

Rita A Santos-Rocha

List of Publications by Year in descending order

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Version: 2024-02-01

47
papers

377
citations

840776

11
h-index

888059

17
g-index

50
all docs

50
docs citations

50
times ranked

454
citing authors

#	ARTICLE	IF	CITATIONS
1	Kinematic Analysis of Gait in the Second and Third Trimesters of Pregnancy. Journal of Pregnancy, 2013, 2013, 1-9.	2.4	51
2	Biomechanics of Gait during Pregnancy. Scientific World Journal, The, 2014, 2014, 1-5.	2.1	33
3	Calf-raise senior: a new test for assessment of plantar flexor muscle strength in older adults: protocol, validity, and reliability. Clinical Interventions in Aging, 2016, Volume 11, 1661-1674.	2.9	25
4	Comparison between overweight due to pregnancy and due to added weight to simulate body mass distribution in pregnancy. Gait and Posture, 2015, 42, 511-517.	1.4	24
5	Osteogenic index of step exercise depending on choreographic movements, session duration, and stepping rate * COMMENTARY * COMMENTARY. British Journal of Sports Medicine, 2006, 40, 860-866.	6.7	18
6	Phase angle cutoff value as a marker of the health status and functional capacity in breast cancer survivors. Physiology and Behavior, 2021, 235, 113400.	2.1	18
7	Summary of Guidelines for Exercise in Pregnancy—are they Comprehensive Enough for Designing the Contents of a Prenatal Exercise Program?. Current Women's Health Reviews, 2015, 11, 3-12.	0.2	16
8	Three-Dimensional Kinetic Adaptations of Gait throughout Pregnancy and Postpartum. Scientifica, 2015, 2015, 1-14.	1.7	15
9	An <scp>mH</scp>ealth intervention programme to promote healthy behaviours and prevent adolescent obesity (TeenPower): A study protocol. Journal of Advanced Nursing, 2019, 75, 683-691.	3.3	15
10	Effect of 6-month community-based exercise interventions on gait and functional fitness of an older population: a quasi-experimental study. Clinical Interventions in Aging, 2018, Volume 13, 595-606.	2.9	13
11	Effectiveness of a Combined Intervention on Psychological and Physical Capacities of Frail Older Adults: A Cluster Randomized Controlled Trial. International Journal of Environmental Research and Public Health, 2019, 16, 3125.	2.6	13
12	Analysis of Ground Reaction Forces in Step Exercise Depending on Step Pattern and Stepping Rate. Journal of Strength and Conditioning Research, 2009, 23, 209-224.	2.1	10
13	Comparative Study of Plantar Pressure during Step Exercise in Different Floor Conditions. Journal of Applied Biomechanics, 2007, 23, 162-168.	0.8	9
14	Influence of Body Composition on Gait Kinetics throughout Pregnancy and Postpartum Period. Scientifica, 2016, 2016, 1-12.	1.7	9
15	Active Pregnancy: A Physical Exercise Program Promoting Fitness and Health during Pregnancy—Development and Validation of a Complex Intervention. International Journal of Environmental Research and Public Health, 2022, 19, 4902.	2.6	9
16	BIOMECHANICAL MODEL FOR KINETIC AND KINEMATIC DESCRIPTION OF GAIT DURING SECOND TRIMESTER OF PREGNANCY TO STUDY THE EFFECTS OF BIOMECHANICAL LOAD ON THE MUSCULOSKELETAL SYSTEM. Journal of Mechanics in Medicine and Biology, 2014, 14, 1450004.	0.7	8
17	KINETIC ANALYSIS OF GAIT IN THE SECOND AND THIRD TRIMESTERS OF PREGNANCY. Journal of Mechanics in Medicine and Biology, 2016, 16, 1650055.	0.7	8
18	Can the calf-raise senior test predict functional fitness in elderly people? A validation study using electromyography, kinematics and strength tests. Physical Therapy in Sport, 2018, 32, 252-259.	1.9	8

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19	Osteoarthritis, Exercise, and Tissue Engineering: A Stimulating Triad for Health Professionals. <i>Journal of Aging Research</i> , 2019, 2019, 1-6.	0.9	8
20	How to HIIT while pregnant? The protocol characteristics and effects of high intensity interval training implemented during pregnancy – A systematic review. <i>Baltic Journal of Health and Physical Activity</i> , 2021, 14, Article-1.	0.5	8
21	Can Group Exercise Programs Improve Health Outcomes in Pregnant Women? An Updated Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 4875.	2.6	8
22	Effect of exercise on phase angle in cancer patients: a systematic review. <i>Journal of Sports Medicine and Physical Fitness</i> , 2022, 62, .	0.7	6
23	Can Group Exercise Programs Improve Health Outcomes in Pregnant Women? A Systematic Review. <i>Current Women's Health Reviews</i> , 2015, 11, 75-87.	0.2	5
24	Community-Based Exercise Intervention for Gait and Functional Fitness Improvement in an Older Population: Study Protocol. <i>Journal of Aging and Physical Activity</i> , 2017, 25, 84-93.	1.0	5
25	GLOBAL OPTIMIZATION METHOD APPLIED TO THE KINEMATICS OF GAIT IN PREGNANT WOMEN. <i>Journal of Mechanics in Medicine and Biology</i> , 2016, 16, 1650084.	0.7	3
26	A Brief Review on Processes for Cartilage Repair. <i>Applied Mechanics and Materials</i> , 0, 890, 229-236.	0.2	3
27	Responsiveness of the Calf-Raise Senior test in community-dwelling older adults undergoing an exercise intervention program. <i>PLoS ONE</i> , 2020, 15, e0231556.	2.5	3
28	Comparison of the accuracy of a free 3D camera system with the Ariel performance system. <i>Computer Methods in Biomechanics and Biomedical Engineering: Imaging and Visualization</i> , 2021, 9, 670-677.	1.9	3
29	Relationship between Heart Rate Variability and Functional Fitness in Breast Cancer Survivors: A Cross-Sectional Study. <i>Healthcare (Switzerland)</i> , 2021, 9, 1205.	2.0	3
30	Physical Activity, Exercise, and Health Promotion for the Pregnant Exerciser and the Pregnant Athlete. , 2019, , 1-17.		3
31	Exercise training programs and detraining in older women. <i>Journal of Human Sport and Exercise</i> , 2017, 12, .	0.4	3
32	Peak Ground and Joint Forces in Step-Exercise Depending on Step-Pattern and Stepping-Rate. <i>The Open Sports Sciences Journal</i> , 2009, 2, 10-21.	0.4	3
33	Exercise Testing and Prescription for Pregnant Women. , 2019, , 183-230.		2
34	Tendências do Fitness em Portugal para 2021. <i>Cuadernos De Psicologia Del Deporte</i> , 2021, 21, 242-258.	0.4	2
35	Biomechanical Adaptations of Gait in Pregnancy: Implications for Physical Activity and Exercise. , 2019, , 95-134.		2
36	Evidence-Based and Practice-Oriented Guidelines for Exercising During Pregnancy. , 2019, , 157-181.		2

#	ARTICLE	IF	CITATIONS
37	Analysis of Kinematics of the Lower Limb during Step Exercise. Perceptual and Motor Skills, 2009, 109, 851-869.	1.3	1
38	Development and validation of a complex intervention: A physical exercise programme aimed at delaying the functional decline in frail older adults. Nursing Open, 2020, 7, 274-284.	2.4	1
39	THE OVERLOAD INFLUENCE IN ANGULAR KINEMATICS AND JOINT MOMENTS IN LOWER LIMB AND PELVIS DURING GAIT IN SAGITTAL PLANE. Journal of Biomechanics, 2012, 45, S240.	2.1	0
40	Validity And Reliability Of The Calf Raise Test For Seniors. Medicine and Science in Sports and Exercise, 2014, 46, 90.	0.4	0
41	Combined Effect of Orthotics and Fatigue on Three Plantar Fasciitis Injury Factors. Medicine and Science in Sports and Exercise, 2006, 38, S122.	0.4	0
42	Step Senior Exercise Program Promotes Functionality. Medicine and Science in Sports and Exercise, 2006, 38, S336.	0.4	0
43	Analysis of Ground Reaction Forces in Step Exercise Depending on Choreography and Stepping Rate. Medicine and Science in Sports and Exercise, 2007, 39, S23.	0.4	0
44	Prevalence Of Musculoskeletal Disorders In Step Instructors. Medicine and Science in Sports and Exercise, 2009, 41, 273.	0.4	0
45	Biomechanical Analysis of Gait During Second and Third Trimester of Pregnancy. Medicine and Science in Sports and Exercise, 2014, 46, 276-277.	0.4	0
46	Editorial: Active Pregnancy - Benefits and Recommendations of Physical Activity and a Healthy Lifestyle Throughout Pregnancy and Postpartum. Current Women's Health Reviews, 2015, 11, 2-2.	0.2	0
47	Sports Biomechanics: Kinetic Analysis of Exercise using Inverse Dynamics and Pressure Insoles. , 0, , .		0