

Publikationen zwischen 2017 und 2021

Refereed Articles (in press, published)

- Wiewelhove, T., Szwajca, S., Busch, M., Döweling, A., Volk, N. R., Schneider, C., Meyer, T., Kellmann, M., Pfeiffer, M., & Ferrauti, A. (in press). Recovery During and After a Simulated Multi-Day Tennis Tournament: Combining Active Recovery, Stretching, Cold-water Immersion, and Massage Interventions. *European Journal of Sport Science*. [Epub ahead of print] <https://doi.org/10.1080/17461391.2021.1936196>
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- Heidari, J., Burton, N., McCuaig, L., & Kellmann, M. (2021). “I never thought it would be that bad” – Increasing Teachers’ Awareness of Psychological Well-being through Recovery-Stress Monitoring and Individualised Feedback. *WORK: A Journal of Prevention, Assessment & Rehabilitation*, 69(4), 1217-1227. <https://doi.org/10.3233/WOR-213543>
- Hof zum Berge, A., Ferrauti, A., Meyer, T., Pfeiffer, M., & Kellmann, M. (2021). Portable Polysomnography for Sleep Monitoring in Elite Youth Rowing: An Athlete’s Gain or the Sleeps’ Thief? *Translational Sports Medicine*, 4, 289-296. <https://doi.org/10.1002/tsm2.205>
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- Poppendieck, W., Wegmann, M., Hecksteden, A., Darup, A., Schimpchen, J., Skorski, S., Ferrauti, A., Kellmann, M., Pfeiffer, M., & Meyer, T. (2021). Does Cold Water Immersion After Strength Training Attenuate Training Adaptation? *International Journal of Sports Physiology and Performance*, 16(2), 304-310. <https://doi.org/10.1123/ijsp.2019-0965>
- Schmidt, J., Ferrauti, A., Kellmann, M., Beaudouin, F., Pfeiffer, M., Volk, N.R., Wambach, M., Bruder, O. & Wiewelhove, T. (2021). Recovery from Eccentric Squat Exercise in Young and Master Athletes with Similar Maximum Strength: Combining Cold Water Immersion and Compression. *Frontiers in Physiology*, 12, 665204. <https://doi.org/10.3389/fphys.2021.665204>
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- Wiewelhove, T., Buder, F., Hecksteden, A., Forster, S., Jakowski, S., Ferrauti, A., Kellmann, M., Pfeiffer, M., & Meyer, T. (2021). Regenerationsmanagement im Leistungssport. Teil 1: Regenerationsmessung [Regeneration Management in Competitive Sports – Part 1: Regeneration measurement]. *Leistungssport*, *51*(4), 4-8.
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Books/Questionnaires

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