

Research interests

My current research interests are in the area of resistance exercise. A lot of my research has been done on blood flow restricted exercise and methods to make the stimulus safe and effective across all individuals. Other research interests include attempting to decipher if and why individuals may respond differently to resistance exercise after accounting for measurement error and random biological variability.

Scott Dankel

Health & Exercise Science

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Qualifications

Qualifications

Health and Kinesiology, PhD

Award Date: May 1 2019

Exercise Science, MS

Award Date: May 1 2016

Health and Physical Education, BA

Award Date: May 1 2012

Bachelor of Arts, Bachelor, Rowan University

Doctor of Philosophy, doctorate, University of Mississippi

Research outputs

Assessing the effectiveness of Compare Assistant for improving intra-rater reliability of ultrasound-measured muscle thickness

Baer, T. D., Rice, K. A., Urbina, E., Whitener, D. V. & Dankel, S. J., Jan 2024, In: Journal of Medical Ultrasonics. 51, 1, p. 117-123 7 p.

Blood Flow Restricted Electrical Stimulations to Prevent or Attenuate Symptoms of Muscle Damage

Cintron, H. E., Heyburn, J. J., Sterner, R. L. & Dankel, S. J., 2024, In: Research in Sports Medicine. 32, 1, p. 213-224 12 p.

The combined effectiveness of therapeutic ultrasound, electrical stimulations, and blood flow restriction to treat symptoms of muscle damage

Fallon, N. E., Faust, C. E. & Dankel, S. J., 2024, (Accepted/In press) In: Research in Sports Medicine.

Does muscle growth mediate changes in a nonspecific strength task?

Spitz, R. W., Dankel, S. J., Jessee, M. B., Wong, V., Bell, Z. W., Abe, T. & Loenneke, J. P., Jul 2023, In: Clinical Physiology and Functional Imaging. 43, 4, p. 223-231 9 p.

A systematic review examining if blood flow restriction can enhance the effectiveness of electrical stimulations

Rice, K. A., Baer, T. D. & Dankel, S. J., Jun 2023, In: Journal of Sports Medicine and Physical Fitness. 63, 6, p. 781-786 6 p.

Sex segregation in strength sports: Do equal-sized muscles express the same levels of strength between sexes?

Kataoka, R., Spitz, R. W., Wong, V., Bell, Z. W., Yamada, Y., Song, J. S., Hammert, W. B., Dankel, S. J., Abe, T. & Loenneke, J. P., May 2023, In: American Journal of Human Biology. 35, 5, e23862.

Quantifying the Generality of Strength Adaptation: A Meta-Analysis

Spitz, R. W., Kataoka, R., Dankel, S. J., Bell, Z. W., Song, J. S., Wong, V., Yamada, Y. & Loenneke, J. P., Mar 2023, In: Sports Medicine. 53, 3, p. 637-648 12 p.

The impact of blood flow restricted electrical stimulations on recovery from muscle damage

Brown, L. N. J., Gasser, A. N., Sterner, R. L. & Dankel, S. J., Mar 2023, In: Clinical Physiology and Functional Imaging. 43, 2, p. 103-108 6 p.

Does performing resistance exercise to failure homogenize the training stimulus by accounting for differences in local muscular endurance?

Exner, R. J., Patel, M. H., Whitener, D. V., Buckner, S. L., Jessee, M. B. & Dankel, S. J., 2023, In: European Journal of Sport Science. 23, 1, p. 82-91 10 p.

Injuries and Strength Training Practices in Collegiate Tennis

Vasenina, E., Hammert, W. B., Kataoka, R., Dankel, S. J. & Buckner, S. L., Oct 2022, In: Sports. 10, 10, 149.

The impact of postexercise blood flow restriction on local muscle endurance of a remote limb

Sandbach, P. J., Carvajal, M. S., Uygur, M. & Dankel, S. J., Sep 2022, In: Clinical Physiology and Functional Imaging. 42, 5, p. 356-361 6 p.

Machines and free weight exercises: a systematic review and meta-analysis comparing changes in muscle size, strength, and power

Heidel, K. A., Novak, Z. J. & Dankel, S. J., Aug 2022, In: Journal of Sports Medicine and Physical Fitness. 62, 8, p. 1061-1070 10 p.

A comparison of variability between absolute and relative blood flow restriction pressures

Stanford, D. M., Chatlaong, M. A., Miller, W. M., Mouser, J. G., Dankel, S. J. & Jessee, M. B., Jul 2022, In: Clinical Physiology and Functional Imaging. 42, 4, p. 278-285 8 p.

Isometric tests to evaluate upper and lower extremity functioning in people with multiple sclerosis: reliability and validity

Uygur, M., Barone, D. A., Dankel, S. J. & DeStefano, N., Jul 2022, In: Multiple Sclerosis and Related Disorders. 63, 103817.

The Effect of Blood Flow Restriction Therapy on Recovery after Experimentally Induced Muscle Weakness and Pain

Wong, V., Dankel, S. J., Spitz, R. W., Bell, Z. W., Viana, R. B., Chatakondi, R. N., Abe, T. & Loenneke, J. P., Apr 1 2022, In: Journal of Strength and Conditioning Research. 36, 4, p. 1147-1152 6 p.

Muscle growth adaptations to high-load training and low-load training with blood flow restriction in calf muscles

Kataoka, R., Vasenina, E., Hammert, W. B., Ibrahim, A. H., Dankel, S. J. & Buckner, S. L., Mar 2022, In: European Journal of Applied Physiology. 122, 3, p. 623-634 12 p.

The Effect of Increasing Blood Flow Restriction Pressure When the Contractions Are Already Occlusive

Nucci, V. V., Jarrett, D. H., Palmo, C. M., Razzano, B. M., Uygur, M. & Dankel, S. J., Feb 2022, In: Journal of Sport Rehabilitation. 31, 2, p. 152-157 6 p.

Examination of Changes in Echo Intensity Following Resistance Exercise among Various Regions of Interest

Vasenina, E., Kataoka, R., Hammert, W. B., Ibrahim, A. H., Dankel, S. J. & Buckner, S. L., Jan 2022, In: Clinical Physiology and Functional Imaging. 42, 1, p. 23-28 6 p.

Is there Evidence for the Suggestion that Fatigue Accumulates Following Resistance Exercise?

Kataoka, R., Vasenina, E., Hammert, W. B., Ibrahim, A. H., Dankel, S. J. & Buckner, S. L., Jan 2022, In: Sports Medicine. 52, 1, p. 25-36 12 p.

The impact of cuff width on perceptual responses during and following blood flow restricted walking exercise

Fallon, N. E., Urbina, E., Whitener, D. V., Patel, M. H., Exner, R. J. & Dankel, S. J., Jan 2022, In: Clinical Physiology and Functional Imaging. 42, 1, p. 29-34 6 p.

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Abe, T., Wong, V., Bell, Z. W., Spitz, R. W., Dankel, S. J. & Loenneke, J. P., Dec 31 2021, In: IMAGING. 13, 2, p. 119-123 5 p.

Blocking the activin IIB receptor with bimagrumab (BYM338) increases walking performance: A meta-analysis

Spitz, R. W., Dankel, S. J., Bell, Z. W., Wong, V., Abe, T., Kang, M. & Loenneke, J. P., Oct 2021, In: Geriatrics and Gerontology International. 21, 10, p. 939-943 5 p.

A Retrospective Analysis to Determine Whether Training-Induced Changes in Muscle Thickness Mediate Changes in Muscle Strength

Jessee, M. B., Dankel, S. J., Bentley, J. P. & Loenneke, J. P., Sep 2021, In: Sports Medicine. 51, 9, p. 1999-2010 12 p.

The effects of exergames on muscle strength: A systematic review and meta-analysis

Viana, R. B., de Oliveira, V. N., Dankel, S. J., Loenneke, J. P., Abe, T., da Silva, W. F., Morais, N. S., Vancini, R. L., Andrade, M. S. & de Lira, C. A. B., Aug 2021, In: Scandinavian Journal of Medicine and Science in Sports. 31, 8, p. 1592-1611 20 p.

Blood Flow Restriction Exercise: Effects of Sex, Cuff Width, and Cuff Pressure on Perceived Lower Body Discomfort

Spitz, R. W., Chatakondi, R. N., Bell, Z. W., Wong, V., Viana, R. B., Dankel, S. J., Abe, T., Yamada, Y. & Loenneke, J. P., Feb 2021, In: Perceptual and Motor Skills. 128, 1, p. 353-374 22 p.

The measurement of strength in children: Is the peak value truly maximal?

Ozaki, H., Abe, T., Dankel, S. J., Loenneke, J. P., Natsume, T., Deng, P. & Naito, H., Jan 2021, In: Children. 8, 1, 9.

The impact of acute and chronic resistance exercise on muscle stiffness: a systematic review and meta-analysis

Dankel, S. J. & Razzano, B. M., Dec 1 2020, In: Journal of Ultrasound. 23, 4, p. 473-480 8 p.

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Does resistance training increase aponeurosis width? The current results and future tasks

Abe, T., Dankel, S., Spitz, R. W., Buckner, S. L., Wong, V., Viana, R. B., Bell, Z. W. & Loenneke, J. P., Jul 1 2020, In: European Journal of Applied Physiology. 120, 7, p. 1489-1494 6 p.

Assessing differential responders and mean changes in muscle size, strength, and the crossover effect to 2 distinct resistance training protocols

Dankel, S. J., Bell, Z. W., Spitz, R. W., Wong, V., Viana, R. B., Chatakondi, R. N., Buckner, S. L., Jessee, M. B., Mattocks, K. T., Mouser, J. G., Abe, T. & Loenneke, J. P., May 2020, In: Applied Physiology, Nutrition and Metabolism. 45, 5, p. 463-470 8 p.

Muscle swelling following blood flow-restricted exercise does not differ between cuff widths in the proximal or distal portions of the upper leg

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An examination of changes in skeletal muscle thickness, echo intensity, strength and soreness following resistance exercise

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Impact of gastric bypass surgery on fat-free mass and fat mass ratio of adipose tissue: A brief review

Abe, T., Viana, R. B., Dankel, S. J., Bell, Z. W. & Loenneke, J. P., Mar 1 2020, In: Bariatric Surgical Patient Care. 15, 1, p. 11-14 4 p.

Skeletal muscle mass in female athletes: The average and the extremes

Abe, T., Wong, V., Dankel, S. J., Bell, Z. W., Spitz, R. W., Viana, R. B. & Loenneke, J. P., Mar 2020, In: American Journal of Human Biology. 32, 2, p. e23333

The Basics of Training for Muscle Size and Strength: A Brief Review on the Theory

Buckner, S. L., Jessee, M. B., Mouser, J. G., Dankel, S. J., Mattocks, K. T., Bell, Z. W., Abe, T. & Loenneke, J. P., Mar 2020, In: Medicine and Science in Sports and Exercise. 52, 3, p. 645-653 9 p.

A Method to Stop Analyzing Random Error and Start Analyzing Differential Responders to Exercise

Dankel, S. J. & Loenneke, J. P., Feb 2020, In: Sports Medicine. 50, 2, p. 231-238 8 p.

Authors' Reply to Tenan et al.: "A Method to Stop Analyzing Random Error and Start Analyzing Differential Responders to Exercise"

Dankel, S. J. & Loenneke, J. P., Feb 2020, In: Sports Medicine. 50, 2, p. 435-437 3 p.

Impact of Fat-Free Adipose Tissue on the Prevalence of Low Muscle Mass Estimated Using Calf Circumference in Middle-Aged and Older Adults

Abe, T., Dankel, S. J., Bell, Z. W., Fujita, E., Yaginuma, Y., Akamine, T., Spitz, R. W., Wong, V., Viana, R. B. & Loenneke, J. P., Feb 2020, In: The Journal of frailty & aging. 9, 2, p. 90-93 4 p.

Longitudinal associations between changes in body composition and changes in sprint performance in elite female sprinters

Abe, T., Kawamoto, K., Dankel, S. J., Bell, Z. W., Spitz, R. W., Wong, V. & Loenneke, J. P., Feb 2020, In: European Journal of Sport Science. 20, 1, p. 100-105 6 p.

Conditioning participants to a relative pressure: Implications for practical blood flow restriction

Bell, Z. W., Spitz, R. W., Wong, V., Yamada, Y., Chatakondi, R. N., Abe, T., Dankel, S. J. & Loenneke, J. P., 2020, In: Physiological Measurement. 41, 8, 08NT01.

Limb occlusion pressure: A method to assess changes in systolic blood pressure

Bell, Z. W., Jessee, M. B., Mattocks, K. T., Buckner, S. L., Dankel, S. J., Mouser, J. G., Abe, T. & Loenneke, J. P., 2020, In: International Journal of Exercise Science. 13, 2, p. 366-373 8 p.

Limb Occlusion Pressure: A Method to Assess Changes in Systolic Blood Pressure

Bell, Z. W., Jessee, M. B., Mattocks, K. T., Buckner, S. L., Dankel, S. J., Mouser, J. G., Abe, T. & Loenneke, J. P., 2020, In: International Journal of Exercise Science. 13, 2, p. 366-373 8 p.

The Perceived Tightness Scale Does Not Provide Reliable Estimates of Blood Flow Restriction Pressure

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Blood flow restriction does not augment low force contractions taken to or near task failure †

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Perceptual changes to progressive resistance training with and without blood flow restriction

Mattocks, K. T., Mouser, J. G., Jessee, M. B., Buckner, S. L., Dankel, S. J., Bell, Z. W., Abe, T., Bentley, J. P. & Loenneke, J. P., Aug 2019, In: Journal of Sports Sciences. 37, 16, p. 1857-1864 8 p.

The influence of biological sex and cuff width on muscle swelling, echo intensity, and the fatigue response to blood flow restricted exercise

Wong, V., Abe, T., Chatakondi, R. N., Bell, Z. W., Spitz, R. W., Dankel, S. J. & Loenneke, J. P., Aug 2019, In: Journal of Sports Sciences. 37, 16, p. 1865-1873 9 p.

Ultrasound and MRI measured changes in muscle mass gives different estimates but similar conclusions: a Bayesian approach

Loenneke, J. P., Dankel, S. J., Bell, Z. W., Spitz, R. W., Abe, T. & Yasuda, T., Aug 2019, In: European Journal of Clinical Nutrition. 73, 8, p. 1203-1205 3 p.

Exercise-Induced Changes in Muscle Size do not Contribute to Exercise-Induced Changes in Muscle Strength

Loenneke, J. P., Buckner, S. L., Dankel, S. J. & Abe, T., Jul 2019, In: Sports Medicine. 49, 7, p. 987-991 5 p.

The impact of cuff width and biological sex on cuff preference and the perceived discomfort to blood-flow-restricted arm exercise

Spitz, R. W., Chatakondi, R. N., Bell, Z. W., Wong, V., Dankel, S. J., Abe, T. & Loenneke, J. P., Jun 4 2019, In: Physiological Measurement. 40, 5, p. 055001

Response to "Relationships Between Fat Mass and Lean Mass"

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The Association of Handgrip Strength and Mortality: What Does It Tell Us and What Can We Do With It?

Buckner, S. L., Dankel, S. J., Bell, Z. W., Abe, T. & Loenneke, J. P., Jun 2019, In: Rejuvenation Research. 22, 3, p. 230-234 5 p.

Acute skeletal muscle responses to very low-load resistance exercise with and without the application of blood flow restriction in the upper body

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High-pressure blood flow restriction with very low load resistance training results in peripheral vascular adaptations similar to heavy resistance training

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Is muscle growth a mechanism for increasing strength?

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Magnetic resonance imaging-measured skeletal muscle mass to fat-free mass ratio increases with increasing levels of fat-free mass

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Impact of Acute Fluid Retention on Ultrasound Echo Intensity

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Perceptual and arterial occlusion responses to very low load blood flow restricted exercise performed to volitional failure
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Resistance training induced changes in strength and specific force at the fiber and whole muscle level: a meta-analysis
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What is the impact of muscle hypertrophy on strength and sport performance?
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The Impact of Ultrasound Probe Tilt on Muscle Thickness and Echo-Intensity: A Cross-Sectional Study
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A critical review of the current evidence examining whether resistance training improves time trial performance

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Moderately heavy exercise produces lower cardiovascular, RPE, and discomfort compared to lower load exercise with and without blood flow restriction

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Validity of the Handheld Doppler to Determine Lower-Limb Blood Flow Restriction Pressure for Exercise Protocols

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The affective and behavioral responses to repeated "strength snacks"

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Resistance exercise and sports performance: The minority report

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