trainology, 2016, 5, 6-12.	0.5	24
45	Are higher blood flow restriction pressures more beneficial when lower loads are used?. Physiology International, 2017, 104, 247-257.	1.6	24
46	The General Adaptation Syndrome: Potential misapplications to resistance exercise. Journal of Science and Medicine in Sport, 2017, 20, 1015-1017.	1.3	23
47	Differentiating swelling and hypertrophy through indirect assessment of muscle damage in untrained men following repeated bouts of resistance exercise. European Journal of Applied Physiology, 2017, 117, 213-224.	2.5	23
48	The Individual, Joint, and Additive Interaction Associations of Aerobic-Based Physical Activity and Muscle Strengthening Activities on Metabolic Syndrome. International Journal of Behavioral Medicine, 2016, 23, 707-713.	1.7	22
49	Skeletal muscle mass in human athletes: What is the upper limit?. American Journal of Human Biology, 2018, 30, e23102.	1.6	22
50	Perceptual and arterial occlusion responses to very low load blood flow restricted exercise performed to volitional failure. Clinical Physiology and Functional Imaging, 2019, 39, 29-34.	1.2	22
51	Body Fat Loss Automatically Reduces Lean Mass by Changing the Fatâ€Free Component of Adipose Tissue. Obesity, 2019, 27, 357-358.	3.0	22
52	Acute skeletal muscle responses to very lowâ€load resistance exercise with and without the application of blood flow restriction in the upper body. Clinical Physiology and Functional Imaging, 2019, 39, 201-208.	1.2	22
53	Validity of the Handheld Doppler to Determine Lower-Limb Blood Flow Restriction Pressure for Exercise Protocols. Journal of Strength and Conditioning Research, 2020, 34, 2693-2696.	2.1	22
54	The effects of exergames on muscle strength: A systematic review and metaâ€analysis. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 1592-1611.	2.9	22

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55	Does the fat-but-fit paradigm hold true for all-cause mortality when considering the duration of overweight/obesity? Analyzing the WATCH (Weight, Activity and Time Contributes to Health) paradigm. Preventive Medicine, 2016, 83, 37-40.	3.4	21
56	Ultrasound and MRI measured changes in muscle mass gives different estimates but similar conclusions: a Bayesian approach. European Journal of Clinical Nutrition, 2019, 73, 1203-1205.	2.9	21
57	The impact of overweight/obesity duration on the association between physical activity and cardiovascular disease risk: an application of the â€œfat but fitâ€•paradigm. International Journal of Cardiology, 2015, 201, 88-89.	1.7	20
58	A method to standardize the blood flow restriction pressure by an elastic cuff. Scandinavian Journal of Medicine and Science in Sports, 2019, 29, 329-335.	2.9	20
59	The Perceived Tightness Scale Does Not Provide Reliable Estimates of Blood Flow Restriction Pressure. Journal of Sport Rehabilitation, 2020, 29, 516-518.	1.0	20
60	Physical activity and diet on quality of life and mortality: The importance of meeting one specific or both behaviors. International Journal of Cardiology, 2016, 202, 328-330.	1.7	19
61	Blood flow restriction and cuff width: effect on blood flow in the legs. Clinical Physiology and Functional Imaging, 2018, 38, 944-948.	1.2	19
62	What is the Impact of Muscle Hypertrophy on Strength and Sport Performance?. Strength and Conditioning Journal, 2018, 40, 99-111.	1.4	19
63	The impact of cuff width and biological sex on cuff preference and the perceived discomfort to blood-flow-restricted arm exercise. Physiological Measurement, 2019, 40, 055001.	2.1	19
64	The influence of biological sex and cuff width on muscle swelling, echo intensity, and the fatigue response to blood flow restricted exercise. Journal of Sports Sciences, 2019, 37, 1865-1873.	2.0	19
65	The Basics of Training for Muscle Size and Strength: A Brief Review on the Theory. Medicine and Science in Sports and Exercise, 2020, 52, 645-653.	0.4	18
66	What does individual strength say about resistance training status?. Muscle and Nerve, 2017, 55, 455-457.	2.2	17
67	Longitudinal associations between changes in body composition and changes in sprint performance in elite female sprinters. European Journal of Sport Science, 2020, 20, 100-105.	2.7	17
68	Health Outcomes in Relation to Physical Activity Status, Overweight/Obesity, and History of Overweight/Obesity: A Review of the WATCH Paradigm. Sports Medicine, 2017, 47, 1029-1034.	6.5	16
69	The impact of overweight/obesity duration and physical activity on telomere length: An application of the WATCH paradigm. Obesity Research and Clinical Practice, 2017, 11, 247-252.	1.8	16
70	The acute muscular response to blood flowâ€restricted exercise with very low relative pressure. Clinical Physiology and Functional Imaging, 2018, 38, 304-311.	1.2	16
71	Blood flow restriction does not augment low force contractions taken to or near task failure. European Journal of Sport Science, 2020, 20, 650-659.	2.7	16
72	The influence of time on determining blood flow restriction pressure. Journal of Science and Medicine in Sport, 2017, 20, 777-780.	1.3	15

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73	Very-low-load resistance exercise in the upper body with and without blood flow restriction: cardiovascular outcomes. Applied Physiology, Nutrition and Metabolism, 2019, 44, 288-292.	1.9	15
74	Resistance exercise and sports performance: The minority report. Medical Hypotheses, 2018, 113, 1-5.	1.5	14
75	Can blood flow restriction augment muscle activation during highâ€load training?. Clinical Physiology and Functional Imaging, 2018, 38, 291-295.	1.2	14
76	Chasing the top quartile of cross-sectional data: Is it possible with resistance training?. Medical Hypotheses, 2017, 108, 63-68.	1.5	13
77	Skeletal Muscle Mass and Architecture of the Worldâ€™s Strongest Raw Powerlifter: A Case Study. Asian Journal of Sports Medicine, 2018, 9, .	0.3	13
78	Mild Depressive Symptoms Among Americans in Relation to Physical Activity, Current Overweight/Obesity, and Self-Reported History of Overweight/Obesity. International Journal of Behavioral Medicine, 2016, 23, 553-560.	1.7	12
79	An investigation into setting the blood flow restriction pressure based on perception of tightness. Physiological Measurement, 2018, 39, 105006.	2.1	12
80	Differences in 100-m sprint performance and skeletal muscle mass between elite male and female sprinters. Journal of Sports Medicine and Physical Fitness, 2019, 59, 304-309.	0.7	12
81	Blood Flow Restriction Exercise: Effects of Sex, Cuff Width, and Cuff Pressure on Perceived Lower Body Discomfort. Perceptual and Motor Skills, 2021, 128, 353-374.	1.3	12
82	The WATCH (Weight Activity and Time Contributes to Health) paradigm and quality of life: the impact of overweight/obesity duration on the association between physical activity and health-related quality of life. International Journal of Clinical Practice, 2016, 70, 409-415.	1.7	11
83	Blood flow restriction augments the skeletal muscle response during very low-load resistance exercise to volitional failure. Physiology International, 2019, 106, 180-193.	1.6	11
84	A Meta-analysis to Determine the Validity of Taking Blood Pressure Using the Indirect Cuff Method. Current Hypertension Reports, 2019, 21, 11.	3.5	11
85	The impact of acute and chronic resistance exercise on muscle stiffness: a systematic review and meta-analysis. Journal of Ultrasound, 2020, 23, 473-480.	1.3	11
86	Muscle growth adaptations to high-load training and low-load training with blood flow restriction in calf muscles. European Journal of Applied Physiology, 2022, 122, 623-634.	2.5	11
87	Muscle size and strength: another study not designed to answer the question. European Journal of Applied Physiology, 2017, 117, 1273-1274.	2.5	10
88	Cancer-Specific Mortality Relative to Engagement in Muscle-Strengthening Activities and Lower Extremity Strength. Journal of Physical Activity and Health, 2018, 15, 144-149.	2.0	10
89	Skeletal muscle mass in female athletes: The average and the extremes. American Journal of Human Biology, 2020, 32, e23333.	1.6	10
90	An examination of changes in skeletal muscle thickness, echo intensity, strength and soreness following resistance exercise. Clinical Physiology and Functional Imaging, 2020, 40, 238-244.	1.2	10

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91	Is there Evidence for the Suggestion that Fatigue Accumulates Following Resistance Exercise?. Sports Medicine, 2022, 52, 25-36.	6.5	10
92	The Water-Fat Separation Method for Determining the Fat-free Component of Subcutaneous Adipose Tissue in Humans: A Brief Review. Journal of Clinical Densitometry, 2020, 23, 390-394.	1.2	9
93	Effects of load on the acute response of muscles proximal and distal to blood flow restriction. Journal of Physiological Sciences, 2018, 68, 769-779.	2.1	7
94	A critical review of the current evidence examining whether resistance training improves time trial performance. Journal of Sports Sciences, 2018, 36, 1485-1491.	2.0	7
95	Impact of Acute Fluid Retention on Ultrasound Echo Intensity. Journal of Clinical Densitometry, 2020, 23, 149-150.	1.2	7
96	The affective and behavioral responses to repeated â€œstrength snacksâ€. Physiology International, 2018, 105, 188-197.	1.6	7
97	The Association Between Weight Status, Weight History, Physical Activity, and Cognitive Task Performance. International Journal of Behavioral Medicine, 2017, 24, 473-479.	1.7	6
98	Machines and free weight exercises: a systematic review and meta-analysis comparing changes in muscle size, strength, and power. Journal of Sports Medicine and Physical Fitness, 2022, 62, .	0.7	6
99	Acute hemodynamic changes following high load and very low load lower body resistance exercise with and without the restriction of blood flow. Physiological Measurement, 2018, 39, 125007.	2.1	5
100	Post-exercise blood flow restriction attenuates hyperemia similarly in males and females. European Journal of Applied Physiology, 2017, 117, 1707-1712.	2.5	4
101	Blood flow restriction: Methods matter. Experimental Gerontology, 2018, 104, 7-8.	2.8	4
102	Magnetic resonance imaging-measured skeletal muscle mass to fat-free mass ratio increases with increasing levels of fat-free mass. Journal of Sports Medicine and Physical Fitness, 2019, 59, 619-623.	0.7	4
103	Does resistance training increase aponeurosis width? The current results and future tasks. European Journal of Applied Physiology, 2020, 120, 1489-1494.	2.5	4
104	A Retrospective Analysis to Determine Whether Training-Induced Changes in Muscle Thickness Mediate Changes in Muscle Strength. Sports Medicine, 2021, 51, 1999-2010.	6.5	4
105	Simple ways to make the results of exercise science studies more informative. Journal of Trainology, 2020, 9, 43-49.	0.5	4
106	Examination of Changes in Echo Intensity Following Resistance Exercise among Various Regions of Interest. Clinical Physiology and Functional Imaging, 2022, 42, 23-28.	1.2	4
107	Do rhythms exist in elbow flexor torque, oral temperature and muscle thickness during normal waking hours?. Physiology and Behavior, 2016, 160, 12-17.	2.1	3
108	Comment on: â€œThe General Adaptation Syndrome: A Foundation for the Concept of Periodizationâ€. Sports Medicine, 2018, 48, 1751-1753.	6.5	3

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109	Authorsâ€™ Reply to Tenan et al.: â€œA Method to Stop Analyzing Random Error and Start Analyzing Differential Responders to Exerciseâ€. Sports Medicine, 2020, 50, 435-437.	6.5	3
110	Muscle swelling following blood flowâ€restricted exercise does not differ between cuff widths in the proximal or distal portions of the upper leg. Clinical Physiology and Functional Imaging, 2020, 40, 269-276.	1.2	3
111	Blocking the activin <scp>IIB</scp> receptor with bimagrumab (<scp>BYM338</scp>) increases walking performance: A metaâ€analysis. Geriatrics and Gerontology International, 2021, 21, 939-943.	1.5	3
112	Conditioning participants to a relative pressure: implications for practical blood flow restriction. Physiological Measurement, 2020, 41, 08NT01.	2.1	3
113	The Effect of Increasing Blood Flow Restriction Pressure When the Contractions Are Already Occlusive. Journal of Sport Rehabilitation, 2022, 31, 152-157.	1.0	3
114	The Effect of Blood Flow Restriction Therapy on Recovery After Experimentally Induced Muscle Weakness and Pain. Journal of Strength and Conditioning Research, 2022, 36, 1147-1152.	2.1	3
115	Isometric tests to evaluate upper and lower extremity functioning in people with multiple sclerosis: reliability and validity. Multiple Sclerosis and Related Disorders, 2022, 63, 103817.	2.0	3
116	Muscle and fat mapping of the trunk: a case study. Journal of Ultrasound, 2015, 18, 399-405.	1.3	2
117	The Impact of Overweight/Obesity Duration and Physical Activity on Medical Multimorbidity: Examining the WATCH Paradigm. American Journal of Health Promotion, 2018, 32, 1747-1750.	1.7	2
118	Impact of Gastric Bypass Surgery on Fat-Free Mass and Fat Mass Ratio of Adipose Tissue: A Brief Review. Bariatric Surgical Patient Care, 2020, 15, 11-14.	0.5	2
119	Mechanisms mediating increased endurance following high- and low-load training with and without blood flow restriction. Journal of Trainology, 2022, 11, 7-11.	0.5	2
120	Does performing resistance exercise to failure homogenize the training stimulus by accounting for differences in local muscular endurance?. European Journal of Sport Science, 2023, 23, 82-91.	2.7	2
121	The Acute Muscular Responses to Blood Flow Restricted Exercise Using Low and High Relative Pressures. Medicine and Science in Sports and Exercise, 2017, 49, 717.	0.4	1
122	Arterial occlusion pressure as a method to quantify cardiovascular responses to exercise. Biomedical Physics and Engineering Express, 2018, 4, 065034.	1.2	1
123	IMPACT OF FAT-FREE ADIPOSE TISSUE ON THE PREVALENCE OF LOW MUSCLE MASS ESTIMATED USING CALF CIRCUMFERENCE IN MIDDLE-AGED AND OLDER ADULTS. Journal of Frailty & Aging,the, 2020, 9, 1-4.	1.3	1
124	Response. Medicine and Science in Sports and Exercise, 2020, 52, 2051-2052.	0.4	1
125	Limb Occlusion Pressure: A Method to Assess Changes in Systolic Blood Pressure. International Journal of Exercise Science, 2020, 13, 366-373.	0.5	1
126	The impact of postexercise blood flow restriction on local muscle endurance of a remote limb. Clinical Physiology and Functional Imaging, 0, , .	1.2	1

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127	Does the time of your health screening alter your â€œhealthâ€?. International Journal of Cardiology, 2016, 220, 524-526.	1.7	0
128	Answer to the letter of Reza Pakzad and Saeid Safiri. Archives of Cardiovascular Diseases, 2017, 110, 274.	1.6	0
129	Cardiovascular And Perceptual Responses To Various Blood Flow Restriction Pressures And Exercise Loads. Medicine and Science in Sports and Exercise, 2017, 49, 718.	0.4	0
130	The cardiovascular adaptations to repeated â€œStrength Snacksâ€. Journal of Trainology, 2018, 7, 21-23.	0.5	0
131	What information is provided from non-significant findings and how can this be improved?. Journal of Trainology, 2019, 8, 19-23.	0.5	0
132	Response to â€œRelationships Between Fat Mass and Lean Massâ€. Obesity, 2019, 27, 874-874.	3.0	0
133	Muscle Thickness Changes Do Not Mediate Changes In Muscle Strength. Medicine and Science in Sports and Exercise, 2020, 52, 828-828.	0.4	0
134	Blood Flow Restriction Stimulus Differs Between Absolute And Relative Pressures. Medicine and Science in Sports and Exercise, 2021, 53, 92-92.	0.4	0
135	The impact of cuff width on perceptual responses during and following blood flow restricted walking exercise. Clinical Physiology and Functional Imaging, 2022, 42, 29-34.	1.2	0
136	The Influence of Cuff Width and Sex on Arterial Occlusion. Medicine and Science in Sports and Exercise, 2016, 48, 1034.	0.4	0
137	Cardiovascular Responses to Blood Flow Restriction and Very Low Load Resistance Exercise in the Upper Body. Medicine and Science in Sports and Exercise, 2018, 50, 180.	0.4	0
138	Muscular Responses To Very Low Load Resistance Exercise With Blood Flow restriction In The Upper Body. Medicine and Science in Sports and Exercise, 2018, 50, 288.	0.4	0
139	The Influence Of Sex And Cuff Width On Discomfort To Blood Flow Restriction In The Lower Body. Medicine and Science in Sports and Exercise, 2020, 52, 633-633.	0.4	0
140	A comparison of variability between absolute and relative blood flow restriction pressures. Clinical Physiology and Functional Imaging, 2022, , .	1.2	0