Dr hab. Robert Trybulski profesor Akademii Górnośląskiej im. Wojciecha Korfantego w Katowicach
(rocznik 1972) jest absolwentem Akademii Wychowania Fizycznego im. J. Kukuczki w Katowicach na kierunku wychowanie fizyczne (1993-1997) oraz fizjoterapia (1994- 1998). Dysertację doktorską pod tytułem „Fizykalne metody drenażu limfatycznego w regeneracji powysiłkowej mięśni przedramion" obronił w 2015 roku, uzyskując stopień dr
n.k.f. W 2025 roku uzyskał habilitację na podstawie cyklu badawczego zatytułowanego: „Ocena wybranych metod fizjoterapeutycznych w regeneracji powysiłkowej układu mięśniowo-szkieletowego zawodników mieszanych sportów walki (MMA)". W działalności naukowej koncentruje się na regeneracji powysiłkowej mięśni, terapii mięśniowo-powięziowej, kompleksowej terapii obrzęków, ultrasonografii układu mięśniowo-szkieletowego oraz teorii treningu sportowego. Autor i współautor licznych publikacji naukowych (lista poniżej), publikowanych m.in. w prestiżowych czasopismach, takich jak „British Journal of Sports Medicine", „Sports Medicine", „Journal of Strength and Conditioning Research", „Metabolism: Clinical and Experimental" oraz „European Radiology".

Współredaktor kompleksowego podręcznika „Fizjoterapia sportowa" oraz autor książki „Biomarker-Guided Physical Recovery Interventions – Microvascular and Neuromechanical Mechanisms in Sports Recovery", wydanej przez Springer Nature w 2026 roku.

W latach 2018–2026 członek Zarządu Polskiego Towarzystwa Medycyny Manualnej, a w ostatniej kadencji jego prezes. Profesor Akademii Górnośląskiej im. Wojciecha Korfantego w Katowicach, Wydział Medyczny, oraz profesor wizytujący Lwowskiego Państwowego Uniwersytetu Kultury Fizycznej im. Iwana Boberskiego we Lwowie i Uniwersytetu „Aurel Vlaicu" w Aradzie w Rumunii.

Wykaz publikacji:

1 **Trybulski R.**: „Wykorzystanie systemu hivamat 200 w leczeniu ran." Rehabilitacja w praktyce 2008, nr 1, s. 28-33.

2 **Trybulski R.**: „Terapia fizykalna głęboką oscylacją i elektrostymulacja body flow w uzupełnieniu leczenia obrzęków." Rehabilitacja w praktyce, 2011, nr 6, s. 49-55.

3 **Trybulski R.**: „Zastosowanie systemu deep oscylation w terapii otwartych ran, odleżyn i zmian cukrzycowych." W: Przewodnik metodyczny po wybranych zabiegach fizykalnych, pod. red. Bauer A., Wicheć M. Markmed, 2012, s. 168-175.

4 Karwacińska J., Kiebzak W., Stepanek-Finda B., Kowalski I. M., ProtasiewiczFałdowska H., **Trybulski R.**, Starczyńska M. „Ocena skuteczności stosowania kinesiology taping na blizny przerostowe, keloidy i przykurcze bliznowate." Polish Annals of Medicine, 2012, t. 19, s. 50-57.

5 Bartelmus E., Knapik H., **Trybulski R.**: „Różnicowanie obrzęków ciążowych. Skuteczne formy fizjoterapii w profilaktyce i terapii." Dni Medycyny Społecznej i Zdrowia Publicznego - Zielona Góra

2012, Polska 2012 - priorytet zdrowia publicznego". Wydawnictwo Lubuska Wyższa Szkoła Zdrowia Publicznego, Zielona Góra 2012, s. 21.

6 Smykła A., Walewicz K., **Trybulski R.**, Halski T., Kucharzewski M., Kucio C., Mikusek W., Klakla K., Taradaj J.: „Effect of Kinesiology Taping (KT) on breast cancerrelated lymphedema: a randomized single blind controlled pilot study.” BioMed Research International, 2013, vol. 2013, (article ID 767106)

7 **Trybulski R.**, Szapel K., Jasienga J.: „Techniki terapeutyczne w leczeniu mięśniowopowięziowych punktów spustowych (MPPS).” Medycyna Manualna, 2013, t. 17, nr 4.

8 **Trybulski R.**: „Metoda Deep Oscillation w leczeniu stopy cukrzycowej.” Praktyczna fizjoterapia & rehabilitacja, 2016, nr 68, s. 22-29.

9 **Trybulski R.**, Żebrowska A.: „Fizykalne metody drenażu w regeneracji powysiłkowej mięśni.” Czasopismo Ortopedia, Traumatologia, Rehabilitacja, Vol 18, Suplement 1, 2016.

10 **Trybulski R.**: „Fizykalne metody drenażu limfatycznego we wczesnej fazie fizjoterapii pourazowej narządu ruchu.” Medycyna Manualna, 3, 2015

11 **Trybulski R.** i inni: „Wykorzystanie głębokiej oscylacji i elektrostymulacji mięśni gładkich w niwelowaniu wybranych parametrów zmęczenia mięśniowego.” Fizjoterapia Polska, nr 2, 2016

12 **Trybulski R.** i inni: „Obrzęk tłuszczowy i inne lipodystrofie w praktyce fizjoterapeuty.”Praktyczna fizjoterapia &rehabilitacja”, 2016, nr s. 8-18

13 **Trybulski** i inni, pod red. Marzena Netczuk Gwoździewicz, Robert Netczuk: „Współczesne problemy sportów, sztuk, systemów walki i samoobrony”: Wydawnictwo: Centrum Profilaktyki Społecznej, Wyższa Szkoła Oficerska Wojsk Lądowych we Wrocławiu 2017

14 D. Olędzki, **R. Trybulski** i inni: „Wartość testu Lewita w różnicowaniu jednocześnie występującej dysfunkcji stawu krzyżowo-biodrowego i wysklepienia podłużnego stopy u dzieci z zaburzeniami statyki ciała” Medycyna Manualna nr 2, 2017

15 **R. Trybulski**, A. Lizak i inni : "Wybrane aspekty badania fizjoterapeutycznego w chorobach neurologicznych." Praktyczna Fizjoterapia & Rehabilitacja ISNN2081-187X nr 91 Luty 2018

16 pod red. **R, Trybulski**, M. Wiecheć „Fizjoterapia sportowa- skuteczna diagnoza, terapia i powrót do sportu - podręcznik” Forum Media Poznań„ ISBN 978-83-260- 2986-8 Maj 2018

17 Chrzoszcz, P., Derbisz, K., Suszńskiski, K., Miodoński, J., **Trybulski, R.**, LewinKowalik, J., & Marcol, W. „Application of peripheral nerve conduits in clinical practice: A literature review.” Neurologia i Neurochirurgia Polska (2018).

18 Żebrowska, A. **Trybulski R.** et all. „Effect of Physical Methods of Lymphatic Drainage on Postexercise Recovery of Mixed Martial Arts Athletes". Clinical journal of sport medicine 29.1 (2019): 49-56.

19 Olga Lakomy, **Robert Trybulski**, Artur Gołaś i Aleksandra Żebrowska: „Knee dislocation. Comprehensive rehabilitation program after two-stage ligament re construction" Sports, Health and Exercise Medicine, ISBN 978-1-83880-400- 8. Londyn 2019.

20 Mariola Gepfert, Aleksandra Filip, Maciej Kostrzewa, Paulina Królikowska, Grzegorz Hajduk, **Robert Trybulski**, Michał Krzysztofik: "Analysis of power output and bar velocity during various techniques of the bench press among women" Journal of Human Sport and Exercise January 2020

21 **Robert Trybulski**, Mariola Gepfert, Dawid Gawel, Marta Bichowska, Krzysztof Fostiak, Grzegorz Wojdala, Grzegorz Trybek, Michal Krzysztofik, Michal Wilk. "Impact of movement tempo on bar velocity and time under tension in resistance exercises with different external loads", Biology of Sport, https://doi.org/10.5114/biolsport.2022.106160, May 2021 » Download Article «

22 Mariola Gepfert, Michal Krzysztofik, Maciej Kostrzewa, Jakub Jarosz, **Robert Trybulski**, Adam Zajac and Michal Wilk. "The Acute Impact of External Compression on Back Squat Performance in Competitive Athletes", Public Health 2020, https://doi.org/10.3390/ijerph17134674, June 2020 » Download Article «

23 Michal Wilk, **Robert Trybulski**, Michal Krzysztofik, Grzegorz Wojdala, Yuri Campos, Adam Zajac, Ewelina Lulinska and Petr Stastny. „Acute Effects of Different Blood Flow Restriction Protocols on Bar Velocity During the Squat Exercise." Frontiers in Physiology, https://doi.org/10.3389/fphys.2021.652896 June 2021 » Download Article «

24 Dawid Gawel, Jakub Jarosz, Patryk Matykiewicz, Magdalena Kaszuba, **Robert Trybulski**. „Acute impact of blood flow restriction during resistance exercise – review." TRENDS in Sport Sciences. 2021; 28(2): 83-92, ISSN 2299-9590, https://doi.org/10.23829/TSS.2021.28.2-2 June 2021 » Download Article «

25 Mariola Gepfert, **Robert Trybulski**, Petr Stastny, Michał Wilk. „Fast Eccentric Movement tempo elicits higher physiological responses than Medium eccentric tempo in ice-hockey players." Int. J. Environ. Res. Public Health 2021, 18(14):7694, https://doi.org/10.3390/ijerph18147694 July 2021 » Download Article «

26 Jakub Jarosz, **Robert Trybulski**, Michał Krzysztofik, Athanasion Tsoukos, Aleksandra Filip-Stachnik, Adam Zając, Gregory C. Bogdanis, Michał Wilk "The effects of ischemia during rest intervals on bar velocity in the bench press" Frontiers in Physiology 2021, 10:12:715096, https://doi.org/10.3389/fphys.2021.715096, August 2021 » Download Article «

27 **Robert Trybulski**, Jakub Jarosz, Michał Krzysztofik, Patryk Matykiewicz, Piotr Zmijewski, Michał Wilk "The impact of movement tempo distribution on bar velocity during a multi -set bench press exercise. Journal of Human Kinetics 2021

28 Marcio Lacio, João Guilherme Vieira, **Robert Trybulski**, Yuri Campos, Derick Santana, José Elias Filho, Jefferson Novaes, Jeferson Vianna, Michal Wilk "Effects of Resistance Training Performed with Different Loads in Untrained and Trained Male Adult Individuals on Maximal Strength and Muscle Hypertrophy: A Systematic Review." Int. J. Environ. Res. Public Health 2021, 18, 11237, https://doi.org/10.3390/ijerph182111237 October 2021 » Download Article «

29 Michal Krzysztofik, Rafal Kalinowski, **Robert Trybulski**, Aleksandra Filip-Stachnik, Petr Stastny "Enhancement of Countermovement Jump Performance Using a Heavy Load with Velocity-Loss Repetition Control in Female Volleyball Players." International Journal of Environmental Research and Public Health 2021, 18(21), 11530, https://doi.org/10.3390/ijerph182111530, October 2021 » Download Article «

30 **Robert Trybulski**, Jakub Jarosz, Michal Krzysztofik, Aleksandra Filip-Stachnik, Patryk Matykiewicz, Piotr Zmijewski, Marta Bichowska, Michal Wilk "Impact of Movement Tempo Distribution on Bar Velocity During a Multi-Set Bench Press Exercise". Journal of Human Kinetics 2021;80:277-285 Section III – Sports Training, https://doi.org/10.2478/hukin-2021-0106, October 2021 » Download Article «

31 Victor Sabino de Queiros, Ingrid Martins de França, **Robert Trybulski**, João Guilherme Vieira, Isis Kelly dos Santos, Gabriel Rodrigues Neto, Michal Wilk, Dihogo Gama de Matos, Wouber Hérickson de Brito Vieira, Jefferson da Silva Novaes, Piotr Makar, Breno Guilherme de Araújo Tinoco Cabral, Paulo Moreira Silva Dantas "Myoelectric Activity and Fatigue in Low-Load Resistance Exercise with Different Pressure of Blood Flow Restriction: A Systematic Review and Meta-Analysis." Frontiers in Physiology, https://doi.org/10.3389/fphys.2021.786752 November 2021 » Download Article «

32 Rafał Podgórski, Marek Cieśla, Dominika Podgórska, Wojciech Bajorek, Artur Płonka, Wojciech Czarny, **Robert Trybulski**, Paweł Król. "Plasma microRNA-320a as a potential biomarker of physiological changes during training in professional volleyball players" Journal of Clinical Medicine (ISSN 2077-0383), https://doi.org/10.3390/jcm11010263 December 2021 » Download Article «

33 **Robert Trybulski**, Grzegorz Wojdała, Dan Iulian Alexe, Zuzanna Komarek, Piotr Aschenbrenner, Michał Wilk, Adam Zając, Michał Krzysztofik "Acute effects of different resistance exercise loads on the mechanical properties of skeletal muscle" Journal Applied Sciences March 2022 ID: applsci1641118

34 **Robert Trybulski**, Jakub Jarosz, Michal Krzysztofik, Milena Lachowicz, Grzegorz Trybek, Adam Zajac & Michal Wilk "Ischemia during rest intervals between sets prevents decreases in fatigue during the explosive squat exercise: a randomized, crossover study." Scientific Reports | (2022) 12:5922, https://doi.org/10.1038/s41598-022-10022-4 April 2022 » Download Article «

35 **Trybulski R**, Makar P, Alexe DI, Stanciu S, Piwowar R, Wilk M, Krzysztofik M. "Post-Activation Performance Enhancement: Save Time With Active Intra-Complex Recovery Intervals." Front Physiol. 2022 Jul 6;13:840722, https://doi.org/10.3389/fphys.2022.840722 May 2022 » Download Article «

36 Dawid Gawel, Magdalena Kaszuba, Zuzanna Komarek, Robert Krawczyk, Marta Bichowska, Marcin Jasinski, **Robert Trybulski** "The effect of caffeine on countermovement jump performance in recreationally trained women habituated to caffeine." Balt J Health Phys Act. 2022;14(2): Article3, https://doi.org/10.29359/BJHPA.14.2.03 June 2022 » Download Article «

37 Michał Krzysztof, **Robert Trybulski**, Bartosz Trąbka, Dawid Perenc, Konrad Łuszcz, Adam Zajac, Dan Iulian Alexe, Tatiana Dobrescu, Cristina Elena Moraru "The impact of resistance exercise range of motion on the magnitude of upper-body post-activation performance enhancement." BMC Sports Science, Medicine and Rehabilitation. (2022) 14:123, https://doi.org/10.1186/s13102-022-00519-w July 2022 » Download Article «

38 Krzysztof Fostiak, Marta Bichowska, **Robert Trybulski**, Bartosz Trabka, Michal Krzysztofik, Nicholas Rolnick, Aleksandra Filip – Stachnik, Michał Wilk "Acute effects of ischemic intra-conditioning on

30m sprint performance" Int. J. Environ. Res. Public Health 2022, https://doi.org/10.3390/ijerph191912633 August 2022 » Download Article «

39 Michał Spieszny, **Robert Trybulski**, Piotr Biel, Adam Zając, Michał Krzysztofik "Post-Isometric Back Squat Performance Enhancement of Squat and Countermovement Jump" Int. J. Environ. Res. Public Health 2022, 19, 12720, https://doi.org/10.3390/ijerph191912720 October 2022 » Download Article «

40 Grzegorz Wojdala, **Robert Trybulski**, Marta Bichowska, Michal Krzysztofik "A comparison of electromyographic inter-limb asymmetry during a standard versus a Sling shot assisted bench press exercise." Journal of Human Kinetics, https://doi.org/10.2478/hukin-2022-0084 September 2022 » Download Article «

41 Patryk Szymczyk, Kamil Węgrzynowicz, **Robert Trybulski**, Michał Spieszny, Paulina Ewertowska, Michał Wilk, Michał Krzysztofik "Acute Effects of Percussive Massage Treatment on Drop Jump Performance and Achilles Tendon Stiffness." Global Health ijerph-1949733 18, https://doi.org/10.3390/ijerph192215187 September 2022 » Download Article «

42 **Robert Trybulski**, Tetiana Izovit, Ireneusz Ryszkiel, Marek Wiecheć, Wacław Kuczmik "Proposal to objectify the evaluation of the effects of the dry needling method in myofascial neck pain - case report." Praktyczna Fizjoterapia i Rehabilitacja, Grudzień 2022/styczeń 2023, » Download Article «

43 **Trybulski R**, Bichowska M, Piwowar R, Pisz A, Krzysztofik M, Filip-Stachnik A, Fostiak K, Makar P, Wilk M "The effects of ischemia during rest intervals on strength endurance performance." PLoS One. 2023;18(4): e0280231 PMID: 37023019; PMCID: PMC10079082, https://doi.org/10.1371/journal.pone.0280231 April 2023 » Download Article «

44 **R. Trybulski**, G. Biolik, W. Kuczmik, N. Ivasyk, O. Tyravska "Application of deep oscillation therapy in the treatment of peripheral arterial diseases." Medicni perspektivi. 2023;28(3):116-127, https://doi.org/10.26641/2307-0404.2023.3.289207 September 2023 » Download Article «

45 Michał Krzysztofik, Michał Spieszny, **Robert Trybulski**, Michał Wilk, Anna Pisz, Dominik Kolinger, Aleksandra Filip-Stachnik, Petr Stastny "Acute effects of isometric conditioning activity on the viscoelastic properties of muscles, sprint and jumping performance in handball players." JSCR-08-18462R3, https://doi.org/10.1519/JSC.0000000000004404 July 2023

46 **R. Trybulski**, A. Vovkanych, O. Bas, O. Tyravska "The low-temperature effect on sports regeneration.", https://doi.org/10.1590/fm.2023.36204 October 2023 » Download Article «

47 Dawid Gawel, Jakub Jarosz, **Robert Trybulski**, Michal Krzysztofik, Piotr Makar, João Guilherme Vieira, Grzegorz Trybek, Michal Wilk "Effects of different ischemic pressures on bar velocity during the bench press exercise: A randomized crossover trial", https://doi.org/10.5114/biolsport.2024.133004 January 2024 » Download Article «

48 **Robert Trybulski**, Adrian Kużdżał, Marta Bichowska Pawęska, Andriy Vovkanych, Adam Kawczyński, Grzegorz Biolik, Jarosław Muracki "Immediate Effect of Cryo-Compression Therapy on Biomechanical Properties and Perfusion of Forearm Muscles in Mixed Martial Arts Fighters." Journal of Clinical Medicine, https://doi.org/10.3390/jcm13041177 February 2024 » Download Article «

49 **Robert Trybulski**, Arkadiusz Stanula, Aleksandra Żebrowska, Mieszko Podleśny, Barbara Hall "Acute Effects of the Dry Needling Session on Gastrocnemius Muscle Biomechanical Properties, and Perfusion with Latent Trigger Points - A Single-Blind Randomized Controlled Trial in Mixed Martial Arts

Athletes" Journal of Sports Science and Medicine (2024) 23, 136-146, https://doi.org/10.52082/jssm.2024.136 March 2024 » Download Article «

50 Marta Bichowska-Pawęska, Dawid Gaweł, **Robert Trybulski**, Jakub Jarosz, Kinga Łosińska, Krzysztof Fostiak, João Guilherme Vieira "The effect of a single cycle of ischemia on bar velocity during bench press exercises." Balt J Health Phys Act. 2024;16(1): Article10, https://doi.org/10.29359/BJHPA.16.1.10 March 2024 » Download Article «

51 Podczarska-Głowacka Magdalena, Bogdański Bartłomiej, **Trybulski Robert**, Smoter Małgorzata, Wang Hsing-Kuo and Klich Sebastian "Acute fatigue-induced alterations in hamstring muscle properties after repeated Nordic hamstring exercises.", https://doi.org/10.1177/00368504241242934 April 2024 » Download Article «

52 **Robert Trybulski**, Arkadiusz Stanula, Andriy Vovkanych, Tomasz Halski, Małgorzata Paprocka-Borowicz, Robert Dymarek, Jakub Taradaj "Optimal Duration of Cold and Heat Compression for Forearm Muscle Biomechanics in Mixed Martial Arts Athletes: A Comparative Study." Med Sci Monit 2024, https://doi.org/10.12659/MSM.944149 May 2024 » Download Article «

53 **Robert Trybulski**, Adrian Kużdżał, Arkadiusz Stanula, Sebastian Klich, Filipe Manuel Clemente, Adam Kawczyński, Cesar Fernández-de-las-Peñas "Biomechanical profile after dry needling in mixed martial arts." International Journal of Sports Medicine, https://doi.org/10.1055/a-2342-3679 July 2024 » Download Article «

54 **Robert Trybulski**, Jarosław Muracki, Mieszko Podleśny, Andriy Vovkanych and Adrian Kużdżał, "Effectiveness of Kinesiotherapy in the Treatment of Achilles Tendinopathy—A Narrative Review." Sports, https://doi.org/10.3390/sports12080202 July 2024 » Download Article «

55 **Robert Trybulski**, Adam Kawczyński, Jarosłw Muracki, Nicola Lovecchio and Adrian Kużdżał "Dry Needling and Acupuncture for Scars—A Systematic Review." Journal of Clinical Medicine, MPDI, https://doi.org/10.3390/jcm13143994 July 2024 » Download Article «

56 **Robert Trybulski**, Adrian Kużdżał, Michał Wilk, Jakub Więckowski, Krzysztof Fostiak and Jarosław Muracki "Reliability of MyotonPro in measuring the biomechanical properties of the quadriceps femoris muscle in people with different levels and types of motor preparation." Front. Sports Act. Living 6:1453730, https://doi.org/10.3389/fspor.2024.1453730 August 2024 » Download Article «

57 Adrian Kużdżał, Filipe Manue I Clemente, Adam Kawczyński, Ireneusz Ryszkiel and **Robert Trybulski** "Comparing the Effects of Compression Contrast Therapy and Dry Needling on Muscle Functionality, Pressure Pain Threshold, and Perfusion after Isometric Fatigue in Forearm Muscles of Combat Sports Athletes: A Single-Blind Randomized Controlled Trial." Journal of Sports Science and Medicine, https://doi.org/10.52082/jssm.2024.548 September 2024 » Download Article «

58 Adrian Kużdżał, Jarosław Muracki, Piotr Makar, Robert Roczniok, Rafał Studnicki, Beata Pożarowszczyk-Kuczko, Adam Kawczyński, **Robert Trybulski** "Assessment of the Impact of Heat-Compression Therapy time on muscle biomechanical properties and forearm tissue perfusion in MMA fighters." Applied Sciences as part of the Special Issue Advances in Sports Science 2024, https://doi.org/10.3390/app14198659 September 2024 » Download Article «

59 **Robert Trybulski**, Adrian Kużdżał, Arkadiusz Stanula, Jarosław Muracki, Adam Kawczyński, Wacław Kuczmik and Hsing-Kuo Wang "Acute effects of cold, heat and contrast pressure therapy on forearm muscle regeneration in combat sports athletes - a randomized clinical trial." Scientific Reports 2024, https://doi.org/10.1038/s41598-024-72412-0 September 2024 » Download Article «

60 **Robert Trybulski**, Aleksandra Żebrowska, Mrta Bichowska-Pawęska, Adrian Kużdżał, Ireneusz Ryszkiel, Rusi Miguel Silva, Jarosław Muracki, Adam Kawczyński "The Effects of Combined Contrast Heat Cold Pressure Therapy on Post-Exercise Muscle Recovery in MMA Fighters. A Randomized Controlled Trial. Journal of Human Kinetics. vol 9/2024, https://doi.org/10.5114/jhk/190220 September 2024 » Download Article «

61 **Robert Trybulski**, Adrian Kużdżał, Marek Kiljański, Kamil Gałęziok, Filip Matuszczyk, Adam Kawczyński and Filipe Manuel Clemente "Adverse Reactions to Dry Needling Therapy: Insights from Polish Physiotherapy Practice." Journal of Clinical Medicine, https://doi.org/10.3390/jcm13237032 November 2024 » Download Article «

62 **Robert Trybulski**, Robert Roczniok, Kamil Gałęziok, Filip Matuszczyk, Marta Bichowska-Pawęska, Michał Wilk and Jarosław Muracki "Immediate Effect of Compression Contrast Therapy on Quadriceps Femoris Muscles' Regeneration in MMA Fighters" Journal of Clinical Medicine, https://doi.org/10.3390/jcm13237292 November 2024 » Download Article «

---

63 **Robert Trybulski**, Arkadiusz Stanula, Jarosław Muracki, Wacław Kuczmik, Ahmet Kurtoğlu, Jakub Taradaj "Assessment of ipsilateral and contralateral perfusion after contrast compression therapy of upper limb muscles in MMA athletes - a cross-over study." Frontiers in Physiology, https://doi.org/10.3389/fphys.2024.1498590 December 2024 » Download Article «

64 Dawid Gawel, **Robert Trybulski**, Marta Bichowska-Paweska, Jakub Jarosz, Maciej Kostrzewa, Michal Wilk "Acute Impact of Different Reperfusion Duration Following Blood Flow Restriction on Bar Velocity during the Bench Press Exercise." Journal of Human Kinetics volume 97/2025, https://doi.org/10.5114/jhk/194471 December 2024 » Download Article «

65 Adrian Kużdżał, Filipe Manuel Clemente, Sebstian Klich, Adam Kawczyński and **Robert Trybulski** "Combination of Manual Therapy and Dry Needling Effectively Improves Acute Neck Pain and Muscular Tone and Stiffness in Combat Sports Athletes: A Randomized Controlled Study" Journal of Sports Science and Medicine, https://doi.org/10.52082/jssm.2024.852 December 2024 » Download Article «

66 Piotr Makar, Rabiu Muazu Musa, Pui Miguel Silva, Jarosław Muracki, **Robert Trybulski**, Emre Altundağ, Murat Altaca, Wacław Kuczmik, Rafał Studnicki, Zeki Akildiz "Locomotor performance parameters as predictors of high-performing male soccer teams. A multiple-season study on professional soccer" Scientific Reports, https://doi.org/10.1038/s41598-024-80181-z January 2025 » Download Article «

67 Filip Matuszczyk, **Robert Trybulski**, Kamil Gałęziok, Gracjan Olaniszyn, Artur Terbalyan, Michał Wilk "Effect of 10-Week Plyometric Training on Anaerobic Performance and Biomechanical Properties of the Muscles in Football Players: Randomized Controlled Trial" Applied Sciences, https://doi.org/10.3390/app15031451 January 2025 » Download Article «

68 Adrian Kużdżał, **Robert Trybulski**, Jarosław Muracki, Sebastian Klich, Filipe Manuel Clemente and Adam Kawczyński "Dry Needling in Sport and Sport Recovery: A Systematic Review with an Evidence Gap Map" Sport Medicine, https://doi.org/10.1007/s40279-025-02175-9 January 2025 » Download Article «

69 **Robert Trybulski**, Wilk Michał, Smoter, Małgorzata, Bartłomiej Bogdański, Marta Bichowska-Pawęska, Ireneusz Ryszkiel, Mariola Gepfert & Filipe Manuel Clemente "Impact of isolated lumbar

extension strength training on reducing nonspecific low back pain, disability, and improving function: a systematic review and meta-analysis." Scientific Reports, https://doi.org/10.1038/s41598-025-90699-5 February 2025 » Download Article «

70 Xinjie Han, Lu Li, Jiawei Chen, Weiqiang Xu, **Robert Trybulski**, Manuel Clemente "Comparing The Effects of Small-Sided and Medium-Sided Soccer Games on Physical Fitness Adaptations in Untrained Men: A Randomized Controlled Study" Journal of Sports and Medicine, https://doi.org/10.52082/jssm.2025.142 March 2025 » Download Article «

71 **Robert Trybulski**, Kamil Gałęziok, Filip Matuszczyk, Tomasz Halski and Jarosław Muracki "Problems in Diagnosis and Treatment of Soleus Muscle Injuries-Marrative Review and Case Report." Journal of Clinical Medicine, https://doi.org/10.3390/jcm14061955 March 2025 » Download Article «

72 **Robert Trybulski**, Gracjan Olaniszyn, Małgorzata Smoter, Filipe Manuel Clemente, Andriy Vovkanych & Adrian Kużdżał "The effects of fascial manipulation on pain: a systematic review with meta-analysis." Journal of Manual & Manipulative Therapy, https://doi.org/10.1080/10669817.2025.2486110 March 2025 » Download Article «

73 Marta Bichowska-Pawęska, Krezysztof Fostiak, Dawid Gawel, **Robert Trybulski**, Dan Iulian Alexe, Ewa Szura, Michal Wilk "The acute effect of blood flow restriction or ischemia on countermovement jump performance." Original Article, Journal of Human Sport and Exercise, https://doi.org/10.55860/1wmw9h79 March 2025 » Download Article «

74 **Robert Trybulski**, Jarosław Muracki, Robert Roczniok, Wacław Kuczmik, Nicola Lovecchio and Adrian Kużdżał "Influence of contrast compression therapy and water immersion contrast therapy on biomechanical parameters of the forearm muscles in martial arts athletes." Journal: Frontiers in Physiology, https://doi.org/10.3389/fphys.2025.1494762 April 2025 » Download Article «

75 **Robert Trybulski**, Arkadiusz Stanula, Adriy Vovkanych, Jarosław Muracki, Hsing-Kuo Wang & Adrian Kużdżał "Immediate effect of ice and dry massage during rest breaks on recovery in MMA fighters: a randomized crossover clinical trial study." Scientific Reports, https://doi.org/10.1038/s41598-025-97194-x April 2025 » Download Article «

76 Filipe Manuel Clemente, Diogo Martinho, Rui Miguel Silva, **Robert Trybulski**, Javier Sanchez Sanchez, Alejandro Rodríguez Fernández, Marco Beato, José Afonso "Physiological, physical and technical demands in sided soccer games formats: A review." Int J Sports Med, https://doi.org/10.1055/a-2591-6995 May 2025 » Download Article «

77 Weiqiang Xu, **Robert Trybulski**, Rui Miguel Silva, Yichen Zhao, Henrique de Oliveira Castro, Gustavo De Conti Teixeira Costa, Filipe Manuel Clemente "The effect of small-sided games and HIIT formats and competitive level on enjoyment and exercise intensity in young adult male soccer players." Biology of Sport, https://doi.org/10.5114/biolsport.2025.150046 May 2025 » Download Article «

78 **Robert Trybulski**, Robert Roczniok, Gracjan Olaniszyn, Yaroslav Svyshch, Andryi Vovkanych and Michał Wilk "Sports Massage and Blood Flow Restriction Combined with Cold Therapy Accelerate Muscle Recovery After Fatigue in Mixed Martial Arts Athletes: A Randomized Controlled Trial." Journal of Functional Morphology and Kinesiology, https://doi.org/10.3390/jfmk10020194 May 2025 » Download Article «

79 Weiqiang Xu, Rui Miguel Silva, **Robert Trybulski**, Xinjie Han, Yue Yu, Filipe Manuel Clemente "The Effect of Well-Being and Exercise Intensity on Enjoyment in Soccer Players" Journal of Sports Science and Medicine (24), 292 – 302, https://doi.org/10.52082/jssm.2025.292 June 2025 » Download Article «

80 **Trybulski**, Filipe Manuel Clemente, Grzegorz Biolik, Michał Wilk, Adrian Kuždzał "Potential benefits of blood flow restriction training in patients with type 2 diabetes: A narrative literature review" Biomedical Human Kinetics, Sciendo, https://doi.org/10.2478/bhk-2025-0018 June 2025
» Download Article «

81 **Robert Trybulski**, Jakub Więckowski, Jarosław Muracki, Filip Matuszczyk, Kamil Gałęziok, Michał Wilk and Adrian Kuždżał "Reliability and reproducibility of the Kinvent K-push dynamometer for assessing quadriceps strength and force development in athletes and untrained individuals" Frontiers in Physiology, https://doi.org/10.3389/fphys.2025.1573748 June 2025
» Download Article «

82 **Robert Trybulski**, Filipe Clemente, Ireneusz Ryszkiel, Wacław Kuczmik, Grzegorz Biolik, Andriy Vovkanych and Michal Wilk "Effect of ischemic preconditioning on microvascular post-occlusive hyperemic reactions and quadriceps morphology in MMA – a randomized clinical trial." European Journal of Applied Physiology, https://doi.org/10.1007/s00421-025-05914-y July 2025
» Download Article «

83 **Robert Trybulski**, Adrian Kuždzał, Adam Kawczyński, Sebastian Klich, Jarosałw Muracki, Filipe, Manuel Clemente "Postexercise Physical Recovery Methods for Combat Sports: A Scoping Review." International Journal of Sports Medicine, https://doi.org/10.1055/a-2615-3553 August 2025
» Download Article «

84 Krzysztof Fostiak, Marta Bichwoska-Paweska, **Robert Trybulski**, Dan Iulian Alexe & Michal Wilk "Acute effects of BFR intra-conditioning on torque and muscle activity of the rectus femoris muscle during isokinetic knee extensions." Scientific reports, https://doi.org/10.1038/s41598-025-15562-z August 2025 » Download Article «

85 Gracjan Olaniszyn, MS, Adrian Kuždżał,PhD, Adam Kawczyński, PhD, Filip Matuszczyk, Msc, Kamil Gałęziok, MSc, Filipe Manuel Clemente, PhD, **Robert Trybulski** "Comparing Multiple Versus Sustained Insertion Dry Needling Therapy for Myofascial Neck Pain: A Randomized Controlled Trial" Annals of Rehabilitation Medicine, https://doi.org/10.5535/arm.250052 August 2025
» Download Article «

86 Ana Silva, **Robert Trybulski**, Grzegorz Trybek, Waldemar Moska, Felipe J. Aidar, Francisco Tomás González-Fernández, „Impact of the Menstrual Cycle on Physical Recovery After Small-Sided Games: A Crossover Study in Women's Soccer Players." Journal of Sports Science and Medicine, 2025, https://doi.org/10.52082/jssm.2025.532 September 2025 » Download Article «

87 Ana Filipa Silva, **Robert Trybulski**, Grzegorz Trybek, Waldemar Moska, Henrique Castro, Francisco Tomás González-Fernández "Comparing adapted small-sided team sports and aerobic exercise with or without cognitive games: Effects on fitness and cognition in older men." Journal of sports science & medicine, https://doi.org/10.52082/jssm.2025.589 September 2025 » Download Article «

88 Weiqiang Xu, **Robert Trybulski**, Le Luo, Grzegorz Trybek, Waldemar Moska, Yufei Liu, Filipe Manuel Clemente "Effects of Small-Sided Games and High-Intensity Interval Training on The Rating of Perceived Exertion in Soccer Players Across Competitive Levels: Controlling for Percentage of Heart Rate Reserve." Journal of Sports Science and Medicine, https://doi.org/10.52082/jssm.2025.603 September 2025 » Download Article «

89 Alireza Rabbani, **Robert Trybulski**, and Filipe Manuel Clemente "Effect of pitch dimensions on external load measures during large-sided soccer games: Manipulating pitch size to control load." Baltic

Journal of Health and Physical Activity, https://doi.org/10.29359/BJHPA.17.3.08 September 2025 » Download Article «

90 **Robert Trybulski**, Arkadiusz Stanula, Jarosław Muracki, Michał Wilk, Gabriel Stanica Lupu, Krzysztof Fostiak "The relationship of gender and training experience with post-occlusive hyperemia: experimental comparative study." European Journal of Applied Physiology, https://doi.org/10.1007/s00421-025-05952-6 September 2025 » Download Article «

91 **Robert Trybulski**, Jarosław Muracki, Monira I. Aldhahi, Ahmet Kurtoğlu, Tomasz Halski "Effect of Cold Compression and Ice Therapy on Muscle Recovery After Plyometric Exercise: A Randomized Crossover Trial." Journal of Bodywork and Movement Therapies, https://doi.org/10.1016/j.jbmt.2025.10.021 October 2025 » Download Article «

92 Mikołaj Stańczak, Bram Swinnen, Jakub Surmacz, Bartosz Bielenda, Massimiliano Febbi, **Robert Trybulski**, Magdalena Hagner-Derengowska "Knee Joint Response to Mechanical Loading: Bounding Mechanotransduction with Rehabilitation." Cellular Physiology & Biochemistry, https://doi.org/10.33594/000000818 October 2025 » Download Article «

93 Katarzyna Oestervemb, **Robert Trybulski**, Elżbieta Szczygieł, Anna Szczygielska-Babiuch, Bartłomiej Kacprzak, and Magdalena Hagner- Drengowska "Deep oscillation therapy enhances early rehabilitation after ACL reconstruction: a randomized controlled trial." Journal of Rehabilitation Medicine, https://doi.org/10.2340/jrm.v57.44416 October 2025 » Download Article «

94 Juan Feng, Alejandro Rodríguez Fernández, **Robert Trybulski**, Tomasz Grzywacz, Piotr Sawicki, Filipe Manuel Clemente "Impact of Small-Sided Game Formats on Electromyographic." Journal of sports science & medicine, https://doi.org/10.52082/jssm.2025.729 November 2025 » Download Article «

95 Filipe Manuel Clemente, José Afonso, **Robert Trybulski**, Marco Beato, Javier Sanchez Sanchez, Dariusz Mroczek, Tomasz Grzywacz, Piotr Sawicki, Francisco Tomás González, Fernández "Acute and residual physical fatigue, along with recovery time following sided games: A scoping review and evidence gap map focusing on methodological aspects." Journal of Sports Science and Medicine, https://doi.org/10.52082/jssm.2025.779 November 2025 » Download Article «

96 Juan Feng, **Robert Trybulski**, Piotr Makar, Dariusz Mroczek and Filipe Manuel Clemente "Associations between Internal Load, Respiratory Metabolism, and Neuromuscular Activation during 1v1 Small-Sided Soccer Games." Journal of Sports Science and Medicine, https://doi.org/10.52082/jssm.2025.934 November 2025 » Download Article «

97 **Robert Trybulski**, Adrian Kuždzał, Gabriel Stanica Lupu, Wacław Kuczmik, Grzegorz Biolik, Magdalena Hagner Derengowska, Jakub Taradaj "Influence of body position on microcirculatory and autonomic responses during arterial occlusion in healthy adults." PLOS ONE, https://doi.org/10.1371/journal.pone.0335931 November 2025 » Download Article «

98 **Robert Trybulski**, Fostiak Krzysztof, Jarosław Muracki, Jakub Więckowski, Gracjan Olaniszyn, Michał Wilk "A controlled comparative study on the effect of arterial occlusion pressure on immediate sympathetic and hyperemic responses" Scientific Reports, https://doi.org/10.1038/s41598-025-25132-y November 2025 » Download Article «

99 Xiaodan Guo, Jun Zhao, **Robert Trybulski**, Xuguang Jia, Yifan Xu, Mingmao Li1 & Filipe Manuel Clemente "Motor engagement, physical activity intensity, and enjoyment in preschool children during different game-based formats." Scientific reports, http://doi.org/10.1038/s41598-025-24643-y November 2025 » Download Article «

100 **Robert Trybulski**, Sebastian Klich, Juan Antonio Valera-Calero, Adam Kawczyński, Cesar Fernández-de-Las-Peñas & Adrian Kuždzał "Effect of pneumatic and cold compression on muscle performance and recovery in combat sports athletes." Scientific Reports, https://doi.org/10.1038/s41598-025-29014-1 November 2025 » Download Article «

101 **Robert Trybulski**, Adrian Kuždzal, Andyi Vovkanych, Yaroslav Svyshch, Gracjan Olaniszyn, Jakub Taradaj "Cold Compression and Ischemic Preconditioning with Ice Therapy Enhance Muscle Recovery and Functionality Post-Exercise: A Randomized Study." Annals of Rehabilitation Medicine, https://doi.org/10.5535/arm.250090 December 2025 » Download Article «

102 **Robert Trybulski**, Hsing-Kuo Wang, Magdalena Hagner-Derengowska, Adam Kawczynski, Gracjan Olaniszyn, Adrian Kuždzał "Effects of lymphatic drainage and intense sports massage on muscle properties, damage, and function after eccentric plyometric training: A randomized controlled parallel trial, European Journal of Applied Physiology, Manuscript Number: EJAP-D-25-00607R3, https://doi.org/10.1007/s00421-025-06101-9 December 2025 » Download Article «

103 Gracjan Olaniszyn, Adrian Kuždżał, Jakub Taradaj, **Robert Trybulski** "Comparative effects of static, classical, and sham dry needling on muscle properties and autonomic nervous system activity in cervical myofascial pain syndrome." Complementary Therapies in Medicine, https://doi.org/10.1016/j.ctim.2025.103314 December 2025 » Download Article «

104 **Robert Trybulski**. Wilk Michał, Wacław Kuczmik, Grzegorz Biolik, Kamil Gałęziok, Marta Bichowska- Pawęska, Filipe Manuel Clemente "How blood flow restriction resistance training has been studied on non- restricted muscles in healthy, injured and clinical populations: a scoping review and evidence gap map" Br J Sports Med, https://doi.org/10.1136/bjsports-2025-109704 January 2026 » Download Article «

105 **Robert Trybulski**, Aleksandra Żebrowska, Yaroslav Svyshch, Andriy Vovkanych, Gracjan Olaniszyn, Jakub Taradaj "Time-Dependent Microvascular and Analgesic Responses to Cold Compression in Healthy Adults: Identifying the Optimal Cooling Duration for Recovery, European Journal of Applied Physiology" Manuscript Number: EJAP-D-25-01227R2, https://doi.org/10.1007/s00421-026-06141-9 January 2026 » Download Article «

106 Aleksandra Kisielewicz, Małgorzata Smoter and **Robert Trybulski** "Physiological determinants of heart rate responses and bout-to-bout stability during 2v2 and 4v4 small-sided games in football players." Frontiers in Public Health, https://doi.org/10.3389/fpubh.2026.1766471 January 2026 » Download Article «

107 Xinjie Han, Jiawei Chen, Weiqiang Xu, **Robert Trybulski**, Adam Kawczyński, Aleksandra Kisilewicz and Filipe Manuel Clemente "Comparing The Effects of Small-Sided Handball Games and High-Intensity Interval Training on The Physical Health and Fitness of Untrained Individuals: A 16-Week Randomized Controlled Study." Journal of Sports Science & Medicine, http://doi.org/10.52082/jssm.2026.16 February 2026 » Download Article «

108 **Robert Trybulski**, Gracjan Olaniszyn, Filip Matuszczyk, Kamil Gałęziok, Andryi Vovkanych, and Yaroslav Svyshch "Eccentric Training for Tendinopathies in Athletes: A Scoping Review and Evidence Gap Map." Journal of Sports Science & Medicine, https://doi.org/10.52082/jssm.2026.34 February 2026 » Download Article «

109 Aleksandra Kisilewicz, Małgorzata Smoter, **Robert Trybulski** "Determinants of cardiovascular load variability during small-sided games: influence of game format, bout intensity, and yo-yo intermittent recovery performance" Journal of Sports Science & Medicine, Manuscript: #9138-2025/JSSM, https://doi.org/10.52082/jssm.2026.272 February 2026 » Download Article «

110 **Trybulski Robert**, Kużdzał Adrian, Olaniszyn Gracjan, Kapustka Bartosz, Marcol Wiesław, Walicka-Cupryś Katarzyna "Physiological Correlates and Predictors of Vasovagal Responses Following Dry Needling in Myofascial Pain Syndrome: A Controlled Observational Study." Therapeutic Advances in Musculoskeletal Disease, Manuscript ID: TAB-25-11-264.R1, https://doi.org/10.1177/1759720X261422368 February 2026 » Download Article «

111 Gracjan Olaniszyn, Adrian Kużdzał, Olha Bas, Oksana Tyravska, Adam Kawczyński, **Robert Trybulski** "Transcutaneous Electrical Nerve Stimulation (TENS), Interferential Current (IFC) and Percutaneous Needle Electrolysis (PNE) in the Treatment of Sports Related Pain: A Scoping Review with an Evidence Gap Map." BMC Sports Sci Med Rehabil, https://doi.org/10.1186/s13102-026-01592-1 February 2026 » Download Article «

112 **Robert Trybulski**, Michał Wilk, Kuczmik Wacław, Biolik Grzegor, Aleksandra Żebrowska "Ischemic Preconditioning as a Modality to Improve Microvascular Function and Cardiometabolic Risk in Sedentary Adults: A Randomized Controlled Trial, European Journal of Applied Physiology" Manuscript Number: EJAP-D-25-01479R1, https://doi.org/10.1007/s00421-026-06168-y February 2026 » Download Article «

113 Filipe Manuel Clemente, Diogo V. Martinho, **Robert Trybulski**, Alejandro Rodríguez Fernández, Daniel Castillo, Javier Sanchez-Sanchez, Gustavo De Conti T. Costa, Nuno André Nunes "Impact of training regimens on small-sided soccer games: A scoping review." Human Movement, https://doi.org/10.5114/hm/214836 March 2026 » Download Article «

114 **Robert Trybulski**, Yaroslav Svyshch, Gracjan Olaniszyn, Andryi Vovkanych, Michał Kuszewski, Filipe Manuel Clemente "Cryo-compression vs ice blood-flow restriction for post-match recovery in futsal: a randomized parallel-controlled trial." Biology of Sport 2026, BIOLSPORT-05010-2025-03, March 2026 » Download Article «

115 Gracjan Olaniszyna, Adrian Kużdżał, Filipe Manuel Clemente, Ana Filipa Silvae, **Robert Trybulski** "Dry needling frequency and its effect on pain and disability in acute cervical myofascial pain: a multicenter study." Annals of Physical and Rehabilitation Medicine, https://doi.org/10.1016/j.rehab.2026.102112 March 2026 » Download Article «

116 **Robert Trybulski**, Adrian Kużdżał, Gracjan Olaniszyn, Ana Filipa Silva, Filipe Manuel Clemente, Wang Hsing-Kuo "Acute Impact of Cold Compression Therapy Across Diverse Age Groups and Physical Conditioning Status: A randomized crossover study." Journal of Sports Science & Medicine, Manuscript: #9226-2025/JSSM; https://doi.org/10.52082/jssm.2026.350 March 2026 » Download Article «

117 **Robert Trybulski**, Gracjan Olaniszyn, Małgorzata Smoter, Olha Bas, Oksana Tyravska, Michał Kuszewski and Katarzyna Walicka-Cupryś "Effectiveness of Percutaneous Needle Electrolysis (PNE) and Intramuscular Electrical Stimulation (IMES) in the Management of Myofascial Pain Syndrome and Tendinopathies: A Systematic Review." Journal of Clinical Medicine, https://doi.org/10.3390/jcm15072572 March 2026 » Download Article «

118 Ana Filipa Silva, Gilmara Gomes de Assis, Tiago D.Ribeiro, Miguel Peralta, Adilson Marqus, **Robert Trybulski**, Tomasz Grzywacz, Piotr Sawicki, Carla Gonçalves "Menstrual Cycle and Athletic Performance: A Systematic Review and Meta-Analysis." Human Movement, » Download Article «

119 Hao Tian, Renzheng Zuo, Deng Wang, Guoping Qian, Qiang Ye, Adam Kawczyński, **Robert Trybulski** and Filipe Manuel Clemente "The Exploration of Immune System Function Changes in Marathon Athletes after High-Intensity Training by Agent-Based Model (ABM)." Frontiers in Sports and Active

Living, section Exercise Physiology, Manuscript ID: 1780114, https://doi.org/10.3389/fspor.2026.1780114 April 2026 » Download Article «

120 Nicole Unsihuay, Filipe Manuel Clemente, **Robert Trybulski**, Rohit Kumar Thapa, Murilo Henrique Faria, Fanny Lys Casado, Fernando Zvietcovich, and Luiz H. Palucci Vieira "Brain-derived signals related to ball kicking movement in soccer and technologies employed: a systematic literature review with gap map." BMC Sports Science, Medicine and Rehabilitation; https://doi.org/10.1186/s13102-026-01676-y April 2026 » Download Article «

121 Xu, W., **Trybulski, R.**, Kawczyński, A., Cheng, C., Chen, H., & Clemente, "Well-being indicators modulate perceived but not physiological internal load across small-sided games and high-intensity interval training in male soccer players." International Journal of Performance Analysis in Sport, 1–17. https://doi.org/10.1080/24748668.2026.2657727 April 2026 » Download Article «

122 **Robert Trybulski**, Małgorzata Smoter, Andriy Vovkanych, Yaroslav Svyshch, and Filipe Manuel Clemente "Menstrual Cycle Influence on Post-exercise Recovery: Comparing the Efficacy of Dry and Ice Massage in Female Combat Sports Athletes." Journal of Strength and Conditioning Research, https://doi.org/10.1519/JSC.0000000000005367 May 2026 » Download Article «

123 Gracjan Olaniszyn, Irenusz Ryszkiel, **Robert Trybulski,** Cyprian Olchowy and Karol Pilis "Effects of dry needling on recovery, neuromuscular function, and injury outcomes in sports athletes: a systematic review targeting the neck and related regions." Frontiers in Public Health, https://doi.org/10.3389/fpubh.2026.1813780 April 2026 » Download Article «

124 Mieszko Podleśny, Michał Kuszewski, Beata Borecka, **Robert Trybulski**: "Intramuscular Electrical Stimulation Added to Home Exercise for Myofascial Shoulder Pain: A Randomized Controlled Trial." Scientfic Reports 2026, https://doi.org/10.1038/s41598-026-50917-0 April 2026 » Download Article «

125 Xinjie Han, Lu Li, Yanlong Sun, Weiqiang Xu, **Robert Trybulski**, Georgian Badicu, Filipe Manuel Clemente „Handball small-sided games and running-based high-intensity interval training similarly improve sprint, change-of-direction, and repeated-sprint performance in untrained young adults." Scientific Reports » Download Article «

126 Adrian Kużdżał, Małgorzata Smoter, Gracjan Olaniszyn, Bartłomiej Bogdański, Tomasz Halski, **Robert Trybulski** "Comparative Effectiveness of Percutaneous Needle Electrolysis and Shockwave Therapy in Subscapularis Tendinopathy: A Randomized Clinical Trial." Taylor & Francis, Pain Management, https://doi.org/10.1080/17581869.2026.2669520 May 2026 » Download Article «

127 **Robert Trybulski** "Biomarker-Guided Physical Recovery Interventions – Microvascular and Neuromechanical Mechanisms in Sports Recovery", Wydawca: Springer Nature, May 2026, https://link.springer.com/book/10.1007/978-981-92-0631-5, Książka

128 Kamil Gałęziok, Krzysztof Fostiak, Artur Terbalyan, Michał Wilk, **Robert Trybulski** "Influence of Time of Day on Skin Microvascular Response to Post-Occlusive Reactive Hyperemia" Journal of Clinical Medicine 2026, https://doi.org/10.3390/jcm15113997 May 2026 » Download Article «

129 **Robert Trybulski,** Dusko Bjelica, Robert Çitozi, Aleksandra Kisilewicz, Małgorzata Smoter, Joanna Urban "Acute Cytokine Responses to High-Intensity Intermittent Exercise in Humans: A Systematic Review" Int. J. Mol. Sci., https://doi.org/10.3390/ijms27114950 May 2026 » Download Article «

130 Lu Li, Xinjie Han, Jiawei Chen, Qingpan Wen, Gustavo De Conti Teixeira Costa, **Robert Trybulski**, Filipe Manuel Clemente "Comparative Effects of 1v1 vs 3v3 Small-Sided Basketball Training on Body Composition and Physical Fitness in Sedentary Female College Students: An 8-Week Randomized

Controlled Trial" Journal Of Sports Science & Medicine, https://doi.org/10.52082/jssm.2026.514 May 2026 » Download Article «

131 **Robert Trybulski**, Aleksandra Żebrowska, Kszysztof Fostiak, Garcjan Olaniszyn, Michał Wilk "Resistance Training and Type 2 Diabetes Mellitus: An Umbrella Review of Systematic Reviews and Meta-analyses on Glycemic and Cardiometabolic Outcomes" Metabolism: Clinical and Experimental, https://doi.org/10.1016/j.metabol.2026.156671 June 2026 » Download Article «

132 Aleksandra Kisilewicz, Małgorzata Smoter, **Robert Trybulski** "Repeated small-sided games induce load-dependent changes in strength and neuromuscular indicators in U17 male soccer players" Research in Sports Medicine, Informa UK Limited, trading as Taylor & Francis Group, https://doi.org/10.1080/15438627.2026.2669905 June 2026 » Download Article «

133 Magdalena Hagner-Derengowska, Bartlomiej Kacprzak, Anna Michalska, Agnieszka Połaniecek, Carla Gonçalves, **Robert Trybulski** "Effects of Repeated Contrast Therapy on Forearm Microcirculatory and Neuromechanical Recovery After Climbing-Specific Fatigue in Amateur Climbers: A Randomized Controlled Trial" Journal of Clinical Medicine (ISSN 2077-0383), https://doi.org/10.3390/jcm15134970 June 2026 » Download Article «

134 Filip Matuszczyk, Michał Wilk, Krzysztof Fostiak, **Robert Trybulski** "The Effect of Eccentric Phase Tempo on Acute Neuromechanical Responses and Short-Term Post-Exercise Recovery in Healthy Trained and Recreationally Active Adults: A Systematic Review" BMC Sports Science, Medicine and Rehabilitation, https://doi.org/10.1186/s13102-026-01848-w June 2026 » Download Article «

135 Zofia Tkocz, Małgorzata Hołda, Michał Spieszny, Adam Zając, **Robert Trybulski**, Aleksandra FilipStachnik "Are combat athletes different sleepers? A Pittsburgh Sleep Quality Index-based comparative survey across athletic populations" Baltic Journal of Health and Physical Activity 2026;18(2):Article 11, https://doi.org/10.29359/BJHPA.18.2.11 June 2026 » Download Article «

136 Magdalena Hagner-Derengowska, Bartłomiej Kacprzak, Jakub Taradaj, **Robert Trybulski** "Differential Effects of Ischemic Preconditioning and Cold Compression on Recovery in Recreational CrossFit Athletes Aged ≥40 Years: A 2-Week Randomized Controlled Trial" Scientific Reports, https://doi.org/10.1038/s41598-026-60885-0 June 2026 » Download Article «

137 Magdalena Hagner-Derengowska, **Robert Trybulski**, Joanna Kruk, Filipe Manuel Clemente, Cyprian Olchowy, Karol Pilis "Contrast Heat–Cold Versus Thermoneutral Showering in Trained Combat Sport Athletes: A Randomized Field Trial of Recovery Outcomes" Journal of Sports Science and Medicine, https://doi.org/10.52082/jssm.2026.675 July 2026 » Download Article «

138 Magdalena Hagner-Derengowska, John Xerri de Caro, Zofia Dziecioł-Anikiej, Agnieszka Sozańska, Duško Bjelica, Carla Gonçalves, **Robert Trybulski** "Effects of Post-Exercise Compression Garments on Subsequent Endurance Performance and Delayed-Onset Muscle Soreness in Endurance Athletes: A Systematic Review and Meta-Analysis" Frontiers in Physiology, section Exercise Physiology, https://doi.org/10.3389/fphys.2026.1908148 July 2026 » Download Article «

139 Beata Borecka, Carla Gonçalves, Wang Hsing-Kuo, Dariusz Ciborowski, Tomasz Senderek, **Robert Trybulski** "Acute Oral Hydration and Thoracolumbar Fascia Stiffness in Healthy Adults" Journal of Clinical Medicine (MDPI) Sports Medicine, https://doi.org/10.3390/jcm15145624 July 2026 » Download Article «

140 Pedro Schons, Artur Avelino Birk Preissler, Karla Chaves Loureiro, Vinícius Wilhelms Silva, Suellen dos Santos Ramos, Adam Kawczyński, **Robert Trybulski**, Rui Miguel Silva, Filipe Manuel Clemente "Season-long match external loads in starters vs non-starters in Brazilian professional women's soccer"

BMC Sports Science, Medicine and Rehabilitation, https://doi.org/10.1186/s13102-026-01913-4 July 2026 » Download Article «

141 Oguzhan Arslan, Ahmet Kurtoğlu, Bekir Çar, Ozan Bahadır Türkmen, Jarosław Muracki, **Robert Trybulski**, Alperen Şanal, Safaa M. Elkholi "Anaerobic power estimation using LASSO regression models of lumbar isokinetic parameters at different angular velocities: the role of body composition" Peer Journal, https://doi.org/10.7717/peerj.21526 July 2026 » Download Article «

142 Magdalena Hagner-Derengowska, Anna Michalska, Viorel Petru Ardelean, Vlad Adrian Geantă, **Robert Trybulski** "Ipsilateral and Contralateral Microvascular Kinetics During Unilateral Forearm Cold-Water Immersion: A Within-Subject Laser Doppler Flowmetry and Heart Rate Variability Study" European Journal of Applied Physiology, https://doi.org/10.1007/s00421-026-06379-3 July 2026 » Download Article «

143 Hao Tian, Renzheng Zuo, Deng Wang, Guoping Qian, Ana Filipa Silva, **Robert Trybulski**, Filipe Manuel Clemente "Advances in the Application of Wearable Inertial Sensors in Swimming Performance Analysis: A Systematic Review" Biology of Sports, https://doi.org/10.5114/biolsport.2027.164645 July 2026 » Download Article «

144 Adrian Kużdżał, Gracjan Olaniszyn, Małgorzata Smoter, Adam Kawczyński, Filipe Manuel Clemente, **Robert Trybulski** "The Effects of Dry Needling and Tecar Therapy on Post-Exercise Gastrocnemius Muscle Recovery in Mixed Martial Arts and Crossfit Athletes" Journal of Human Kinetics, https://doi.org/10.5114/jhk/219033July 2026 » Download Article «

145 Kamil Gałęziok, Aleksandra Żebrowska, Wacław Kuczmik, **Robert Trybulski** "The relationship between post-occlusive reactive hyperemia and the level of training and lifestyle in young adults" European Journal of Applied Physiology, http://doi.org10.1007/s00421-026-06296-5 July 2026

146 Alexandre de Oliveira, Maria Eduarda Sousa Calegari, Lucas Savassi Figueiredo, Filipe Manuel Clemente, **Robert Trybulski**, Gustavo De Conti Teixeira Costa, Lorenzo Iop Laporta, Henrique de Oliveira Castro "Associations between accumulated weekly external load and technical match actions in elite soccer" Biology of Sports, August 2026 » Download Article «

147 Dariusz Ciborowski, Carla Gonçalves, Tomasz Halski, Ireneusz Ryszkiel, Beata Borecka, **Robert Trybulski** "Phenotype-Guided Myofascial Therapy versus Standard Physiotherapy for Pain Sensitivity and Muscle Stiffness in Non-Specific Neck Pain: A Randomized Controlled Trial" Scientific Reports, https://doi.org/10.1038/s41598-026-67447-4 August 2026 » Download Article «

148 **Robert Trybulski**, Ireneusz Ryszkiel, Aneta Teległów, Zofia Ignasia, Agata Stanek "Individual Factors Associated With Arterial and Limb Occlusion Pressure in Blood Flow Restriction: A Scoping Review of Predictors and Measurement Methods" Journal: Frontiers in Physiology, https://doi.org/10.3389/fphys.2026.1958680 August 2026 » Download Article «

149 **Robert Trybulski**, Dusko Bjelica, Vlad Adrian Geantă, Corina Dulceanu, Patricia-Roxana Pantâr, Viorel Petru Ardelean "Short-term biochemical, structural, and functional muscle responses to eccentric-based exercise: A scoping review with an evidence gap map" Montenegrin Journal of Sports Science and Medicine, https://doi.org/10.26773/mjssm.270303 August 2026 » Download Article «

150 **Robert Trybulski,** Gracjan Olaniszyn, Yaroslav Svyshch, Andryi Vovkanych, Ireneusz Ryszkiel, Adam Meakins "Proprioception Training and Surrogate Outcomes: A Systematic Review of Definitions, Measures, and Effectiveness Claims" Sports Medicine, https://doi.org/10.1007/s40279-026-02524-2 August 2026 » Download Article «

151 **Robert Trybulski**, Beata Borecka, Vlad Adrian Geantă, Robert Çitozi, Viorel Petru Ardelean "Sports Massage With or Without Ice Packs After Plyometric Exercise in Male Combat Athletes: A Three-Period Crossover Study" J. Anthr. Sport Phys. Educ, https://doi.org/10.26773/jaspe.261003 August 2026 » Download Article «

152 Carolinne Silva Gonçalves, Alberto Souza de Sá Filho, Débora Darck Lopes Costa Arantes, Filipe Manuel Clemente, Rui Silva, Carla Gonçalves, **Robert Trybulski**, Marcelo Couto Jorge Rodrigues, Matias Noll, Claudio Andre Barbosa de Lira, Lorenzo Laporta, Gustavo De Conti Teixeira Costa "SGA-based volleyball teaching with explicit life skills instruction is associated with technical-tactical, psychosocial, and motivational improvements in school students" Scientific Reports, https://doi.org/10.1038/s41598-026-73193-4 October 2026 » Download Article «

153 Małgorzata Smoter, Robert Roczniok, Jarosław Muracki, Daniel Maliszewski, Radosław Tarkowski, **Robert Trybulski** "Repeatability of upper limb volume measurements based on the Kuhnke measurement protocol and frustum volume calculation in women after unilateral mastectomy: a cross-sectional methodological study" Scientific Reports, https://doi.org/10.1038/s41598-026-71363-y October 2026 » Download Article «

154 **Robert Trybulski**, Jacek Ratajczyk, Ireneusz Ryszkiel, Viorel Petru Ardelean "Achilles Tendon Stiffness in Sprinters and Distance Runners: A Critical Narrative Review" J. Anthr. Sport Phys. Educ, https://doi.org.10.26773/jaspe.261005 October 2026 » Download Article «

155 Matheus Zwick Ely, Pedro Schons, Filipe Manuel Clemente, Camila de Barros Rodenbusch, **Robert Trybulski**, Adam Kawczyński, Henrique Lelis Clemente de Oliveira, Artur Avelino Birk Preissler "Postural stability and shooting performance in adult and junior elite Brazilian recurve archers" Scientific Reports, https://doi.org/10.1038/s41598-026-75839-9 October 2026 » Download Article «

156 Luiz H. Palucci Vieira, Nicole Unsihuay, Diego R. Carlin Villarroel, **Robert Trybulski**, Guillermo J. Armoa, Aldo A. Vasquez-Bonilla, Filipe M. Clemente, Fabian A. Ñaña "Markerless tracking systems applied to ball kicking kinematics assessment in football codes: protocol for a systematic review" JMIR Research Protocols, https://doi.org//10.2196/preprints.112407 September 2026 » Download Article «

157 Xu, W., Praça, G. M., **Trybulski, R.**, Liu, J., Chen, J., Gao, M., Trybek, G., & Clemente, F. M. (2026). "Small-Sided games in Chinese soccer coaching: A mixed-methods analysis of seasonal use, training aims, and task design." International Journal of Sports Science & Coaching, 0(0). https://doi.org/10.1177/17479541261500044 September 2026 » Download Article «

158 **Robert Trybulski**, Tomasz Sozański, Adrian Kużdżał, Hsing-Kuo Wang, Gracjan Olaniszyn, Adam Kawczynski "Shear-wave elastography in rotator cuff tears: a systematic review of measurement properties, tissue-stiffness findings, and clinical interpretability" Springer Nature, European Radiology, https://doi.org/10.1007/s00330-026-13009-1 September 2026 » Download Article «

159 Adrian Kużdżał, Edzard Ernst, **Robert Trybulski**, Paweł Posadzki "How effective is dry needling? an umbrella review" Springer Nature, BMC Complementary Medicine and Therapies, https://doi.org/10.1186/s12906-026-05607-9 September 2026 » Download Article «