Debra A Bemben

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

72 papers	1,416 citations	20 h-index	37 g-index
110 ext. papers	1,720 ext. citations	2 avg, IF	4.64 L-index

#	Paper	IF	Citations
72	Effects of cuff width on arterial occlusion: implications for blood flow restricted exercise. *European Journal of Applied Physiology*, **2012**, 112, 2903-12	3.4	221
71	Musculoskeletal responses to high- and low-intensity resistance training in early postmenopausal women. *Medicine and Science in Sports and Exercise*, **2000**, 32, 1949-57	1.2	119
70	Effects of exercise with and without different degrees of blood flow restriction on torque and muscle activation. *Muscle and Nerve*, **2015**, 51, 713-21	3.4	97
69	Muscular adaptations to fatiguing exercise with and without blood flow restriction. *Clinical Physiology and Functional Imaging*, **2015**, 35, 167-76	2.4	83
68	Contraction Type Influences Critical Ages for Declines In Lower Body Specific Force in Women Ages 20 to 89 Years. *Innovation in Aging*, **2020**, 4, 186-186	0.1	78
67	Effects of combined whole-body vibration and resistance training on muscular strength and bone metabolism in postmenopausal women. *Bone*, **2010**, 47, 650-6	4.7	66
66	Isometric intermittent endurance of four muscle groups in men aged 20-74 yr. *Medicine and Science in Sports and Exercise*, **1996**, 28, 145-54	1.2	62
65	Effects of high-intensity resistance training and low-intensity resistance training with vascular restriction on bone markers in older men. *European Journal of Applied Physiology*, **2011**, 111, 1659-67	3.4	55
64	BMD and bone geometry in transtibial and transfemoral amputees. *Journal of Bone and Mineral Research*, **2008**, 23, 1449-57	6.3	54
63	Whole-body vibration augments resistance training effects on body composition in postmenopausal women. *Maturitas*, **2009**, 63, 79-83	5	49
62	Low-load resistance training with low relative pressure produces muscular changes similar to high-load resistance training. *Muscle and Nerve*, **2017**, 56, E126-E133	3.4	43
61	The effects of resistance exercise with and without different degrees of blood-flow restriction on perceptual responses. *Journal of Sports Sciences*, **2015**, 33, 1472-9	3.6	41
60	The influence of exercise load with and without different levels of blood flow restriction on acute changes in muscle thickness and lactate. *Clinical Physiology and Functional Imaging*, **2017**, 37, 734-740	2.4	39
59	Relationship between estrogen use and musculoskeletal function in postmenopausal women. *Maturitas*, **2002**, 42, 119-27	5	31
58	Effect of different types of lower body resistance training on arterial compliance and calf blood flow. *Clinical Physiology and Functional Imaging*, **2012**, 32, 45-51	2.4	29
57	Arterial stiffness and blood flow adaptations following eight weeks of resistance exercise training in young and older women. *Experimental Gerontology*, **2014**, 53, 48-56	4.5	28
56	Influence of type of mechanical loading, menstrual status, and training season on bone density in young women athletes. *Journal of Strength and Conditioning Research*, **2004**, 18, 220-6	3.2	26

55	Relevance of Whole-Body Vibration Exercises on Muscle Strength/Power and Bone of Elderly Individuals. *Dose-Response*, **2018**, 16, 1559325818813066	2.3	24
54	Comparative Effects of Vigorous-Intensity and Low-Intensity Blood Flow Restricted Cycle Training and Detraining on Muscle Mass, Strength, and Aerobic Capacity. *Journal of Strength and Conditioning Research*, **2016**, 30, 1453-61	3.2	22
53	Bone and muscle specific circulating microRNAs in postmenopausal women based on osteoporosis and sarcopenia status. *Bone*, **2019**, 120, 271-278	4.7	21
52	Brachial blood flow under relative levels of blood flow restriction is decreased in a nonlinear fashion. *Clinical Physiology and Functional Imaging*, **2018**, 38, 425-430	2.4	18
51	Vascular adaptations to low-load resistance training with and without blood flow restriction. *European Journal of Applied Physiology*, **2014**, 114, 715-24	3.4	18
50	Acute bone marker responses to whole-body vibration and resistance exercise in young women. *Journal of Clinical Densitometry*, **2013**, 16, 104-9	3.5	18
49	Hormone responses to a continuous bout of rock climbing in men. *European Journal of Applied Physiology*, **2011**, 111, 687-93	3.4	17
48	Time Course Change in Muscle Swelling: High-Intensity vs. Blood Flow Restriction Exercise. *International Journal of Sports Medicine*, **2017**, 38, 1009-1016	3.6	15
47	Age and sex differences in tibia morphology in healthy adult Caucasians. *Bone*, **2012**, 50, 1324-31	4.7	15
46	Association between bone-specific physical activity scores and pQCT-derived measures of bone strength and geometry in healthy young and middle-aged premenopausal women. *Archives of Osteoporosis*, **2018**, 13, 83	2.9	14
45	Relationships between central arterial stiffness, lean body mass, and absolute and relative strength in young and older men and women. *Clinical Physiology and Functional Imaging*, **2018**, 38, 676-680	2.4	12
44	Acute bone changes after lower limb amputation resulting from traumatic injury. *Osteoporosis International*, **2017**, 28, 2177-2186	5.3	10
43	Effects of age on arterial stiffness and central blood pressure after an acute bout of resistance exercise. *European Journal of Applied Physiology*, **2016**, 116, 39-48	3.4	10
42	Menstrual Cycle Effects on Exercise-Induced Fatigability. *Frontiers in Physiology*, **2020**, 11, 517	4.6	8
41	Effects of Blood-Flow Restriction Combined With Postactivation Potentiation Stimuli on Jump Performance in Recreationally Active Men. *Journal of Strength and Conditioning Research*, **2018**, 32, 1869-1874	3.2	8
40	Appendicular lean mass and site-specific muscle loss in the extremities correlate with dynamic strength. *Clinical Physiology and Functional Imaging*, **2017**, 37, 328-331	2.4	7
39	Acute and Chronic Effects of Whole-Body Vibration on Balance, Postural Stability, and Mobility in Women With Multiple Sclerosis. *Dose-Response*, **2018**, 16, 1559325818816577	2.3	7
38	Perceptual responses: Clinical versus practical blood flow restriction resistance exercise. *Physiology and Behavior*, **2020**, 227, 113137	3.5	5

37	Lower limb neuromuscular function and blood flow characteristics in AFO-using survivors of stroke. *Journal of Geriatric Physical Therapy*, **2015**, 38, 56-61	3.2	4
36	The Acute Physiological Responses to Traditional vs. Practical Blood Flow Restriction Resistance Exercise in Untrained Men and Women. *Frontiers in Physiology*, **2020**, 11, 577224	4.6	4
35	Differences in tibia morphology between the sound and affected sides in ankle-foot orthosis-using survivors of stroke. *Archives of Physical Medicine and Rehabilitation*, **2013**, 94, 510-5	2.8	4
34	Association of Vitamin D Status with Chronic Disease Risk Factors and Cognitive Dysfunction in 50?70 Year Old Adults. *Nutrients*, **2019**, 11,	6.7	4
33	The influence of sex, training intensity, and frequency on muscular adaptations to 40 weeks of resistance exercise in older adults. *Experimental Gerontology*, **2021**, 143, 111174	4.5	4
32	Adaptations in antagonist co-activation: Role in the repeated-bout effect. *PLoS ONE*, **2017**, 12, e0189323	3.7	3
31	Sclerostin and parathyroid hormone responses to acute whole-body vibration and resistance exercise in young women. *Journal of Bone and Mineral Metabolism*, **2019**, 37, 358-367	2.9	3
30	Differential MicroRNA expression following head-down tilt bed rest: implications for cardiovascular responses to microgravity. *Physiological Reports*, **2019**, 7, e14061	2.6	2
29	The perceptual responses of individuals with multiple sclerosis to blood flow restriction versus traditional resistance exercise. *Physiology and Behavior*, **2021**, 229, 113219	3.5	2
28	Evaluation of Power Production Asymmetry during Cycling in Persons with Multiple Sclerosis. *International Journal of Environmental Research and Public Health*, **2019**, 16,	4.6	1
27	Muscle-Bone Interactions in Chinese Men and Women Aged 18-35 Years. *Journal of Osteoporosis*, **2020**, 2020, 8126465	2.8	1
26	Skeletal Health and Associated Injury Risk in Collegiate Female Rowers. *Journal of Strength and Conditioning Research*, **2020**,	3.2	1
25	Site-Specific Bone Differences and Energy Status in Male Competitive Runners and Road Cyclists.. *Journal of Clinical Densitometry*, **2021**,	3.5	1
24	Muscle Performance Changes with Age in Active Women. *International Journal of Environmental Research and Public Health*, **2021**, 18,	4.6	1
23	Circulating MiR-21 expression is upregulated after 30 days of head-down tilt bed rest. *Osteoporosis International*, **2021**, 32, 1369-1378	5.3	1
22	Sex-Specific Associations Between Bone-Loading Score and Adiposity Markers in Middle-Aged and Older Adults. *Journal of Aging and Physical Activity*, **2021**, 1-7	1.6	1
21	Effects of Collagen Peptides on Recovery Following Eccentric Exercise in Resistance-Trained Males-A Pilot Study. *International Journal of Sport Nutrition and Exercise Metabolism*, **2020**, 31, 32-39	4.4	1
20	Skeletal Muscle Adaptations Following 80 Weeks of Resistance Exercise in Older Adults. *Journal of Geriatric Physical Therapy*, **2021**,	3.2	1

19	Acute and Chronic Bone Marker and Endocrine Responses to Resistance Exercise With and Without Blood Flow Restriction in Young Men.. *Frontiers in Physiology*, **2022**, 13, 837631	4.6	0
18	Association between Bone-Specific Physical Activity Scores and Measures of Areal and Volumetric Bone Mineral Density and Bone Markers in Middle-Aged Premenopausal Women. *Medicine and Science in Sports and Exercise*, **2017**, 49, 402-403	1.2	
17	Thigh Muscle Cross-sectional Area by pQCT. *Medicine and Science in Sports and Exercise*, **2017**, 49, 772	1.2	
16	Bone-Regulating MicroRNAs and Resistance Exercise: A Mini-Review. *Osteology*, **2022**, 2, 11-20	3	
15	Relationship Between Dorsiflexion Strength Asymmetry, Walking Performance, and Disability in Multiple Sclerosis Patients. *Medicine and Science in Sports and Exercise*, **2018**, 50, 100	1.2	
14	Relationship Between Wnt Signaling Inhibitors And Muscle Function In Young And Middle-aged Premenopausal Women. *Medicine and Science in Sports and Exercise*, **2018**, 50, 601	1.2	
13	Tibia Bone and Soft Tissue Characteristics in Oral Contraceptive Users and Non-Users. *Medicine and Science in Sports and Exercise*, **2019**, 51, 684-684	1.2	
12	Hip Structural Analyses Characteristics Based on Physical Activity Status in Young and Middle-aged Premenopausal Women. *Medicine and Science in Sports and Exercise*, **2019**, 51, 684-685	1.2	
11	The Effects of Fatigue on Peak Torque During Dorsiflexion Between Limbs in Multiple Sclerosis Patients. *Medicine and Science in Sports and Exercise*, **2019**, 51, 884-884	1.2	
10	Relationships Between Circulating MicroRNA and Muscular Performance Responses to a 30 Day Bed Rest Protocol. *Medicine and Science in Sports and Exercise*, **2019**, 51, 407-407	1.2	
9	Effects Of Fatigue On Isometric And Isokinetic Dorsiflexion Strength Asymmetry In Multiple Sclerosis. *Medicine and Science in Sports and Exercise*, **2019**, 51, 885-885	1.2	
8	Assessment of Bilateral Asymmetry in Cycling Peak Torque in Multiple Sclerosis Patients vs. Controls. *Medicine and Science in Sports and Exercise*, **2019**, 51, 883-883	1.2	
7	Circulating MicroRNA Expression and Serum Biomarker Changes After 30 Days of Head-Down Bed Rest. *Medicine and Science in Sports and Exercise*, **2019**, 51, 406-406	1.2	
6	Circulating Sclerostin and MicroRNA-21 Are Predictors of Bone Mineral Density in Postmenopausal Women. *Medicine and Science in Sports and Exercise*, **2019**, 51, 756-756	1.2	
5	Application of Vibration Training for Enhancing Bone Strength **2020**, 269-278		
4	Serum Sclerostin Levels Are Positively Correlated with Bone Mineral Density in Chinese Young Adults. *Medicine and Science in Sports and Exercise*, **2017**, 49, 398	1.2	
3	Sex Differences in Muscle-Bone Interactions in Chinese Men and Women. *Medicine and Science in Sports and Exercise*, **2019**, 51, 685-686	1.2	
2	Relationships between Circulating MicroRNAs, Bone Mineral Density and Muscle Function in Postmenopausal Women. *Medicine and Science in Sports and Exercise*, **2018**, 50, 755	1.2	

1 Midthigh Muscle Composition Across The Adult Female Lifespan. *Medicine and Science in Sports and Exercise*, **2021**, 53, 128-128 1.2