

# CITATION REPORT

List of articles citing

Measurement tools used in the study of eccentric contraction-induced injury

DOI: 10.2165/00007256-199927010-00004  
Sports Medicine, 1999, 27, 43-59.

**Source:** <https://exaly.com/paper-pdf/30842337/citation-report.pdf>

**Version:** 2024-04-25

This report has been generated based on the citations recorded by exaly.com for the above article. For the latest version of this publication list, visit the link given above.

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

#	Paper	IF	Citations
555	Immunological changes in human skeletal muscle and blood after eccentric exercise and multiple biopsies. <b>2000</b> , 529 Pt 1, 243-62		237
554	Strength loss after eccentric contractions is unaffected by creatine supplementation. <i>Journal of Applied Physiology</i> , <b>2000</b> , 89, 557-62	3.7	18
553	Excitation-Contraction Uncoupling: Major Role in Contraction-Induced Muscle Injury. <b>2001</b> , 29, 82-87		7
552	Cellular adaptation to repeated eccentric exercise-induced muscle damage. <i>Journal of Applied Physiology</i> , <b>2001</b> , 91, 1669-78	3.7	182
551	Oestrogen and sex influence on muscle damage and inflammation: evidence from animal models. <b>2001</b> , 4, 509-13		24
550	Effect of eccentric exercise on muscle oxidative metabolism in humans. <b>2001</b> , 33, 436-41		39
549	Excitation-contraction uncoupling: major role in contraction-induced muscle injury. <b>2001</b> , 29, 82-7		159
548	Force deficits after repeated stretches of activated skeletal muscles in female and male rats. <b>2001</b> , 172, 63-7		20
547	Exercise-induced muscle damage and inflammation: fact or fiction?. <b>2001</b> , 171, 233-9		91
546	Contraction-induced muscle damage is unaffected by vitamin E supplementation. <b>2002</b> , 34, 798-805		104
545	What mechanisms contribute to the strength loss that occurs during and in the recovery from skeletal muscle injury?. <b>2002</b> , 32, 58-64		93
544	Physiological role of tumor necrosis factor alpha in traumatic muscle injury. <b>2002</b> , 16, 1630-2		185
543	Lack of both sex differences and influence of resting blood pressure on muscle pain intensity. <b>2002</b> , 18, 386-93		23
542	Exercise-induced muscle damage in humans. <b>2002</b> , 81, S52-69		811
541	Ultrasound Treatment and Recovery from Eccentric-Exercise-Induced Muscle Damage. <b>2002</b> , 11, 305-314		4
540	Exercise-induced muscle damage and the potential protective role of estrogen. <i>Sports Medicine</i> , <b>2002</b> , 32, 103-23	10.6	105
539	Analysis of real-time changes of rat dorsi-flexor forces during injurious stretch-shortening cycles in vivo.		

538	Variability in estimating eccentric contraction-induced muscle damage and inflammation in humans. <b>2002</b> , 27, 516-26		26
537	Influence of disposable, concentric needle electrodes on muscle enzyme and lactate serum levels. <b>2002</b> , 12, 329-37		6
536	Delayed-onset muscle soreness does not reflect the magnitude of eccentric exercise-induced muscle damage. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2002</b> , 12, 337-46	4.6	205
535	Evans Blue Dye as an in vivo marker of myofibre damage: optimising parameters for detecting initial myofibre membrane permeability. <b>2002</b> , 200, 69-79		221
534	The repeated bout effect and heat shock proteins: intramuscular HSP27 and HSP70 expression following two bouts of eccentric exercise in humans. <b>2002</b> , 174, 47-56		82
533	The mode of myofibril remodelling in human skeletal muscle affected by DOMS induced by eccentric contractions. <b>2003</b> , 119, 383-93		104
532	Post-exercise vitamin C supplementation and recovery from demanding exercise. <b>2003</b> , 89, 393-400		70
531	Dynamic force responses of skeletal muscle during stretch-shortening cycles. <b>2003</b> , 90, 144-53		49
530	Attenuation of stretch-induced histopathologic changes of skeletal muscles by quinacrine. <b>2003</b> , 27, 65-71		4
529	Overtraining, excessive exercise, and altered immunity: is this a T helper-1 versus T helper-2 lymphocyte response?. <i>Sports Medicine</i> , <b>2003</b> , 33, 347-64	10.6	137
528	Use of nonsteroidal anti-inflammatory drugs following exercise-induced muscle injury. <i>Sports Medicine</i> , <b>2003</b> , 33, 177-85	10.6	54
527	The effects of massage on delayed onset muscle soreness. <b>2003</b> , 37, 72-5		122
526	Importance of satellite cells in the strength recovery after eccentric contraction-induced muscle injury. <b>2003</b> , 285, R1490-5		58
525	Short-term immobilization after eccentric exercise. Part II: creatine kinase and myoglobin. <b>2003</b> , 35, 762-8		55
524	Short-term immobilization after eccentric exercise. Part I: contractile properties. <b>2003</b> , 35, 753-61		22
523	Mechanisms contributing to knee extensor strength loss after prolonged running exercise. <i>Journal of Applied Physiology</i> , <b>2003</b> , 94, 193-8	3.7	128
522	Muscle Damage in Resistance Training. <b>2003</b> , 1, 1-8		28
521	Adaptation to lengthening contraction-induced injury in mouse muscle. <i>Journal of Applied Physiology</i> , <b>2004</b> , 97, 1067-76	3.7	37

520	Role of CC chemokines in skeletal muscle functional restoration after injury. <b>2004</b> , 286, C1031-6		111
519	Regulation of free radical outflow from an isolated muscle bed in exercising humans. <b>2004</b> , 287, H1689-99		103
518	Leukocytes, cytokines, growth factors and hormones in human skeletal muscle and blood after uphill or downhill running. <b>2004</b> , 556, 983-1000		198
517	The Effects of Estrogen on Indices of Skeletal Muscle Tissue Damage after Eccentric Exercise in Postmenopausal Women. <b>2004</b> , 30, 462-466		1
516	Torque loss induced by repetitive maximal eccentric contractions is marginally influenced by work-to-rest ratio. <b>2004</b> , 91, 579-85		9
515	Voluntary activation and mechanical performance of human triceps surae muscle after exhaustive stretch-shortening cycle jumping exercise. <b>2004</b> , 91, 538-44		23
514	Administration of insulin-like growth factor-I improves fatigue resistance of skeletal muscles from dystrophic mdx mice. <b>2004</b> , 30, 295-304		44
513	Neuromuscular function after exercise-induced muscle damage: theoretical and applied implications. <i>Sports Medicine</i> , <b>2004</b> , 34, 49-69	10.6	317
512	Adaptations mécaniques et neurophysiologiques induites par la sollicitation musculaire excentrique : l'effet protecteur. <b>2004</b> , 19, 286-295		1
511	Factors involved in strain-induced injury in skeletal muscles and outcomes of prolonged exposures. <b>2004</b> , 14, 61-70		50
510	Assessment of low-frequency fatigue with two methods of electrical stimulation. <i>Journal of Applied Physiology</i> , <b>2004</b> , 97, 1923-9	3.7	87
509	Impact of muscle length during stretch-shortening contractions on real-time and temporal muscle performance measures in rats in vivo. <i>Journal of Applied Physiology</i> , <b>2004</b> , 96, 507-16	3.7	27
508	Combined antioxidant treatment effects on blood oxidative stress after eccentric exercise. <b>2005</b> , 37, 234-9		86
507	Effects of muscle damage induced by eccentric exercise on muscle fatigue. <b>2005</b> , 37, 1151-6		26
506	Delayed leukocytosis and cytokine response to high-force eccentric exercise. <b>2005</b> , 37, 1877-83		73
505	Impact of stretch-shortening cycle rest interval on in vivo muscle performance. <b>2005</b> , 37, 1345-55		15
504	The efficacy of ice massage in the treatment of exercise-induced muscle damage. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2005</b> , 15, 416-22	4.6	62
503	The magnitude of muscle damage induced by downhill backward walking. <b>2005</b> , 8, 264-73		22

502	Streptomycin and EDTA decrease the number of desmin-negative fibers following stretch injury. <b>2005</b> , 32, 310-5	15
501	Comparison between leg and arm eccentric exercises of the same relative intensity on indices of muscle damage. <b>2005</b> , 95, 179-85	134
500	Reliability of maximal muscle force and voluntary activation as markers of exercise-induced muscle damage. <b>2005</b> , 94, 541-8	56
499	Adeno-associated virus-mediated microdystrophin expression protects young mdx muscle from contraction-induced injury. <b>2005</b> , 11, 245-56	148
498	Effects of eccentric exercise on cycling efficiency. <b>2005</b> , 30, 259-75	9
497	Systemic inflammatory response to exhaustive exercise in patients with chronic obstructive pulmonary disease. <b>2005</b> , 99, 1555-67	38
496	The isolated and combined effects of selected physical activity and ibuprofen on delayed-onset muscle soreness. <b>2005</b> , 23, 843-50	17
495	Physiological response to water immersion: a method for sport recovery?. <i>Sports Medicine</i> , <b>2006</b> , 36, 747-65	10.6 232
494	Is isometric strength loss immediately after eccentric exercise related to changes in indirect markers of muscle damage?. <b>2006</b> , 31, 313-9	35
493	Dynamics of indirect symptoms of skeletal muscle damage after stretch-shortening exercise. <b>2006</b> , 16, 629-36	19
492	Ventilatory and circulatory responses at the onset of exercise after eccentric exercise. <b>2006</b> , 97, 598-606	20
491	Changes in markers of muscle damage, inflammation and HSP70 after an Ironman Triathlon race. <b>2006</b> , 98, 525-34	131
490	Early explosive force reduction associated with exercise-induced muscle damage. <b>2006</b> , 62, 163-9	11
489	CK-MM autoantibodies: prevalence, immune complexes, and effect on CK clearance. <b>2006</b> , 34, 335-46	17
488	Effects of sensory-level high-volt pulsed electrical current on delayed-onset muscle soreness. <b>2006</b> , 24, 941-9	11
487	Review of exercise-induced muscle injury: relevance for athletic populations. <b>2006</b> , 14, 65-82	24
486	Variability in muscle damage after eccentric exercise and the repeated bout effect. <b>2006</b> , 77, 362-71	25
485	Soleus muscle force following downhill running in ovariectomized rats treated with estrogen. <b>2006</b> , 31, 449-59	15

484	Stereological analysis of muscle morphology following exposure to repetitive stretch-shortening cycles in a rat model. <b>2006</b> , 31, 167-79		33
483	Rapid intravascular injection into limb skeletal muscle: a damage assessment study. <b>2006</b> , 13, 229-36		29
482	Effectiveness of post-match recovery strategies in rugby players. <b>2006</b> , 40, 260-3		204
481	Reference intervals for serum creatine kinase in athletes. <b>2007</b> , 41, 674-8		142
480	Maximal eccentric exercise induces a rapid accumulation of small heat shock proteins on myofibrils and a delayed HSP70 response in humans. <b>2007</b> , 293, R844-53		111
479	Estradiol replacement reverses ovariectomy-induced muscle contractile and myosin dysfunction in mature female mice. <i>Journal of Applied Physiology</i> , <b>2007</b> , 102, 1387-93	3.7	124
478	Muscle damage and soreness following a 50-km cross-country ski race. <b>2007</b> , 7, 27-33		3
477	IGF-II gene region polymorphisms related to exertional muscle damage. <i>Journal of Applied Physiology</i> , <b>2007</b> , 102, 1815-23	3.7	46
476	Eccentric exercise increases EMG amplitude and force fluctuations during submaximal contractions of elbow flexor muscles. <i>Journal of Applied Physiology</i> , <b>2007</b> , 103, 979-89	3.7	80
475	Decreased blood oxidative stress after repeated muscle-damaging exercise. <b>2007</b> , 39, 1080-9		80
474	Convergent evidence for construct validity of a 7-point likert scale of lower limb muscle soreness. <b>2007</b> , 17, 494-6		25
473	Mechanisms of variability in strength loss after muscle-lengthening actions. <b>2007</b> , 39, 461-8		50
472	Effets d'une complmentation nutritionnelle en vitamines et minéraux sur la chute de force et les marqueurs biologiques consécutifs à un exercice excentrique chez des personnes âgées. <b>2007</b> , 22, 201-209		3
471	Recovery of function in skeletal muscle following 2 different contraction-induced injuries. <b>2007</b> , 88, 617-25		54
470	Similar response of agonist and antagonist muscles after eccentric exercise revealed by electromyography and mechanomyography. <b>2007</b> , 17, 568-77		30
469	The role of nutritional supplements in the prevention and treatment of resistance exercise-induced skeletal muscle injury. <i>Sports Medicine</i> , <b>2007</b> , 37, 519-32	10.6	42
468	Prior exercise and antioxidant supplementation: effect on oxidative stress and muscle injury. <i>Journal of the International Society of Sports Nutrition</i> , <b>2007</b> , 4, 9	4.5	35
467	Muscle oxygenation after downhill walking-induced muscle damage. <b>2008</b> , 28, 55-63		21

466	Effect of exercise-induced muscle damage on endurance running performance in humans. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2007</b> , 17, 662-71	4.6	80
465	Influence of cold-water immersion on indices of muscle damage following prolonged intermittent shuttle running. <b>2007</b> , 25, 1163-70		145
464	Evidence of a contralateral repeated bout effect after maximal eccentric contractions. <b>2007</b> , 101, 207-14		76
463	Effects of concentric and repeated eccentric exercise on muscle damage and calpain-calpastatin gene expression in human skeletal muscle. <b>2008</b> , 103, 323-32		46
462	Molecular adaptations of voltage-gated sodium ion channel related proteins after fatiguing stretch-shortening cycle exercise. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2008</b> , 18, 636-42	4.6	2
461	Changes in markers of muscle damage of middle-aged and young men following eccentric exercise of the elbow flexors. <b>2008</b> , 11, 124-31		37
460	Eccentric training impairs NF-kappaB activation and over-expression of inflammation-related genes induced by acute eccentric exercise in the elderly. <b>2008</b> , 129, 313-21		46
459	The prevention and treatment of exercise-induced muscle damage. <i>Sports Medicine</i> , <b>2008</b> , 38, 483-503	10.6	293
458	The effect of muscle-damaging exercise on blood and skeletal muscle oxidative stress: magnitude and time-course considerations. <i>Sports Medicine</i> , <b>2008</b> , 38, 579-606	10.6	136
457	Adaptive stretch-shortening contractions: diminished regenerative capacity with aging. <b>2008</b> , 33, 1181-91		19
456	Monitoring muscle oxygenation after eccentric exercise-induced muscle damage using near-infrared spectroscopy. <b>2008</b> , 33, 743-52		17
455	Protein for adaptations to exercise training. <b>2008</b> , 8, 107-118		20
454	Effect of eccentric exercise-induced muscle damage on the dynamics of muscle oxygenation and pulmonary oxygen uptake. <i>Journal of Applied Physiology</i> , <b>2008</b> , 105, 1413-21	3.7	57
453	Comparative MRI analysis of T2 changes associated with single and repeated bouts of downhill running leading to eccentric-induced muscle damage. <i>Journal of Applied Physiology</i> , <b>2008</b> , 105, 299-307	3.7	45
452	The Relationship between Mechanical Stiffness, Dynamic Strength and Static Strength following Eccentric or Concentric Activity. <b>2008</b> , 52, 1083-1087		
451	Time-course of changes in inflammatory and performance responses following a soccer game. <b>2008</b> , 18, 423-31		243
450	Diurnal variation, response to eccentric exercise, and association of inflammatory mediators with muscle damage variables. <i>Journal of Applied Physiology</i> , <b>2008</b> , 104, 451-8	3.7	70
449	Physiological, sensory, and functional measures in a model of wrist muscle injury and recovery. <b>2008</b> , 60, 30-9		3

448	Biopsychosocial influence on exercise-induced delayed onset muscle soreness at the shoulder: pain catastrophizing and catechol-o-methyltransferase (COMT) diplotype predict pain ratings. <b>2008</b> , 24, 793-801		53
447	Comparison of responses to strenuous eccentric exercise of the elbow flexors between resistance-trained and untrained men. <i>Journal of Strength and Conditioning Research</i> , <b>2008</b> , 22, 597-607	3.2	82
446	Favorable and prolonged changes in blood lipid profile after muscle-damaging exercise. <b>2008</b> , 40, 1483-9		29
445	Hormone therapy attenuates exercise-induced skeletal muscle damage in postmenopausal women. <i>Journal of Applied Physiology</i> , <b>2009</b> , 107, 853-8	3.7	72
444	Muscle metabolism during exercise with carbohydrate or protein-carbohydrate ingestion. <b>2009</b> , 41, 2158-64		25
443	Gross ultrastructural changes and necrotic fiber segments in elbow flexor muscles after maximal voluntary eccentric action in humans. <i>Journal of Applied Physiology</i> , <b>2009</b> , 107, 1923-34	3.7	87
442	Effect of water immersion methods on post-exercise recovery from simulated team sport exercise. <b>2009</b> , 12, 417-21		128
441	Effect of exercise-induced muscle damage on ventilatory and perceived exertion responses to moderate and severe intensity cycle exercise. <b>2009</b> , 107, 11-9		43
440	The effect of number of lengthening contractions on rat isometric force production at different frequencies of nerve stimulation. <b>2009</b> , 196, 351-6		6
439	Injury and adaptive mechanisms in skeletal muscle. <b>2009</b> , 19, 358-72		27
438	Repeated bout effect is absent in resistance trained men: an electromyographic analysis. <b>2009</b> , 19, e529-35		25
437	Neuromuscular fatigue following high versus low-intensity eccentric exercise of biceps brachii muscle. <b>2009</b> , 19, e481-6		14
436	Effect of bench press exercise intensity on muscle soreness and inflammatory mediators. <b>2009</b> , 27, 499-507		67
435	Effects of eccentric treadmill exercise on inflammatory gene expression in human skeletal muscle. <b>2009</b> , 34, 745-53		59
434	Effect of postexercise recovery procedures following strenuous stair-climb running. <b>2009</b> , 17, 245-59		16
433	Does antioxidant vitamin supplementation protect against muscle damage?. <i>Sports Medicine</i> , <b>2009</b> , 39, 1011-32	10.6	76
432	Prolonged mechanical and physiological changes in the upper extremity following short-term simulated power hand tool use. <b>2009</b> , 52, 15-24		12
431	Effect of delayed-onset muscle soreness on elbow flexion strength and rate of velocity development. <i>Journal of Strength and Conditioning Research</i> , <b>2009</b> , 23, 1282-6	3.2	23



430	Eccentric muscle damage has variable effects on motor unit recruitment thresholds and discharge patterns in elbow flexor muscles. <b>2009</b> , 102, 413-23		30
429	Efficacy of lower limb compression and combined treatment of manual massage and lower limb compression on symptoms of exercise-induced muscle damage in women. <i>Journal of Strength and Conditioning Research</i> , <b>2010</b> , 24, 3157-65	3.2	40
428	Ellagitannin consumption improves strength recovery 2-3 d after eccentric exercise. <b>2010</b> , 42, 493-8		84
427	Two series of fifty jumps performed within sixty minutes do not exacerbate muscle fatigue and muscle damage. <i>Journal of Strength and Conditioning Research</i> , <b>2010</b> , 24, 929-35	3.2	7
426	Dystrophin expression following the transplantation of normal muscle precursor cells protects mdx muscle from contraction-induced damage. <b>2010</b> , 19, 589-96		18
425	Changes in calpain activity, muscle structure, and function after eccentric exercise. <b>2010</b> , 42, 86-95		92
424	Branched-chain amino acid ingestion can ameliorate soreness from eccentric exercise. <b>2010</b> , 42, 962-70		99
423	Time course of leukocyte accumulation in human muscle after eccentric exercise. <b>2010</b> , 42, 75-85		142
422	Delayed recovery of velocity-dependent power loss following eccentric actions of the ankle dorsiflexors. <i>Journal of Applied Physiology</i> , <b>2010</b> , 109, 669-76	3.7	31
421	The repeated bout effect of eccentric exercise is not associated with changes in voluntary activation. <b>2010</b> , 108, 1065-74		17
420	Less indication of muscle damage in the second than initial electrical muscle stimulation bout consisting of isometric contractions of the knee extensors. <b>2010</b> , 108, 709-17		33
419	Low level laser therapy before eccentric exercise reduces muscle damage markers in humans. <b>2010</b> , 110, 789-96		135
418	Effects of a trail running competition on muscular performance and efficiency in well-trained young and master athletes. <b>2010</b> , 110, 1107-16		68
417	Acute alcohol consumption aggravates the decline in muscle performance following strenuous eccentric exercise. <b>2010</b> , 13, 189-93		49
416	Eccentric contractions induce rapid isometric torque drop in dystrophin-deficient dogs. <b>2010</b> , 42, 130-2		19
415	Effects of chocolate milk consumption on markers of muscle recovery following soccer training: a randomized cross-over study. <i>Journal of the International Society of Sports Nutrition</i> , <b>2010</b> , 7, 19	4.5	38
414	EFFECTS OF ECCENTRIC CONTRACTIONS ON IN VITRO Na <sup>+</sup> -K <sup>+</sup> -ATPase ACTIVITY AND SARCOPLASMIC RETICULUM Ca <sup>2+</sup> -SEQUESTERING IN RAT SKELETAL MUSCLE. <b>2010</b> , 59, 337-348		4
413	Eccentric exercise affects the upper limbs more than the lower limbs in position sense and reaction angle. <b>2010</b> , 28, 33-43		28

412	Vitamin d status is not associated with outcomes of experimentally-induced muscle weakness and pain in young, healthy volunteers. <b>2010</b> , 2010, 674240		17
411	Skeletal Muscle Damage and Repair: Classic Paradigms and Recent Developments. <b>2010</b> , 18, 396-402		2
410	Muscle damaging exercise affects isometric force fluctuation as well as intraindividual variability of cognitive function. <b>2010</b> , 42, 179-86		9
409	Laminin-111: a potential therapeutic agent for Duchenne muscular dystrophy. <b>2010</b> , 18, 2155-63		50
408	Comparison between alternating and pulsed current electrical muscle stimulation for muscle and systemic acute responses. <i>Journal of Applied Physiology</i> , <b>2010</b> , 109, 735-44	3-7	30
407	The impact of damaging exercise on electromechanical delay in biceps brachii. <b>2010</b> , 20, 477-81		25
406	Peripheral and central fatigue after muscle-damaging exercise is muscle length dependent and inversely related. <b>2010</b> , 20, 655-60		19
405	Réponses physiologiques liées à une immersion en eau froide et à une cryostimulation-cryothérapie en corps entier : effets sur la récupération après un exercice musculaire. <b>2010</b> , 25, 121-131		11
404	Influence d'une supplémentation en vitamines sur performance musculaire maximale au cours d'un programme d'entraînement en force chez des athlètes masters. <b>2010</b> , 25, 253-259		1
403	Ginger ( <i>Zingiber officinale</i> ) reduces muscle pain caused by eccentric exercise. <b>2010</b> , 11, 894-903		80
402	Effect of eccentric contraction velocity on muscle damage in repeated bouts of elbow flexor exercise. <b>2010</b> , 35, 534-40		24
401	The effect of sports specialization on musculus quadriceps function after exercise-induced muscle damage. <b>2011</b> , 36, 873-80		14
400	Predictive value of strength loss as an indicator of muscle damage across multiple drop jumps. <b>2011</b> , 36, 353-60		24
399	Effects of cold water immersion on the recovery of physical performance and muscle damage following a one-off soccer match. <b>2011</b> , 29, 217-25		112
398	Monitoring markers of muscle damage during a 3 week periodized drop-jump exercise programme. <b>2011</b> , 29, 345-53		9
397	Effects of a single bout of isometric neuromuscular electrical stimulation on rat gastrocnemius muscle: a combined functional, biochemical and MRI investigation. <b>2011</b> , 21, 525-32		2
396	Magnitude of spinal muscle damage is not statistically associated with exercise-induced low back pain intensity. <b>2011</b> , 11, 1135-42		12
395	Glutamine Supplementation in Recovery From Eccentric Exercise Attenuates Strength Loss and Muscle Soreness. <b>2011</b> , 9, 116-122		9

394	Repeated muscle injury as a presumptive trigger for chronic masticatory muscle pain. <b>2011</b> , 2011, 647967		11
393	Eccentric contraction-induced muscle injury does not change walking economy in older adults. <b>2011</b> , 27, 55-65		5
392	In vivo canine muscle function assay. <b>2011</b> ,		16
391	Carbohydrate-protein intake and recovery from endurance exercise: is chocolate milk the answer?. <b>2011</b> , 10, 203-10		10
390	Markers of postmatch fatigue in professional Rugby League players. <i>Journal of Strength and Conditioning Research</i> , <b>2011</b> , 25, 1030-9	3.2	81
389	Repeated bout effect is not correlated with intraindividual variability during muscle-damaging exercise. <i>Journal of Strength and Conditioning Research</i> , <b>2011</b> , 25, 1004-9	3.2	5
388	Dissociated time course of recovery between genders after resistance exercise. <i>Journal of Strength and Conditioning Research</i> , <b>2011</b> , 25, 3039-44	3.2	40
387	Muscle-damaging exercise affects isokinetic torque more at short muscle length. <i>Journal of Strength and Conditioning Research</i> , <b>2011</b> , 25, 1400-6	3.2	2
386	Time course of strength and power recovery after resistance training with different movement velocities. <i>Journal of Strength and Conditioning Research</i> , <b>2011</b> , 25, 2025-33	3.2	17
385	The effect of pomegranate juice supplementation on strength and soreness after eccentric exercise. <i>Journal of Strength and Conditioning Research</i> , <b>2011</b> , 25, 1782-8	3.2	80
384	Investigation of fatigue, delayed-onset muscle soreness, and spectral-based cepstral measurements in healthy speakers after neuromuscular electrical stimulation. <b>2011</b> , 120, 641-50		10
383	Potential safety issues with blood flow restriction training. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2011</b> , 21, 510-8	4.6	125
382	Muscle passive stiffness increases less after the second bout of eccentric exercise compared to the first bout. <b>2011</b> , 14, 338-43		31
381	Effectiveness of regular proactive massage therapy for novice recreational runners. <b>2011</b> , 12, 182-7		8
380	Plasma matrix metalloproteinase-9 response to eccentric exercise of the elbow flexors. <b>2011</b> , 111, 1795-805		18
379	The effect of a carbohydrate beverage on the physiological responses during prolonged load carriage. <b>2011</b> , 111, 1901-8		7
378	Effect of 5-day vitamin E supplementation on muscle injury after downhill running in rats. <b>2011</b> , 111, 2557-69		11
377	Muscle damage induced by electrical stimulation. <b>2011</b> , 111, 2427-37		66

376	Evidence of exercise-induced muscle damage following a simulated rugby league match. <b>2011</b> , 11, 401-409		11
375	Effects of whole-body cryotherapy vs. far-infrared vs. passive modalities on recovery from exercise-induced muscle damage in highly-trained runners. <i>PLoS ONE</i> , <b>2011</b> , 6, e27749	3-7	123
374	Match-related fatigue in soccer players. <b>2011</b> , 43, 2161-70		130
373	Neuromuscular, biochemical and perceptual post-match fatigue in professional rugby league forwards and backs. <b>2012</b> , 30, 359-67		92
372	The effect of warm-up and cool-down exercise on delayed onset muscle soreness in the quadriceps muscle: a randomized controlled trial. <b>2012</b> , 35, 59-68		21
371	The use of thermal infra-red imaging to detect delayed onset muscle soreness. <b>2012</b> ,		31
370	Neural contributions to concentric vs. eccentric exercise-induced strength loss. <i>Journal of Strength and Conditioning Research</i> , <b>2012</b> , 26, 633-40	3-2	16
369	Rapid increase in training load affects markers of skeletal muscle damage and mechanical performance. <i>Journal of Strength and Conditioning Research</i> , <b>2012</b> , 26, 2953-61	3-2	11
368	Exercise-induced muscle damage from bench press exercise impairs arm cranking endurance performance. <b>2012</b> , 112, 4135-42		14
367	Sex differences in exercise-induced muscle pain and muscle damage. <b>2012</b> , 13, 1242-9		41
366	Effects of muscle-damaging exercise on physiological, metabolic, and perceptual responses during two modes of endurance exercise. <b>2012</b> , 10, 70-77		6
365	Comparison between multiple sets and half-pyramid resistance exercise bouts for muscle damage profile. <b>2012</b> , 12, 249-254		7
364	Prophylactic effect of hot pack on symptoms of eccentric exercise-induced muscle damage of the wrist extensors. <b>2012</b> , 12, 443-453		3
363	Dissociated time course recovery between rate of force development and peak torque after eccentric exercise. <b>2012</b> , 32, 179-84		32
362	Assessment of eccentric exercise-induced muscle damage of the elbow flexors by tensiomyography. <b>2012</b> , 22, 334-41		82
361	Residual force enhancement following eccentric induced muscle damage. <b>2012</b> , 45, 1835-41		24
360	Effect of New Zealand blueberry consumption on recovery from eccentric exercise-induced muscle damage. <i>Journal of the International Society of Sports Nutrition</i> , <b>2012</b> , 9, 19	4-5	87
359	Fluctuations in the skeletal muscle power-velocity relationship and interferon- $\beta$ after a muscle-damaging event in humans. <b>2012</b> , 1, 6		4

358	Recovery in Soccer. <i>Sports Medicine</i> , <b>2012</b> , 42, 997-1015	10.6	163
357	Human alpha-actinin-3 genotype association with exercise-induced muscle damage and the repeated-bout effect. <b>2012</b> , 37, 1038-46		29
356	Two maximal isometric contractions attenuate the magnitude of eccentric exercise-induced muscle damage. <b>2012</b> , 37, 680-9		28
355	Neuromuscular and cardiovascular responses of Royal Marine recruits to load carriage in the field. <b>2012</b> , 43, 1131-7		28
354	The use of thermal infrared imaging to assess the efficacy of a therapeutic exercise program in individuals with diabetes. <b>2012</b> , 14, 159-67		12
353	The effects of acute alcohol consumption on recovery from a simulated rugby match. <b>2012</b> , 30, 295-304		15
352	Water immersion as a recovery aid from intermittent shuttle running exercise. <b>2012</b> , 12, 509-514		11
351	Low-frequency fatigue as an indicator of eccentric exercise-induced muscle injury: the role of vitamin E. <b>2012</b> , 2012, 628352		2
350	Recovery from cycling exercise: effects of carbohydrate and protein beverages. <i>Nutrients</i> , <b>2012</b> , 4, 568-84.7		19
349	Exercise-Induced Muscle Damage: Is it detrimental or beneficial?. <b>2012</b> , 1, 36-44		7
348	Reduced short-interval intracortical inhibition after eccentric muscle damage in human elbow flexor muscles. <i>Journal of Applied Physiology</i> , <b>2012</b> , 113, 929-36	3.7	17
347	The effects of vibration therapy on muscle force loss following eccentrically induced muscle damage. <b>2012</b> , 112, 1189-94		12
346	Power loss is greater following lengthening contractions in old versus young women. <b>2012</b> , 34, 737-50		35
345	Effects of whole-body cryotherapy (-110 °C) on proprioception and indices of muscle damage. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2012</b> , 22, 190-8	4.6	70
344	Comparison in muscle damage between maximal voluntary and electrically evoked isometric contractions of the elbow flexors. <b>2012</b> , 112, 429-38		27
343	Muscle fatigue experienced during maximal eccentric exercise is predictive of the plasma creatine kinase (CK) response. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2013</b> , 23, 501-7	4.6	35
342	Effects of whole-body cryotherapy on recovery after hamstring damaging exercise: a crossover study. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2013</b> , 23, e270-8	4.6	33
341	Intra- and interday reliability of voluntary and electrically stimulated isometric contractions of the quadriceps femoris. <b>2013</b> , 23, 886-91		7

340	Oxidative stress and antioxidant status response of handball athletes: implications for sport training monitoring. <b>2013</b> , 17, 462-70		43
339	Effect of single bout versus repeated bouts of stretching on muscle recovery following eccentric exercise. <b>2013</b> , 16, 583-8		11
338	The effect of fasting on indicators of muscle damage. <b>2013</b> , 48, 1101-6		10
337	Physical performance and subjective ratings after a soccer-specific exercise simulation: comparison of natural grass versus artificial turf. <b>2013</b> , 31, 529-36		36
336	Aging is not a barrier to muscle and redox adaptations: applying the repeated eccentric exercise model. <b>2013</b> , 48, 734-43		14
335	Isometric strength and steadiness adaptations of the knee extensor muscles to level and downhill treadmill walking in older adults. <b>2013</b> , 14, 197-208		14
334	Supplemental vitamin D enhances the recovery in peak isometric force shortly after intense exercise. <b>2013</b> , 10, 69		49
333	Light-emitting diode phototherapy improves muscle recovery after a damaging exercise. <b>2014</b> , 29, 1139-44		18
332	The heat shock protein response following eccentric exercise in human skeletal muscle is unaffected by local NSAID infusion. <b>2013</b> , 113, 1883-93		12
331	Effects of low-intensity concentric and eccentric exercise combined with blood flow restriction on indices of exercise-induced muscle damage. <b>2013</b> , 5, 53-9		46
330	Effects of repeated bouts of squatting exercise on sub-maximal endurance running performance. <b>2013</b> , 113, 285-93		29
329	Recovery in soccer : part ii-recovery strategies. <i>Sports Medicine</i> , <b>2013</b> , 43, 9-22	10.6	182
328	The effects of anatabine on non-invasive indicators of muscle damage: a randomized, double-blind, placebo-controlled, crossover study. <i>Journal of the International Society of Sports Nutrition</i> , <b>2013</b> , 10, 33	4.5	7
327	Concentrically trained cyclists are not more susceptible to eccentric exercise-induced muscle damage than are stretch-shortening exercise-trained runners. <b>2013</b> , 113, 621-8		7
326	Pain sensitivity is normalized after a repeated bout of eccentric exercise. <b>2013</b> , 113, 2595-602		25
325	Effect of low-level laser therapy (808 nm) on markers of muscle damage: a randomized double-blind placebo-controlled trial. <b>2014</b> , 29, 933-8		29
324	Repeated bout effect was more expressed in young adult males than in elderly males and boys. <b>2013</b> , 2013, 218970		35
323	Effects of estrogen fluctuation during the menstrual cycle on the response to stretch-shortening exercise in females. <b>2013</b> , 2013, 243572		22

322	Time course of muscle damage and inflammatory responses to resistance training with eccentric overload in trained individuals. <b>2013</b> , 2013, 204942		5
321	The effects of multiple daily applications of ice to the hamstrings on biochemical measures, signs, and symptoms associated with exercise-induced muscle damage. <i>Journal of Strength and Conditioning Research</i> , <b>2013</b> , 27, 2743-51	3.2	16
320	The effect of eccentric exercise-induced delayed-onset muscle soreness on positioning sense and shooting percentage in wheelchair basketball players. <b>2013</b> , 30, 382-6		12
319	Effects of air-pulsed cryotherapy on neuromuscular recovery subsequent to exercise-induced muscle damage. <b>2013</b> , 41, 1942-51		34
318	The acute effects of flotation restricted environmental stimulation technique on recovery from maximal eccentric exercise. <i>Journal of Strength and Conditioning Research</i> , <b>2013</b> , 27, 3467-74	3.2	7
317	Contrast water therapy and exercise induced muscle damage: a systematic review and meta-analysis. <i>PLoS ONE</i> , <b>2013</b> , 8, e62356	3.7	62
316	Neuromuscular impairment following backpack load carriage. <b>2013</b> , 37, 91-8		12
315	Effects of vibratory stimulations on maximal voluntary isometric contraction from delayed onset muscle soreness. <b>2013</b> , 25, 1093-5		11
314	Higher serum 25-hydroxyvitamin D concentrations associate with a faster recovery of skeletal muscle strength after muscular injury. <i>Nutrients</i> , <b>2013</b> , 5, 1253-75	6.7	77
313	Exercise-induced muscle damage and running economy in humans. <b>2013</b> , 2013, 189149		26
312	Time course of central and peripheral alterations after isometric neuromuscular electrical stimulation-induced muscle damage. <i>PLoS ONE</i> , <b>2014</b> , 9, e107298	3.7	13
311	Effects of Differing Dosages of Pomegranate Juice Supplementation after Eccentric Exercise. <b>2014</b> , 2014, 1-7		21
310	Dor muscular e atividade de creatina quinase após sessões excêntricas: uma análise de cluster. <b>2014</b> , 20, 257-261		2
309	Musculoskeletal stiffness during hopping and running does not change following downhill backwards walking. <b>2014</b> , 13, 241-58		3
308	Timing influence of carbohydrate-protein ingestion on muscle soreness and next-day running performance. <b>2014</b> , 11, 166-74		1
307	Neuromuscular responses to simulated brazilian jiu-jitsu fights. <b>2014</b> , 44, 249-57		22
306	Muscle injury after low-intensity downhill running reduces running economy. <i>Journal of Strength and Conditioning Research</i> , <b>2014</b> , 28, 1212-8	3.2	14
305	Lengthening our perspective: morphological, cellular, and molecular responses to eccentric exercise. <b>2014</b> , 49, 155-70		170



304	Effects of protein supplements on muscle damage, soreness and recovery of muscle function and physical performance: a systematic review. <i>Sports Medicine</i> , <b>2014</b> , 44, 655-70	10.6	91
303	Does blood flow restriction result in skeletal muscle damage? A critical review of available evidence. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2014</b> , 24, e415-422	4.6	64
302	Hsp25 and Hsp72 content in rat skeletal muscle following controlled shortening and lengthening contractions. <b>2014</b> , 39, 1380-7		4
301	Neuromuscular electrical stimulation via the peroneal nerve is superior to graduated compression socks in reducing perceived muscle soreness following intense intermittent endurance exercise. <b>2014</b> , 114, 2223-32		8
300	Motor unit activity after eccentric exercise and muscle damage in humans. <b>2014</b> , 210, 754-67		21
299	The effect of various cold-water immersion protocols on exercise-induced inflammatory response and functional recovery from high-intensity sprint exercise. <b>2014</b> , 114, 2353-67		31
298	Deep mineral water accelerates recovery after dehydrating aerobic exercise: a randomized, double-blind, placebo-controlled crossover study. <i>Journal of the International Society of Sports Nutrition</i> , <b>2014</b> , 11, 34	4.5	10
297	A contralateral repeated bout effect attenuates induction of NF- $\kappa$ B DNA binding following eccentric exercise. <i>Journal of Applied Physiology</i> , <b>2014</b> , 116, 1473-80	3.7	28
296	Systemic cytokine response to three bouts of eccentric exercise. <b>2014</b> , 4, 23-9		8
295	The effects of binge drinking behaviour on recovery and performance after a rugby match. <b>2014</b> , 17, 244-8		12
294	Managing Mental and Physical Fatigue During a Collegiate Soccer Season. <b>2014</b> , 1, 24-32		
293	Recovery and adaptation from repeated intermittent-sprint exercise. <b>2014</b> , 9, 489-96		25
292	Consistency of peak and mean concentric and eccentric force using a novel squat testing device. <b>2014</b> , 30, 322-5		9
291	Impact of Loading and Rest Intervals on Muscle Inflammation. <b>2014</b> , 58, 1089-1093		
290	Between-Match Variability of Peak Power Output and Creatine Kinase Responses to Soccer Match-Play. <i>Journal of Strength and Conditioning Research</i> , <b>2015</b> , 29, 2079-85	3.2	31
289	Vibration Therapy Is No More Effective Than the Standard Practice of Massage and Stretching for Promoting Recovery From Muscle Damage After Eccentric Exercise. <b>2015</b> , 25, 332-7		11
288	Muscle Damage Response in Female Collegiate Athletes After Repeated Sprint Activity. <i>Journal of Strength and Conditioning Research</i> , <b>2015</b> , 29, 2802-7	3.2	31
287	Revisiting the Force-Joint Angle Relationship After Eccentric Exercise. <i>Journal of Strength and Conditioning Research</i> , <b>2015</b> , 29, 3284-91	3.2	



286	Heterogeneity of muscle damage induced by electrostimulation: a multimodal MRI study. <b>2015</b> , 47, 166-75		15
285	Adaptation of local muscle blood flow and surface electromyography to repeated bouts of eccentric exercise. <i>Journal of Strength and Conditioning Research</i> , <b>2015</b> , 29, 1017-26	3.2	5
284	Acute Physiological and Mechanical Responses During Resistance Exercise at the Lactate Threshold Intensity. <i>Journal of Strength and Conditioning Research</i> , <b>2015</b> , 29, 2867-73	3.2	25
283	Effect of Level and Downhill Running on Breathing Efficiency. <i>Sports</i> , <b>2015</b> , 3, 12-20	3	4
282	Recovery kinetics of knee flexor and extensor strength after a football match. <i>PLoS ONE</i> , <b>2015</b> , 10, e0128072	3.7	27
281	A semiquantitative scoring tool to evaluate eccentric exercise-induced muscle damage in trained rats. <b>2015</b> , 59, 2544		7
280	Muscle damage and inflammation after eccentric exercise: can the repeated bout effect be removed?. <b>2015</b> , 3, e12648		20
279	Effects of seated and standing cold water immersion on recovery from repeated sprinting. <b>2015</b> , 33, 1544-52		27
278	The influence of estradiol on muscle damage and leg strength after intense eccentric exercise. <b>2015</b> , 115, 1493-500		44
277	Alternative treatments for muscle injury: massage, cryotherapy, and hyperbaric oxygen. <b>2015</b> , 8, 162-7		13
276	Influence of ovarian hormones on strength loss in healthy and dystrophic female mice. <b>2015</b> , 47, 1177-87		7
275	Responses to a 120 min reserve team soccer match: a case study focusing on the demands of extra time. <b>2015</b> , 33, 2133-9		37
274	Inducing Muscle Heat Shock Protein 70 Improves Insulin Sensitivity and Muscular Performance in Aged Mice. <b>2015</b> , 70, 800-8		18
273	Ipsilateral resistance exercise prevents exercise-induced central sensitization in the contralateral limb: a randomized controlled trial. <b>2015</b> , 115, 2253-62		10
272	Attenuation of indirect markers of eccentric exercise-induced muscle damage by curcumin. <b>2015</b> , 115, 1949-57		47
271	The effects PCSO-524, a patented marine oil lipid and omega-3 PUFA blend derived from the New Zealand green lipped mussel ( <i>Perna canaliculus</i> ), on indirect markers of muscle damage and inflammation after muscle damaging exercise in untrained men: a randomized, placebo controlled trial. <i>Journal of the International Society of Sports Nutrition</i> , <b>2015</b> , 12, 10	4.5	35
270	Reduced muscle lengthening during eccentric contractions as a mechanism underpinning the repeated-bout effect. <b>2015</b> , 308, R879-86		28
269	Preventive effects of 10-day supplementation with saffron and indomethacin on the delayed-onset muscle soreness. <b>2015</b> , 25, 105-12		17

268	Benefits of dietary phytochemical supplementation on eccentric exercise-induced muscle damage: Is including antioxidants enough?. <b>2015</b> , 31, 1072-82		26
267	Reliability and sensitivity of a simple isometric posterior lower limb muscle test in professional football players. <b>2015</b> , 33, 1298-304		26
266	The Effect of a Simulated Basketball Game on Players' Sprint and Jump Performance, Temperature and Muscle Damage. <b>2015</b> , 46, 167-75		22
265	Nutritional Support for Exercise-Induced Injuries. <i>Sports Medicine</i> , <b>2015</b> , 45 Suppl 1, S93-104	10.6	50
264	Acute effects of dynamic exercises on the relationship between the motor unit firing rate and the recruitment threshold. <b>2015</b> , 40, 24-37		10
263	Contraction induced muscle injury: towards personalized training and recovery programs. <b>2015</b> , 43, 388-403		6
262	Rate of force development as a measure of muscle damage. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2015</b> , 25, 417-27	4.6	82
261	Neuromuscular and Blood Lactate Response After a Motocross Training Session in Amateur Riders. <b>2016</b> , 7, e23805		2
260	A Systematic Review on the Effects of Botanicals on Skeletal Muscle Health in Order to Prevent Sarcopenia. <b>2016</b> , 2016, 5970367		18
259	Probiotic <i>Streptococcus thermophilus</i> FP4 and <i>Bifidobacterium breve</i> BR03 Supplementation Attenuates Performance and Range-of-Motion Decrements Following Muscle Damaging Exercise. <i>Nutrients</i> , <b>2016</b> , 8,	6.7	36
258	Muscle Damage following Maximal Eccentric Knee Extensions in Males and Females. <i>PLoS ONE</i> , <b>2016</b> , 11, e0150848	3.7	39
257	Utility of 17-(allylamino)-17-demethoxygeldanamycin treatment for skeletal muscle injury. <b>2016</b> , 21, 1111-1117		9
256	Protective effect by maximal isometric contractions against maximal eccentric exercise-induced muscle damage of the knee extensors. <b>2016</b> , 24, 243-56		15
255	Local and Generalized Endogenous Pain Modulation in Healthy Men: Effects of Exercise and Exercise-Induced Muscle Damage. <b>2016</b> , 17, 2422-2433		6
254	Effect of exercise-induced muscle damage on vascular function and skeletal muscle microvascular deoxygenation. <b>2016</b> , 4, e13032		13
253	Guidelines for Models of Skeletal Muscle Injury and Therapeutic Assessment. <b>2016</b> , 202, 214-226		7
252	Changes of vertical jump height in response to acute and repetitive fatiguing conditions. <b>2016</b> , 31, e163-e171		5
251	Use of Cold-Water Immersion to Reduce Muscle Damage and Delayed-Onset Muscle Soreness and Preserve Muscle Power in Jiu-Jitsu Athletes. <i>Journal of Athletic Training</i> , <b>2016</b> , 51, 540-9	4	32

250	Variable responses to eccentric exercise. <b>2016</b> , 116, 2053-4		1
249	Mitochondrial maintenance via autophagy contributes to functional skeletal muscle regeneration and remodeling. <b>2016</b> , 311, C190-200		37
248	Effects of low-level laser therapy applied before or after plyometric exercise on muscle damage markers: randomized, double-blind, placebo-controlled trial. <b>2016</b> , 31, 1935-1942		18
247	Compression Garments and Recovery. <b>2016</b> , 89-111		
246	Time-Motion and Biological Responses in Simulated Mixed Martial Arts Sparring Matches. <i>Journal of Strength and Conditioning Research</i> , <b>2016</b> , 30, 2156-63	3.2	23
245	Comment on "Effect of low-level phototherapy on delayed onset muscle soreness: a systematic review and meta-analysis". <b>2016</b> , 31, 1739-1740		1
244	Increased Activation Amplitude Levels of Gluteus Medius in Women During Isometric and Dynamic Conditions Following a 4-week Protocol of Low-load Eccentric Exercises. <b>2016</b> , 21, 257-263		5
243	Relationships between match activities and peak power output and Creatine Kinase responses to professional reserve team soccer match-play. <b>2016</b> , 45, 96-101		52
242	What are the Physiological Mechanisms for Post-Exercise Cold Water Immersion in the Recovery from Prolonged Endurance and Intermittent Exercise?. <i>Sports Medicine</i> , <b>2016</b> , 46, 1095-109	10.6	95
241	Muscle damage and repeated bout effect following blood flow restricted exercise. <b>2016</b> , 116, 513-25		43
240	Evidence of muscular adaptations within four weeks of barbell training in women. <b>2016</b> , 45, 7-22		15
239	Antioxidant-rich beetroot juice does not adversely affect acute neuromuscular adaptation following eccentric exercise. <b>2017</b> , 35, 812-819		11
238	Minimal Evidence for a Secondary Loss of Strength After an Acute Muscle Injury: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , <b>2017</b> , 47, 41-59	10.6	11
237	Effects of a Strength Training Session After an Exercise Inducing Muscle Damage on Recovery Kinetics. <i>Journal of Strength and Conditioning Research</i> , <b>2017</b> , 31, 115-125	3.2	9
236	Fatigue and Recovery in Rugby: A Review. <i>Sports Medicine</i> , <b>2017</b> , 47, 1515-1530	10.6	38
235	MR elastography measurement of the effect of passive warmup prior to eccentric exercise on thigh muscle mechanical properties. <b>2017</b> , 46, 1115-1127		6
234	The efficacy of protein supplementation during recovery from muscle-damaging concurrent exercise. <b>2017</b> , 42, 716-724		14
233	Effect of an acute dose of omega-3 fish oil following exercise-induced muscle damage. <b>2017</b> , 117, 575-582		34

232	Muscular Responses During and Following Acute Physical Activity Under Heat Stress. <b>2017</b> , 45-57		
231	Acute Effects of Plyometric and Resistance Training on Running Economy in Trained Runners. <i>Journal of Strength and Conditioning Research</i> , <b>2017</b> , 31, 2432-2437	3.2	3
230	Oral contraceptive pill use and the susceptibility to markers of exercise-induced muscle damage. <b>2017</b> , 117, 1393-1402		11
229	The Efficacy of Sustained Heat Treatment on Delayed-Onset Muscle Soreness. <b>2017</b> , 27, 329-337		12
228	Full Range of Motion Induces Greater Muscle Damage Than Partial Range of Motion in Elbow Flexion Exercise With Free Weights. <i>Journal of Strength and Conditioning Research</i> , <b>2017</b> , 31, 2223-2230	3.2	10
227	Comparison of the recovery response from high-intensity and high-volume resistance exercise in trained men. <b>2017</b> , 117, 1287-1298		50
226	The repeated bout effect of traditional resistance exercises on running performance across 3 bouts. <b>2017</b> , 42, 978-985		17
225	Dissociated time course between peak torque and total work recovery following bench press training in resistance trained men. <b>2017</b> , 179, 143-147		17
224	Muscle and Limb Mechanics. <b>2017</b> , 7, 429-462		5
223	Perspectives on Exertional Rhabdomyolysis. <i>Sports Medicine</i> , <b>2017</b> , 47, 33-49	10.6	65
222	The acute benefits and risks of passive stretching to the point of pain. <b>2017</b> , 117, 1217-1226		9
221	The time course of short-term hypertrophy in the absence of eccentric muscle damage. <b>2017</b> , 117, 989-1004		22
220	Neuromuscular changes and the rapid adaptation following a bout of damaging eccentric exercise. <b>2017</b> , 220, 486-500		36
219	Beetroot juice is more beneficial than sodium nitrate for attenuating muscle pain after strenuous eccentric-bias exercise. <b>2017</b> , 42, 1185-1191		19
218	Non-invasive Assessments of Subjective and Objective Recovery Characteristics Following an Exhaustive Jump Protocol. <b>2017</b> ,		2
217	Early detection of exercise-induced muscle damage using elastography. <b>2017</b> , 117, 2047-2056		24
216	The effects of 4 weeks stretching training to the point of pain on flexibility and muscle tendon unit properties. <b>2017</b> , 117, 1713-1725		11
215	The Effect of Exercise-Induced Muscle Damage After a Bout of Accentuated Eccentric Load Drop Jumps and the Repeated Bout Effect. <i>Journal of Strength and Conditioning Research</i> , <b>2017</b> , 31, 386-394	3.2	13

214	A single dose of histamine-receptor antagonists before downhill running alters markers of muscle damage and delayed-onset muscle soreness. <i>Journal of Applied Physiology</i> , <b>2017</b> , 122, 631-641	3.7	15
213	Dosages of cold-water immersion post exercise on functional and clinical responses: a randomized controlled trial. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2017</b> , 27, 1356-1363	4.6	27
212	Is Branched-Chain Amino Acids Supplementation an Efficient Nutritional Strategy to Alleviate Skeletal Muscle Damage? A Systematic Review. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	50
211	Treadmill Slope Modulates Inflammation, Fiber Type Composition, Androgen, and Glucocorticoid Receptors in the Skeletal Muscle of Overtrained Mice. <b>2017</b> , 8, 1378		23
210	Detection of titin fragments in urine in response to exercise-induced muscle damage. <i>PLoS ONE</i> , <b>2017</b> , 12, e0181623	3.7	25
209	Adaptations in antagonist co-activation: Role in the repeated-bout effect. <i>PLoS ONE</i> , <b>2017</b> , 12, e0189323	3.7	3
208	Preconditioning by light-load eccentric exercise is equally effective as low-level laser therapy in attenuating exercise-induced muscle damage in collegiate men. <b>2017</b> , 10, 2213-2221		6
207	Changes in central and peripheral neuromuscular fatigue indices after concentric versus eccentric contractions of the knee extensors. <b>2018</b> , 118, 805-816		24
206	Pre-exercise β-hydroxy-β-methylbutyrate free-acid supplementation improves work capacity recovery: a randomized, double-blinded, placebo-controlled study. <b>2018</b> , 43, 691-696		4
205	The development of skeletal muscle hypertrophy through resistance training: the role of muscle damage and muscle protein synthesis. <b>2018</b> , 118, 485-500		78
204	Reference values for the creatine kinase response to professional Australian football match-play. <b>2018</b> , 21, 852-857		4
203	Localization of muscle damage within the quadriceps femoris induced by different types of eccentric exercises. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2018</b> , 28, 95-106	4.6	27
202	Effect of NSAIDs on Recovery From Acute Skeletal Muscle Injury: A Systematic Review and Meta-analysis. <b>2018</b> , 46, 224-233		25
201	Differential Effects of Different Warm-up Protocols on Repeated Sprints-Induced Muscle Damage. <i>Journal of Strength and Conditioning Research</i> , <b>2018</b> , 32, 3276-3284	3.2	9
200	Impact-Induced Muscle Damage and Contact Sports: Etiology, Effects on Neuromuscular Function and Recovery, and the Modulating Effects of Adaptation and Recovery Strategies. <b>2018</b> , 13, 962-969		17
199	Cold-water or partial-body cryotherapy? Comparison of physiological responses and recovery following muscle damage. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2018</b> , 28, 1252-1262	4.6	18
198	The Efficacy of Dynamic Contract-Relax Stretching on Delayed-Onset Muscle Soreness Among Healthy Individuals: A Randomized Clinical Trial. <b>2018</b> , 28, 28-36		6
197	The Effects of Exercise Induced Muscle Damage on Knee Joint Torque and Balance Performance. <i>Sports</i> , <b>2018</b> , 6,	3	1

196	Effect of Branched-Chain Amino Acid Supplementation on Recovery Following Acute Eccentric Exercise. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	25
195	Faster physical performance recovery with cold water immersion is not related to lower muscle damage level in professional soccer players. <b>2018</b> , 78, 184-191		6
194	Effects of preconditioning hamstring resistance exercises on repeated sprinting-induced muscle damage in female soccer players. <b>2018</b> , 35, 269-275		3
193	Aggregate mesenchymal stem cell delivery ameliorates the regenerative niche for muscle repair. <b>2018</b> , 12, 1867-1876		9
192	Time Course and Association of Functional and Biochemical Markers in Severe Semitendinosus Damage Following Intensive Eccentric Leg Curls: Differences between and within Subjects. <i>Frontiers in Physiology</i> , <b>2018</b> , 9, 54	4.6	9
191	A moderate oestradiol level enhances neutrophil number and activity in muscle after traumatic injury but strength recovery is accelerated. <b>2018</b> , 596, 4665-4680		20
190	Astaxanthin in Exercise Metabolism, Performance and Recovery: A Review. <b>2017</b> , 4, 76		29
189	The Effect of Whey Protein Supplementation on the Temporal Recovery of Muscle Function Following Resistance Training: A Systematic Review and Meta-Analysis. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	38
188	High Body Mass Index Is Associated with the Extent of Muscle Damage after Eccentric Exercise. <b>2018</b> , 15,		9
187	Effect of bilberry juice on indices of muscle damage and inflammation in runners completing a half-marathon: a randomised, placebo-controlled trial. <i>Journal of the International Society of Sports Nutrition</i> , <b>2018</b> , 15, 22	4.5	22
186	Effect of acute muscle contusion injury, with and without dietary fish oil, on adult and aged male rats: contractile and biochemical responses. <b>2018</b> , 111, 241-252		4
185	Creatine kinase, neuromuscular fatigue, and the contact codes of football: A systematic review and meta-analysis of pre- and post-match differences. <b>2018</b> , 18, 1234-1244		10
184	A quantitative method for the detection of muscle functional active and passive behavior recovery in models of damage-regeneration. <b>2019</b> , 233, 1594-1603		
183	Exercise-induced muscle damage: What is it, what causes it and what are the nutritional solutions?. <b>2019</b> , 19, 71-85		85
182	No Effect of Tart Cherry Juice or Pomegranate Juice on Recovery from Exercise-Induced Muscle Damage in Non-Resistance Trained Men. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	13
181	The use of medication and alcohol in recreational downhill skiers: Results of a survey including 816 subjects in Tyrol. <b>2019</b> , 22 Suppl 1, S22-S26		3
180	Effectiveness of combining microcurrent with resistance training in trained males. <b>2019</b> , 119, 2641-2653		6
179	Kinetics of Muscle Damage Biomarkers at Moments Subsequent to a Fight in Brazilian Jiu-Jitsu Practice by Disabled Athletes. <i>Frontiers in Physiology</i> , <b>2019</b> , 10, 1055	4.6	4

178	Eccentric and concentric blood flow restriction resistance training on indices of delayed onset muscle soreness in untrained women. <b>2019</b> , 119, 2363-2373		9
177	Neurophysiological responses and adaptation following repeated bouts of maximal lengthening contractions in young and older adults. <i>Journal of Applied Physiology</i> , <b>2019</b> , 127, 1224-1237	3.7	7
176	The Effects of Quercetin Supplementation on Eccentric Exercise-Induced Muscle Damage. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	23
175	Strength Loss After Eccentric Exercise Is Related to Oxidative Stress but Not Muscle Damage Biomarkers. <b>2019</b> , 90, 385-394		8
174	Muscle oxygenation induced by cycling exercise does not accelerate recovery kinetics following exercise-induced muscle damage in humans: A randomized cross-over study. <b>2019</b> , 266, 82-88		0
173	Eccentric Muscle Contractions: Risks and Benefits. <i>Frontiers in Physiology</i> , <b>2019</b> , 10, 536	4.6	88
172	Effective Timing of Curcumin Ingestion to Attenuate Eccentric Exercise-Induced Muscle Soreness in Men. <b>2019</b> , 65, 82-89		17
171	Aging of the musculoskeletal system: How the loss of estrogen impacts muscle strength. <b>2019</b> , 123, 137-144		39
170	Nutritional and Pharmacological Interventions to Expedite Recovery Following Muscle-Damaging Exercise in Older Adults: A Narrative Review of the Literature. <b>2019</b> , 27, 914-928		6
169	Prolonged low-frequency force depression is underestimated when assessed with doublets compared with tetani in the dorsiflexors. <i>Journal of Applied Physiology</i> , <b>2019</b> , 126, 1352-1359	3.7	8
168	Cold water immersion improves recovery of sprint speed following a simulated tournament. <b>2019</b> , 19, 1166-1174		8
167	The effects of collagen peptides on muscle damage, inflammation and bone turnover following exercise: a randomized, controlled trial. <i>Amino Acids</i> , <b>2019</b> , 51, 691-704	3.5	18
166	Comparison Between Two Volume-Matched Squat Exercises With and Without Momentary Failure for Changes in Hormones, Maximal Voluntary Isometric Contraction Strength, and Perceived Muscle Soreness. <i>Journal of Strength and Conditioning Research</i> , <b>2019</b> , 35,	3.2	2
165	Effects of Ramadan Fasting on Recovery Following a Simulated Soccer Match in Professional Soccer Players: A Pilot Study. <i>Frontiers in Physiology</i> , <b>2019</b> , 10, 1480	4.6	4
164	Effects of oral curcumin ingested before or after eccentric exercise on markers of muscle damage and inflammation. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2019</b> , 29, 524-534	4.6	28
163	Pre-Bed Casein Protein Supplementation Does Not Enhance Acute Functional Recovery in Physically Active Males and Females When Exercise is Performed in the Morning. <i>Sports</i> , <b>2018</b> , 7,	3	5
162	Efficacy of Repeated Cold Water Immersion on Recovery After a Simulated Rugby Union Protocol. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> , 34, 3523-3529	3.2	2
161	Tart Cherry Juice: No Effect on Muscle Function Loss or Muscle Soreness in Professional Soccer Players After a Match. <b>2020</b> , 15, 249-254		10



160	Comparisons of exercise-induced muscle damage after two closely scheduled sprinting exercises. <b>2020</b> , 28, 9-17		
159	Muscle damage responses to resistance exercise performed with high-load versus low-load associated with partial blood flow restriction in young women. <b>2020</b> , 20, 125-134		12
158	Botulinum Toxin A Improves Symptoms of Gastroparesis. <b>2020</b> , 65, 1396-1404		8
157	Foam rolling is an effective recovery tool in trained distance runners. <b>2020</b> , 16, 105-115		1
156	Comparison among three different intensities of eccentric contractions of the elbow flexors resulting in the same strength loss at one day post-exercise for changes in indirect muscle damage markers. <b>2020</b> , 120, 267-279		15
155	Quercetin Supplementation Improves Neuromuscular Function Recovery from Muscle Damage. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	4
154	Exercise-Based Strategies to Prevent Muscle Injury in Male Elite Footballers: An Expert-Led Delphi Survey of 21 Practitioners Belonging to 18 Teams from the Big-5 European Leagues. <i>Sports Medicine</i> , <b>2020</b> , 50, 1667-1681	10.6	19
153	Monitoring indices of exercise-induced muscle damage and recovery in male field hockey: Is it time to retire creatine kinase?. <b>2020</b> , 35, 402-404		1
152	Low Body Fat Does Not Influence Recovery after Muscle-Damaging Lower-Limb Plyometrics in Young Male Team Sport Athletes. <b>2020</b> , 5,		0
151	The effects of alpha lipoic acid on muscle strength recovery after a single and a short-term chronic supplementation - a study in healthy well-trained individuals after intensive resistance and endurance training. <i>Journal of the International Society of Sports Nutrition</i> , <b>2020</b> , 17, 61	4.5	1
150	Water immersion methods do not alter muscle damage and inflammation biomarkers after high-intensity sprinting and jumping exercise. <b>2020</b> , 120, 2625-2634		3
149	A novel ex vivo protocol to mimic human walking gait: implications for Duchenne muscular dystrophy. <i>Journal of Applied Physiology</i> , <b>2020</b> , 129, 779-791	3.7	2
148	Local Heat Therapy to Accelerate Recovery After Exercise-Induced Muscle Damage. <b>2020</b> , 48, 163-169		3
147	Ketone Monoester Supplementation Does Not Expedite the Recovery of Indices of Muscle Damage After Eccentric Exercise. <b>2020</b> , 7, 607299		0
146	Photobiomodulation Before Eccentric Fatigue Protocol in the Control of Pain and Muscle Damage Markers: A Double-Blind, Randomized Controlled Study. <b>2020</b> , 38, 780-788		
145	Effectiveness of a combined New Zealand green-lipped mussel and Antarctic krill oil supplement on markers of exercise-induced muscle damage and inflammation in untrained men. <b>2020</b> , 1-26		2
144	Laminin-111 protein therapy after disease onset slows muscle disease in a mouse model of laminin- $\alpha$ related congenital muscular dystrophy. <b>2020</b> , 29, 2162-2170		2
143	The Effect of Overreaching on Neuromuscular Performance and Wellness Responses in Australian Rules Football Athletes. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> , 34, 1530-1538	3.2	3



142	Effect of mate tea consumption on rapid force production after eccentric exercise: a randomized, controlled, crossover study. <b>2020</b> , 16, 571-581		2
141	Nutritional interventions for reducing the signs and symptoms of exercise-induced muscle damage and accelerate recovery in athletes: current knowledge, practical application and future perspectives. <b>2020</b> , 120, 1965-1996		24
140	Plasma MMP-9, TIMP-1, and TGF- $\beta$ Responses to Exercise-Induced Muscle Injury. <b>2020</b> , 17,		1
139	Relationship between early-onset muscle soreness and indirect muscle damage markers and their dynamics after a full marathon. <b>2020</b> , 18, 115-121		10
138	Autophagy: an essential but limited cellular process for timely skeletal muscle recovery from injury. <b>2020</b> , 16, 1344-1347		13
137	Effect of high volume stretch-shortening cycle exercise on vertical leg stiffness and jump performance. <b>2021</b> , 20, 38-54		5
136	Changes in supramaximal M-wave amplitude at different regions of biceps brachii following eccentric exercise of the elbow flexors. <b>2021</b> , 121, 307-318		0
135	Improved recovery from skeletal muscle damage is largely unexplained by myofibrillar protein synthesis or inflammatory and regenerative gene expression pathways. <b>2021</b> , 320, E291-E305		6
134	Skeletal Muscle Damage Produced by Electrically Evoked Muscle Contractions. <b>2021</b> , 49, 59-65		1
133	Exercise-induced muscle damage: mechanism, assessment and nutritional factors to accelerate recovery. <b>2021</b> , 121, 969-992		7
132	Prolonging the duration of cooling does not enhance recovery following a marathon. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2021</b> , 31, 21-29	4.6	5
131	Females and males do not differ for fatigability, muscle damage and magnitude of the repeated bout effect following maximal eccentric contractions. <b>2021</b> , 46, 238-246		5
130	The Effects of Cannabidiol Oil on Noninvasive Measures of Muscle Damage in Men. <b>2021</b> , 53, 1460-1472		8
129	High-Acceleration Movement, Muscle Damage, and Perceived Exertion in Basketball Games. <b>2021</b> , 1-6		1
128	Changes in muscle strength and endurance of professional cyclists due to PycnoRacer. <b>2021</b> , 33, 339-344		
127	Effects of Individualized Ischemic Preconditioning on Protection Against Eccentric Exercise-Induced Muscle Damage: A Randomized Controlled Trial. <b>2021</b> , 13, 554-564		1
126	The Potential Role of Exercise-Induced Muscle Damage in Exertional Heat Stroke. <i>Sports Medicine</i> , <b>2021</b> , 51, 863-872	10.6	4
125	Urinary N-terminal fragment of titin: A surrogate marker of serum creatine kinase activity after exercise-induced severe muscle damage. <b>2021</b> , 39, 1437-1444		1

124	The Effects of Age and Body Fat Content on Post-Downhill Run Recovery Following Whole Body Cryotherapy. <b>2021</b> , 18,		1
123	Flavonoid Containing Polyphenol Consumption and Recovery from Exercise-Induced Muscle Damage: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , <b>2021</b> , 51, 1293-1316	10.6	2
122	The Effects of Inter-Set Recovery Time on Explosive Power, Electromyography Activity, and Tissue Oxygenation during Plyometric Training. <b>2021</b> , 21,		2
121	Effect of Arm Eccentric Exercise on Muscle Damage of the Knee Flexors After High-Intensity Eccentric Exercise. <i>Frontiers in Physiology</i> , <b>2021</b> , 12, 661618	4.6	1
120	The Effect of Creatine Supplementation on Markers of Exercise-Induced Muscle Damage: A Systematic Review and Meta-Analysis of Human Intervention Trials. <b>2021</b> , 31, 276-291		3
119	Power loss is attenuated following a second bout of high-intensity eccentric contractions due to the repeated bout effect's protection of rate of torque and velocity development. <b>2021</b> , 46, 461-472		0
118	Effects of 6-(Methylsulfinyl)hexyl Isothiocyanate Ingestion on Muscle Damage after Eccentric Exercise in Healthy Males: A Pilot Placebo-Controlled Double-Blind Crossover Study. <b>2021</b> , 1-15		0
117	Taurine in sports and exercise. <i>Journal of the International Society of Sports Nutrition</i> , <b>2021</b> , 18, 39	4.5	11
116	Rate of torque development as an indirect marker of muscle damage in the knee flexors. 1		1
115	Aging and Recovery After Resistance-Exercise-Induced Muscle Damage: Current Evidence and Implications for Future Research. <b>2020</b> , 29, 544-551		2
114	Circulating microRNAs after a 24-h ultramarathon run in relation to muscle damage markers in elite athletes. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2021</b> , 31, 1782-1795	4.6	2
113	Acute Effects of Training Loads on Muscle Damage Markers and Performance in Semi-elite and Elite Athletes: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , <b>2021</b> , 51, 2181-2207	10.6	2
112	The Effect of Nitrate-Rich Beetroot Juice on Markers of Exercise-Induced Muscle Damage: A Systematic Review and Meta-Analysis of Human Intervention Trials. <b>2021</b> , 1-23		3
111	Voluntary wheel running complements microdystrophin gene therapy to improve muscle function in mdx mice. <b>2021</b> , 21, 144-160		2
110	Effects of omega-3 supplementation on muscle damage after resistance exercise in young women: a randomized placebo-controlled trial. <b>2021</b> , 2601060211022266		
109	Contralateral protective effect against repeated bout of damaging exercise: A meta-analysis. <b>2021</b> , 1-20		1
108	Vitamin D, Its Role in Recovery after Muscular Damage Following Exercise. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	5
107	Moderate intensity cycling is better than running on recovery of eccentric exercise-induced muscle damage. <b>2021</b> , 50, 65-73		

106	Membrane Proteins Increase with the Repeated Bout Effect. <b>2021</b> , 54,		1
105	The Effects of Crocodile Blood Supplementation on Delayed-Onset Muscle Soreness. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	0
104	Effect of Exercise-Induced Muscle Damage on Bowling-Specific Motor Skills in Male Adolescent Cricketers. <i>Sports</i> , <b>2021</b> , 9,	3	1
103	Effect of Polyphenol-Rich Foods, Juices, and Concentrates on Recovery from Exercise Induced Muscle Damage: A Systematic Review and Meta-Analysis. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	3
102	Consumption of New Zealand Blackcurrant Extract Improves Recovery from Exercise-Induced Muscle Damage in Non-Resistance Trained Men and Women: A Double-Blind Randomised Trial. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	1
101	The effect of dietary anthocyanins on biochemical, physiological, and subjective exercise recovery: a systematic review and meta-analysis. <b>2021</b> , 1-15		4
100	The effects of blood flow restriction resistance training on indices of delayed onset muscle soreness and peak power. <b>2021</b> , 1-9		1
99	Hamstring Injury Prevention and Implementation. <b>2020</b> , 145-163		1
98	No Effect of New Zealand Blackcurrant Extract on Recovery of Muscle Damage Following Running a Half-Marathon. <b>2020</b> , 30, 287-294		4
97	Acute Consumption of Varied Doses of Cocoa Flavanols Does Not Influence Exercise-Induced Muscle Damage. <b>2020</b> , 30, 338-344		1
96	Skeletal Muscle Physiology and Its Application to Occupational Ergonomics. <b>2012</b> , 55-85		1
95	No effect of carbohydrate-protein on cycling performance and indices of recovery. <b>2010</b> , 42, 1140-8		43
94	Development of a non-damaging high-intensity intermittent running protocol. <b>2015</b> , 11, 112-8		4
93	Hormonal and neuromuscular responses to mechanical vibration applied to upper extremity muscles. <i>PLoS ONE</i> , <b>2014</b> , 9, e111521	3.7	29
92	Panax ginseng Supplementation Increases Muscle Recruitment, Attenuates Perceived Effort, and Accelerates Muscle Force Recovery After an Eccentric-Based Exercise in Athletes. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> ,	3.2	3
91	Comparison of Traditional and Rest-Redistribution Sets on Indirect Markers of Muscle Damage Following Eccentric Exercise. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> ,	3.2	2
90	EFFECTS OF TRAINING LOAD CHANGES ON PHYSICAL PERFORMANCE AND EXERCISE-INDUCED MUSCLE DAMAGE. <b>2019</b> , 25, 509-514		1
89	Dano muscular e perfil imunológico no triatlo ironman Brasil. <b>2013</b> , 19, 236-240		2

88	AmLexin, a Standardized blend of Acacia catechu and Morus alba, shows benefits to delayed onset muscle soreness in healthy runners. <b>2018</b> , 22, 20-31		1
87	Recovery in soccer: part I - post-match fatigue and time course of recovery. <i>Sports Medicine</i> , <b>2012</b> , 42, 997-1015	10.6	162
86	Fatigue and Recovery in Soccer: Evidence and Challenges. <b>2017</b> , 10, 52-70		18
85	The effect of 30-m repeated sprint exercise on muscle damage indicators, serum insulin-like growth factor-1 and cortisol. <b>2019</b> , 11, 151-157		3
84	Immunological Responses to a Brazilian Jiu-Jitsu High-Intensity Interval Training Session. <b>2019</b> , 70, 115-124		3
83	Force and Electromyographic Responses of the Biceps Brachii after Eccentric Exercise in Athletes and Non-Athletes. <b>2019</b> , 68, 203-210		2
82	Physiological Responses to Load Carriage During Level and Downhill Treadmill Walking. <b>2009</b> , 13, 116-124		22
81	Effects of Wearing Graduated Compression Garment during Eccentric Exercise. <b>2010</b> , 14, 193-198		5
80	Pulsed-Magnetic Field Therapy Does Not Influence Indices of Muscle Damage Following Eccentric Exercise: A Preliminary Study. <b>2010</b> , 14, 199-203		3
79	Effects of a hybrid exercise on the activities of myogenic enzymes in plasma. <b>2006</b> , 53, 47-51		4
78	Key changes in denervated muscles and their impact on regeneration and reinnervation. <b>2014</b> , 9, 1796-809		54
77	Reduced susceptibility to eccentric exercise-induced muscle damage in resistance-trained men is not linked to resistance training-related neural adaptations. <b>2015</b> , 32, 199-205		4
76	Greater eccentric exercise-induced muscle damage by large versus small range of motion with the same end-point. <b>2016</b> , 33, 285-9		3
75	The comparison of cold-water immersion and cold air therapy on maximal cycling performance and recovery markers following strength exercises. <b>2016</b> , 4, e1841		12
74	The effect of branched-chain amino acid on muscle damage markers and performance following strenuous exercise: a systematic review and meta-analysis. <b>2021</b> , 46, 1303-1313		2
73	Eccentric Overload during Resistance Exercise: A Stimulus for Enhanced Satellite Cell Activation. <b>2021</b> ,		
72	THE EFFECTS OF SOY PEPTIDE ON ISOMETRIC PERFORMANCES AND SERUM CK AND LDH TRENDS AFTER HIGH INTENSITY REPETITIVE ECCENTRIC EXERCISE STRESS. <b>2006</b> , 55, S257-S262		
71	Muscle Repair after Injury and Disease. <b>2008</b> , 459-480		

70	Gender Differences after Downhill Running for Voluntary Isometric Contractions of Knee Extensor Muscles using Surface EMG. <b>2009</b> , 13, 35-42			1
69	Resistance loading and signaling assays for oxidative stress in rodent skeletal muscle. <b>2012</b> , 798, 185-211			
68	Medial Gastrocnemius Ultrasound Imaging of Delayed Onset Muscle Soreness over time. <b>2012</b> , 13, 2632-2640			
67	Dano muscular: resposta inflamatória sistêmica após sessões excêntricas máximas. <b>2012</b> , 26, 367-374			
66	Agreement with Microcurrent Conductance, Serum Myoglobin, and Diagnostic Ultrasound When Evaluating Delayed Onset Muscle Soreness. <b>2014</b> , 05, 531-539			
65	Recovery process after intensive jump exercise : focusing on the relationship between muscle soreness and performance. <b>2015</b> , 64, 117-124			
64	Neuromuscular and Blood Lactate Response After a Motocross Training Session in Amateur Riders. <b>2015</b> , 6,			
63	The Potential Cytoprotective Influence of Estradiol and Fish Oil Supplementation on Indices of Exercise-Induced Muscle Damage in Females. <b>2015</b> , 2,			
62	Effects of lymphatic drainage and local cryo exposition regeneration after high-intensive exercises. <b>2016</b> , 6, 228-235			1
61	Future Research. <b>2018</b> , 197-208			
60	The Effect of Concentric and Eccentric Exercise on Muscle Hardness. <b>2018</b> , 64, 371-378			2
59	Resistance exercise, muscle damage and inflammatory response "What doesn't kill you makes you stronger" <b>2018</b> , 2,			1
58	Development and Pilot Testing of a New Electromyography Device. <b>2020</b> , 524-529			
57	Kinesiotaping Diminishes Delayed Muscle Soreness but does not Improve Muscular Performance. <b>2020</b> , 41, 596-602			2
56	Diagnosis and prognosis for exercise-induced muscle injuries: from conventional imaging to emerging point-of-care testing.. <b>2020</b> , 10, 38847-38860			
55	Muscle Strength Does Not Adapt From a Second to Third Bout of Eccentric Contractions: A Systematic Review and Meta-Analysis of the Repeated Bout Effect. <i>Journal of Strength and Conditioning Research</i> , <b>2021</b> , 35, 576-584		3.2	2
54	The effect of soft tissue manipulation and rest on knee extensor muscles fatigue: Do torque parameters and induced perception following muscle fatigue have enough reliability?. <i>Journal of Family Medicine and Primary Care</i> , <b>2020</b> , 9, 950-956		1.5	0
53	The use of BCAA to decrease delayed-onset muscle soreness after a single bout of exercise: a systematic review and meta-analysis. <i>Amino Acids</i> , <b>2021</b> , 53, 1663-1678		3.5	0

52	Pathophysiology of exercise-induced muscle damage and its structural, functional, metabolic, and clinical consequences. <i>Physiological Research</i> , <b>2020</b> , 69, 565-598	2.1	1
51	Chapitre 21. Fatigue et récupération chez l'athlète «master». 361-375		
50	The effects of multiple cold water immersions on indices of muscle damage. <i>Journal of Sports Science and Medicine</i> , <b>2008</b> , 7, 235-41	2.7	48
49	Effects of a 4-week eccentric training program on the repeated bout effect in young active women. <i>Journal of Sports Science and Medicine</i> , <b>2011</b> , 10, 692-9	2.7	6
48	Effect of creatine supplementation on muscle damage and repair following eccentrically-induced damage to the elbow flexor muscles. <i>Journal of Sports Science and Medicine</i> , <b>2012</b> , 11, 653-9	2.7	15
47	Effect of heat preconditioning by microwave hyperthermia on human skeletal muscle after eccentric exercise. <i>Journal of Sports Science and Medicine</i> , <b>2008</b> , 7, 176-83	2.7	6
46	Functional and neuromuscular changes in the hamstrings after drop jumps and leg curls. <i>Journal of Sports Science and Medicine</i> , <b>2013</b> , 12, 431-8	2.7	4
45	Assessment of the quadriceps femoris muscle in women after injury induced by maximal eccentric isokinetic exercise with low angular speed. <i>Journal of Sports Science and Medicine</i> , <b>2007</b> , 6, 106-16	2.7	2
44	The Time-Course of Voluntary and Electrically Evoked Muscle Performance During and After Stretch-Shortening Exercise is Different. <i>Journal of Sports Science and Medicine</i> , <b>2007</b> , 6, 408-16	2.7	3
43	The repeated bout effect: does evidence for a crossover effect exist?. <i>Journal of Sports Science and Medicine</i> , <b>2002</b> , 1, 80-6	2.7	19
42	Evaluating the influence of massage on leg strength, swelling, and pain following a half-marathon. <i>Journal of Sports Science and Medicine</i> , <b>2004</b> , 3, 37-43	2.7	16
41	Curcumin and Piperine Supplementation and Recovery Following Exercise Induced Muscle Damage: A Randomized Controlled Trial. <i>Journal of Sports Science and Medicine</i> , <b>2017</b> , 16, 147-153	2.7	21
40	5000 Meter Run Performance is not Enhanced 24 Hrs After an Intense Exercise Bout and Cold Water Immersion. <i>Journal of Sports Science and Medicine</i> , <b>2017</b> , 16, 272-279	2.7	2
39	Impact-Induced Muscle Damage: Performance Implications in Response to a Novel Collision Simulator and Associated Timeline of Recovery. <i>Journal of Sports Science and Medicine</i> , <b>2018</b> , 17, 417-425	2.7	5
38	Non-Uniformity of Elbow Flexors Damage Induced by an Eccentric Protocol in Untrained Men. <i>Journal of Sports Science and Medicine</i> , <b>2019</b> , 18, 223-228	2.7	4
37	Protein-Based Supplementation to Enhance Recovery in Team Sports: What is the Evidence?. <i>Journal of Sports Science and Medicine</i> , <b>2019</b> , 18, 523-536	2.7	8
36	Thermal Infrared Imaging Can Differentiate Skin Temperature Changes Associated With Intense Single Leg Exercise, But Not With Delayed Onset of Muscle Soreness. <i>Journal of Sports Science and Medicine</i> , <b>2020</b> , 19, 469-477	2.7	0
35	Effect of caffeine on delayed-onset muscle soreness: a meta-analysis of RCT. <i>Bulletin of the National Research Centre</i> , <b>2021</b> , 45,	3	0

34	Effect of curcumin supplement or placebo in delayed onset muscle soreness: a systematic review and meta-analysis. <i>Bulletin of the National Research Centre</i> , <b>2021</b> , 45,	3	
33	The short-term effect of vitamin D supplementation on the response to muscle and liver damages indices by exhaustive aerobic exercise in untrained men: a quasi-experimental study.. <i>BMC Sports Science, Medicine and Rehabilitation</i> , <b>2022</b> , 14, 7	2.4	1
32	The functional and molecular effects of problematic alcohol consumption on skeletal muscle: a focus on athletic performance.. <i>American Journal of Drug and Alcohol Abuse</i> , <b>2022</b> , 1-15	3.7	0
31	The effects of eccentric exercise-induced fatigue on position sense during goal-directed movement.. <i>Journal of Applied Physiology</i> , <b>2022</b> ,	3.7	1
30	Pre-sleep protein supplementation after an acute bout of evening resistance exercise does not improve next day performance or recovery in resistance trained men. <i>Journal of the International Society of Sports Nutrition</i> , <b>2022</b> , 19, 164-178	4.5	1
29	The effects of sex differences on delayed-onset muscle soreness by cold-water immersion following resistance exercise. <i>Gazzetta Medica Italiana Archivio Per Le Scienze Mediche</i> , <b>2022</b> , 181,	0.6	
28	The influence of muscle strength and aerobic fitness on functional recovery in professional soccer. <i>Journal of Sports Medicine and Physical Fitness</i> , <b>2021</b> ,	1.4	
27	Individualized isometric neuromuscular electrical stimulation training promotes myonuclear accretion in mouse skeletal muscle.		1
26	The Effects of Dietary Protein Supplementation on Exercise-Induced Inflammation and Oxidative Stress: A Systematic Review of Human Trials.. <i>Antioxidants</i> , <b>2021</b> , 11,	7.1	
25	Data_Sheet_1.PDF. <b>2020</b> ,		
24	Data_Sheet_2.PDF. <b>2020</b> ,		
23	Local vibration therapy increases oxygen re-saturation rate and maintains muscle strength following exercise-induced muscle damage. <i>Journal of Athletic Training</i> , <b>2021</b> ,	4	1
22	Muscle Shear Elastic Modulus Provides an Indication of the Protection Conferred by the Repeated Bout Effect.. <i>Frontiers in Physiology</i> , <b>2022</b> , 13, 877485	4.6	0
21	Effect of Caffeine Ingestion on Indirect Markers of Exercise-Induced Muscle Damage: A Systematic Review of Human Trials.. <i>Nutrients</i> , <b>2022</b> , 14,	6.7	0
20	Changes muscle and plasma hepatocyte growth factor levels under casting immobilization. <b>2013</b> , 4, 84-87		
19	Considerations for Small Animal Physical Rehabilitation. <i>Physiology in Health and Disease</i> , <b>2022</b> , 39-59	0.2	
18	Acute Fatigue Responses to Occupational Training in Military Personnel: A Systematic Review and Meta-Analysis. <i>Military Medicine</i> ,	1.3	1
17	Changes in biceps brachii muscle hardness assessed by a push-in meter and strain elastography after eccentric versus concentric contractions. <i>Scientific Reports</i> , <b>2022</b> , 12,	4.9	0



16	Fatigue Failure of Musculoskeletal Tissues. <b>2022</b> , 175-206		
15	Material Properties of Musculoskeletal and Peripheral Nerve Tissues. <b>2022</b> , 127-174		
14	Sex-related differences and effects of short and long trail running races on resting muscle-tendon mechanical properties. <i>Scandinavian Journal of Medicine and Science in Sports</i> ,	4.6	○
13	Resistance Exercise for Improving Running Economy and Running Biomechanics and Decreasing Running-Related Injury Risk: A Narrative Review. <i>Sports</i> , <b>2022</b> , 10, 98	3	○
12	Appropriateness of indirect markers of muscle damage following lower limbs eccentric-biased exercises: A systematic review with meta-analysis. <i>PLoS ONE</i> , <b>2022</b> , 17, e0271233	3.7	1
11	Effects of nociceptive and mechanosensitive afferents sensitization on central and peripheral hemodynamics following exercise-induced muscle damage.		○
10	Sex differences in the impact of resistance exercise load on muscle damage: A protocol for a randomised parallel group trial. <b>2022</b> , 17, e0275221		○
9	Role of macrophages during skeletal muscle regeneration and hypertrophy—Implications for immunomodulatory strategies. <b>2022</b> , 10,		○
8	Circulating microRNA levels after exercise-induced muscle damage and the repeated bout effect.		○
7	The impact of dietary protein supplementation on recovery from resistance exercise-induced muscle damage: A systematic review with meta-analysis.		○
6	Contractile properties are less affected at long than short muscle length after eccentric exercise.		○
5	Repeated measurements of Adaptive Force: Maximal holding capacity differs from other maximal strength parameters and preliminary characteristics for non-professional strength vs. endurance athletes. 14,		○
4	Milk protein ingestion does not enhance recovery from muscle-damaging resistance exercise in untrained males and females: a randomized controlled trial.		○
3	Effects of two-week machine massage on muscle properties in adolescent wrestlers. 14,		○
2	The Contralateral Repeated Bout Effect of Elbow Flexors Is Not Observed in Young Women Following Mild Muscle Damage from Eccentric Exercises. <b>2023</b> , 11, 62		○
1	75-repetition versus sets to failure of blood flow restriction exercise on indices of muscle damage in women. 1-24		○