

# Debra A Bemben

## List of Publications by Year in descending order

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110  
papers

1,889  
citations

331259

21  
h-index

264894

42  
g-index

110  
all docs

110  
docs citations

110  
times ranked

1906  
citing authors

#	ARTICLE	IF	CITATIONS
1	Effects of cuff width on arterial occlusion: implications for blood flow restricted exercise. <i>European Journal of Applied Physiology</i> , 2012, 112, 2903-2912.	1.2	279
2	Musculoskeletal responses to high- and low-intensity resistance training in early postmenopausal women. <i>Medicine and Science in Sports and Exercise</i> , 2000, 32, 1949-1957.	0.2	156
3	Effects of exercise with and without different degrees of blood flow restriction on torque and muscle activation. <i>Muscle and Nerve</i> , 2015, 51, 713-721.	1.0	137
4	Muscular adaptations to fatiguing exercise with and without blood flow restriction. <i>Clinical Physiology and Functional Imaging</i> , 2015, 35, 167-176.	0.5	111
5	Effects of combined whole-body vibration and resistance training on muscular strength and bone metabolism in postmenopausal women. <i>Bone</i> , 2010, 47, 650-656.	1.4	87
6	Effects of high-intensity resistance training and low-intensity resistance training with vascular restriction on bone markers in older men. <i>European Journal of Applied Physiology</i> , 2011, 111, 1659-1667.	1.2	77
7	Isometric intermittent endurance of four muscle groups in men aged 20-74 yr. <i>Medicine and Science in Sports and Exercise</i> , 1996, 28, 145-153.	0.2	75
8	BMD and Bone Geometry in Transtibial and Transfemoral Amputees. <i>Journal of Bone and Mineral Research</i> , 2008, 23, 1449-1457.	3.1	74
9	Low-load resistance training with low relative pressure produces muscular changes similar to high-load resistance training. <i>Muscle and Nerve</i> , 2017, 56, E126-E133.	1.0	60
10	Whole-body vibration augments resistance training effects on body composition in postmenopausal women. <i>Maturitas</i> , 2009, 63, 79-83.	1.0	57
11	The influence of exercise load with and without different levels of blood flow restriction on acute changes in muscle thickness and lactate. <i>Clinical Physiology and Functional Imaging</i> , 2017, 37, 734-740.	0.5	52
12	The effects of resistance exercise with and without different degrees of blood-flow restriction on perceptual responses. <i>Journal of Sports Sciences</i> , 2015, 33, 1472-1479.	1.0	50
13	Relevance of Whole-Body Vibration Exercises on Muscle Strength/Power and Bone of Elderly Individuals. <i>Dose-Response</i> , 2018, 16, 155932581881306.	0.7	48
14	Arterial stiffness and blood flow adaptations following eight weeks of resistance exercise training in young and older women. <i>Experimental Gerontology</i> , 2014, 53, 48-56.	1.2	38
15	Bone and muscle specific circulating microRNAs in postmenopausal women based on osteoporosis and sarcopenia status. <i>Bone</i> , 2019, 120, 271-278.	1.4	37
16	Effect of different types of lower body resistance training on arterial compliance and calf blood flow. <i>Clinical Physiology and Functional Imaging</i> , 2012, 32, 45-51.	0.5	36
17	Comparative Effects of Vigorous-Intensity and Low-Intensity Blood Flow Restricted Cycle Training and Detraining on Muscle Mass, Strength, and Aerobic Capacity. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 1453-1461.	1.0	36
18	Relationship between estrogen use and musculoskeletal function in postmenopausal women. <i>Maturitas</i> , 2002, 42, 119-127.	1.0	33

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19	Brachial blood flow under relative levels of blood flow restriction is decreased in a nonlinear fashion. <i>Clinical Physiology and Functional Imaging</i> , 2018, 38, 425-430.	0.5	31
20	Influence of Type of Mechanical Loading, Menstrual Status, and Training Season on Bone Density in Young Women Athletes. <i>Journal of Strength and Conditioning Research</i> , 2004, 18, 220.	1.0	30
21	Vascular adaptations to low-load resistance training with and without blood flow restriction. <i>European Journal of Applied Physiology</i> , 2014, 114, 715-724.	1.2	25
22	Acute Bone Marker Responses to Whole-Body Vibration and Resistance Exercise in Young Women. <i>Journal of Clinical Densitometry</i> , 2013, 16, 104-109.	0.5	22
23	Hormone responses to a continuous bout of rock climbing in men. <i>European Journal of Applied Physiology</i> , 2011, 111, 687-693.	1.2	21
24	Time Course Change in Muscle Swelling: High-Intensity vs. Blood Flow Restriction Exercise. <i>International Journal of Sports Medicine</i> , 2017, 38, 1009-1016.	0.8	21
25	Effects of age on arterial stiffness and central blood pressure after an acute bout of resistance exercise. <i>European Journal of Applied Physiology</i> , 2016, 116, 39-48.	1.2	20
26	Age and sex differences in tibia morphology in healthy adult Caucasians. <i>Bone</i> , 2012, 50, 1324-1331.	1.4	19
27	Association between bone-specific physical activity scores and pQCT-derived measures of bone strength and geometry in healthy young and middle-aged premenopausal women. <i>Archives of Osteoporosis</i> , 2018, 13, 83.	1.0	19
28	Menstrual Cycle Effects on Exercise-Induced Fatigability. <i>Frontiers in Physiology</i> , 2020, 11, 517.	1.3	19
29	Acute bone changes after lower limb amputation resulting from traumatic injury. <i>Osteoporosis International</i> , 2017, 28, 2177-2186.	1.3	17
30	Relationships between central arterial stiffness, lean body mass, and absolute and relative strength in young and older men and women. <i>Clinical Physiology and Functional Imaging</i> , 2018, 38, 676-680.	0.5	17
31	Effects of Blood-Flow Restriction Combined With Postactivation Potentiation Stimuli on Jump Performance in Recreationally Active Men. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 1869-1874.	1.0	13
32	Acute and Chronic Effects of Whole-Body Vibration on Balance, Postural Stability, and Mobility in Women With Multiple Sclerosis. <i>Dose-Response</i> , 2018, 16, 155932581881657.	0.7	13
33	Appendicular lean mass and site-specific muscle loss in the extremities correlate with dynamic strength. <i>Clinical Physiology and Functional Imaging</i> , 2017, 37, 328-331.	0.5	11
34	Association of Vitamin D Status with Chronic Disease Risk Factors and Cognitive Dysfunction in 50-70 Year Old Adults. <i>Nutrients</i> , 2019, 11, 141.	1.7	11
35	The influence of sex, training intensity, and frequency on muscular adaptations to 40 weeks of resistance exercise in older adults. <i>Experimental Gerontology</i> , 2021, 143, 111174.	1.2	11
36	The perceptual responses of individuals with multiple sclerosis to blood flow restriction versus traditional resistance exercise. <i>Physiology and Behavior</i> , 2021, 229, 113219.	1.0	11

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37	Acute and Chronic Bone Marker and Endocrine Responses to Resistance Exercise With and Without Blood Flow Restriction in Young Men. <i>Frontiers in Physiology</i> , 2022, 13, 837631.	1.3	11
38	Perceptual responses: Clinical versus practical blood flow restriction resistance exercise. <i>Physiology and Behavior</i> , 2020, 227, 113137.	1.0	10
39	The Acute Physiological Responses to Traditional vs. Practical Blood Flow Restriction Resistance Exercise in Untrained Men and Women. <i>Frontiers in Physiology</i> , 2020, 11, 577224.	1.3	9
40	Sclerostin and parathyroid hormone responses to acute whole-body vibration and resistance exercise in young women. <i>Journal of Bone and Mineral Metabolism</i> , 2019, 37, 358-367.	1.3	8
41	Circulating MiR-21 expression is upregulated after 30 days of head-down tilt bed rest. <i>Osteoporosis International</i> , 2021, 32, 1369-1378.	1.3	7
42	Effects of Collagen Peptides on Recovery Following Eccentric Exercise in Resistance-Trained Males: A Pilot Study. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2021, 31, 32-39.	1.0	7
43	Muscle Performance Changes with Age in Active Women. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 4477.	1.2	7
44	Biological Consequences of Exposure to Mechanical Vibration. <i>Dose-Response</i> , 2018, 16, 155932581879961.	0.7	6
45	Differential MicroRNA expression following head-down tilt bed rest: implications for cardiovascular responses to microgravity. <i>Physiological Reports</i> , 2019, 7, e14061.	0.7	6
46	Skeletal Health and Associated Injury Risk in Collegiate Female Rowers. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 1125-1133.	1.0	6
47	Adaptations in antagonist co-activation: Role in the repeated-bout effect. <i>PLoS ONE</i> , 2017, 12, e0189323.	1.1	5
48	Differences in Tibia Morphology Between the Sound and Affected Sides in Ankle-Foot Orthosis-Using Survivors of Stroke. <i>Archives of Physical Medicine and Rehabilitation</i> , 2013, 94, 510-515.	0.5	4
49	Lower Limb Neuromuscular Function and Blood Flow Characteristics in AFO-Using Survivors of Stroke. <i>Journal of Geriatric Physical Therapy</i> , 2015, 38, 56-61.	0.6	4
50	Evaluation of Power Production Asymmetry during Cycling in Persons with Multiple Sclerosis. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 3445.	1.2	3
51	Effects of Whole-Body Vibration on Muscular Performance in Young Women. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 933.	0.2	3
52	Bone, Biomarker, Body Composition, and Performance Responses to 8 Weeks of Reserve Officers' Training Corps Training. <i>Journal of Athletic Training</i> , 2022, 57, 571-580.	0.9	3
53	Muscle-Bone Interactions in Chinese Men and Women Aged 18-35 Years. <i>Journal of Osteoporosis</i> , 2020, 2020, 1-9.	0.1	2
54	Skeletal Muscle Adaptations Following 80 Weeks of Resistance Exercise in Older Adults. <i>Journal of Geriatric Physical Therapy</i> , 2021, Publish Ahead of Print, .	0.6	2

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55	Sclerostin and Dickkopf-1 Characteristics According to Age and Physical Activity Levels in Premenopausal Women. <i>Journal of Clinical Densitometry</i> , 2022, 25, 168-177.	0.5	2
56	Associations Between Muscle Quality, Arterial Stiffness and Central Blood Pressures in Men. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 1018.	0.2	2
57	Racial/ethnic differences in bone mineral density, muscle function and fat mass in young women. <i>Brazilian Journal of Health and Biomedical Sciences</i> , 2019, 18, 103-113.	0.2	2
58	Site-Specific Bone Differences and Energy Status in Male Competitive Runners and Road Cyclists. <i>Journal of Clinical Densitometry</i> , 2022, 25, 150-159.	0.5	2
59	Vastus Lateralis Mean Power Frequency during Fatiguing Exercise with and without Blood Flow Restriction. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 549.	0.2	1
60	Sex-Specific Associations Between Bone-Loading Score and Adiposity Markers in Middle-Aged and Older Adults. <i>Journal of Aging and Physical Activity</i> , 2021, , 1-7.	0.5	1
61	Metabolic Response to Four Weeks of Muscular Endurance Resistance Training. <i>International Journal of Kinesiology and Sports Science</i> , 2017, 5, 10.	0.4	1
62	Bone-Regulating MicroRNAs and Resistance Exercise: A Mini-Review. <i>Osteology</i> , 2022, 2, 11-20.	0.3	1
63	Effects Of High Repetition/low Resistance Training With 30 Second Rest Intervals On Lactate Threshold. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 933-934.	0.2	0
64	Sclerostin Responses to Acute Whole-Body Vibration and Resistance Exercise in Young Women. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 618.	0.2	0
65	Bone Characteristics in Collegiate Male Soccer Players Compared to Untrained Controls. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 703.	0.2	0
66	Appendicular Lean Mass And Site-specific Muscle Loss In The Lower Body Correlate With Dynamic Strength. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 96.	0.2	0
67	The Time-Course of Muscle Hypertrophy and Strength Gains in Young and Older Women. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 92.	0.2	0
68	Relationships Between Regional Lean Body Mass, Strength, and Vascular Function in Women. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 196.	0.2	0
69	Relationships Among Various Body Composition Techniques for Lower Limb Muscle and Fat Assessment. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 1002.	0.2	0
70	Testosterone And Cortisol Responses To Superslow And Traditional Resistance Exercise In College-aged Males. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 124.	0.2	0
71	Skeletal Characteristics of Competitive Female Rowers. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 396.	0.2	0
72	Association between Bone-Specific Physical Activity Scores and Measures of Areal and Volumetric Bone Mineral Density and Bone Markers in Middle-Aged Premenopausal Women. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 402-403.	0.2	0

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73	Thigh Muscle Cross-sectional Area by pQCT. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 772.	0.2	0
74	Vitamin D Status. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 304.	0.2	0
75	The Effects Of Cross-education On Critical Torque And Time To Task Failure. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 560-561.	0.2	0
76	Relationships between Circulating MicroRNAs, Bone Mineral Density and Muscle Function in Postmenopausal Women. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 755.	0.2	0
77	The Influence of Oral Contraceptive Use on Skeletal Characteristics of Female Collegiate Rowers. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 8.	0.2	0
78	Bone Mineral Content/Density And Muscle Strength In Young Women From Different Racial/Ethnic Backgrounds - A Pilot Study. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 38.	0.2	0
79	The Effects Of Whole-body Vibration On Posture, Balance, And Mobility In Women With Multiple Sclerosis. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 9-10.	0.2	0
80	Sex Differences in Muscle-Bone Interactions in Chinese Men and Women. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 685-686.	0.2	0
81	Racial/Ethnic Differences in Bone Health, Bone Free Lean Mass, and Fat Mass in Young Women. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 683-684.	0.2	0
82	Six-month Assessment Of Biomarkers, Skeletal Attributes, Body Composition, And Performance In Collegiate ROTC Members. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 685-685.	0.2	0
83	Midthigh Muscle Composition Across The Adult Female Lifespan. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 128-128.	0.2	0
84	The Physiological Responses Of Multiple Sclerosis Patients To Blood Flow Restriction Versus Traditional Resistance Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 450-451.	0.2	0
85	Changes In Motor-unit Recruitment Strategy And The Repeated-bout Effect. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 901.	0.2	0
86	Sarcopenia, Osteopenia and Functional Performance in Postmenopausal Women. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 144-145.	0.2	0
87	Effects of Repeated Exhaustive Exercise on mGluR5 Expression in the Rat Striate Nucleus. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 579.	0.2	0
88	Hamstring/quadriceps Ratios Following Addition Of A Single Blood Flow Restricted Exercise Vs Traditional Resistance Training. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 934.	0.2	0
89	Serum Sclerostin Levels Are Positively Correlated with Bone Mineral Density in Chinese Young Adults. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 398.	0.2	0
90	Relationship Between Fatigue Index And O <sub>2</sub> Before And After Muscular Endurance Training. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 1060.	0.2	0

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91	Tracking Of Blood Lactate Response Across Eight Sessions Of Muscular Endurance Resistance Training. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 759.	0.2	0
92	Effects of Whole-Body Vibration on Jump Performance in Young Women. <i>Journal of Athletic Enhancement</i> , 2018, 07, .	0.2	0
93	Alterations In Spinal Excitability And Descending Drive Following Cross-education. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 563.	0.2	0
94	Relationship Between Dorsiflexion Strength Asymmetry, Walking Performance, and Disability in Multiple Sclerosis Patients. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 100.	0.2	0
95	A Comparison of pQCT Versus B-Ultrasound for Lower Leg Muscle Size Assessment in Young Adults. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 423-424.	0.2	0
96	Relationship Between Wnt Signaling Inhibitors And Muscle Function In Young And Middle-aged Premenopausal Women. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 601.	0.2	0
97	Tibia Bone and Soft Tissue Characteristics in Oral Contraceptive Users and Non-Users. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 684-684.	0.2	0
98	Hip Structural Analyses Characteristics Based on Physical Activity Status in Young and Middle-aged Premenopausal Women. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 684-685.	0.2	0
99	The Effects of Fatigue on Peak Torque During Dorsiflexion Between Limbs in Multiple Sclerosis Patients. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 884-884.	0.2	0
100	Relationships Between Circulating MicroRNA and Muscular Performance Responses to a 30 Day Bed Rest Protocol. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 407-407.	0.2	0
101	Effects Of Fatigue On Isometric And Isokinetic Dorsiflexion Strength Asymmetry In Multiple Sclerosis. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 885-885.	0.2	0
102	Assessment of Bilateral Asymmetry in Cycling Peak Torque in Multiple Sclerosis Patients vs. Controls. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 883-883.	0.2	0
103	Circulating MicroRNA Expression and Serum Biomarker Changes After 30 Days of Head-Down Bed Rest. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 406-406.	0.2	0
104	Circulating Sclerostin and MicroRNA-21 Are Predictors of Bone Mineral Density in Postmenopausal Women. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 756-756.	0.2	0
105	Contraction Type Influences Critical Ages for Declines In Lower Body Specific Force in Women Ages 20 to 89 Years. <i>Innovation in Aging</i> , 2020, 4, 186-186.	0.0	0
106	Application of Vibration Training for Enhancing Bone Strength. , 2020, , 269-278.		0
107	The Perceptual Responses Of Multiple Sclerosis Patients To Traditional Versus Blood Flow Restriction Resistance Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 633-634.	0.2	0
108	Body Composition In Persons With Multiple Sclerosis Vs. Healthy Controls. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 476-476.	0.2	0

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109	Critical Ages For Changes In Isometric Force Production In Women Aged 20 To 89 Years. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 558-558.	0.2	0
110	C-mirna Expression Responses To Whole-body Vibration And Resistance Exercise In Postmenopausal Women. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 491-492.	0.2	0