

# Michal Steffl

## List of Publications by Year in descending order

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Version: 2024-02-01

39  
papers

1,038  
citations

623188

14  
h-index

433756

31  
g-index

40  
all docs

40  
docs citations

40  
times ranked

1812  
citing authors

#	ARTICLE	IF	CITATIONS
1	Partial range of motion and muscle hypertrophy: Not all ROMs lead to Romeâ€™Response. Scandinavian Journal of Medicine and Science in Sports, 2022, 32, 634-635.	1.3	0
2	Morning fatigue and structured exercise interact to affect non-exercise physical activity of fit and healthy older adults. BMC Geriatrics, 2021, 21, 179.	1.1	8
3	Increased Cardiopulmonary Fitness Is Associated with a Greater Reduction in Depression among People Who Underwent Bariatric Surgery. International Journal of Environmental Research and Public Health, 2021, 18, 2508.	1.2	1
4	The Effects of High Mineral Alkaline Water Consumed over Three Consecutive Days on Reaction Time Following Anaerobic Exercise â€™ A Randomized Placeboâ€™Controlled Crossover Pilot Study. Journal of Human Kinetics, 2021, 78, 111-119.	0.7	2
5	Benefits of Resistance Training in Early and Late Stages of Frailty and Sarcopenia: A Systematic Review and Meta-Analysis of Randomized Controlled Studies. Journal of Clinical Medicine, 2021, 10, 1630.	1.0	77
6	Overspeed Stimulus Provided by Assisted Jumping Encourages Rapid Increases in Strength and Power Performance of Older Adults. Journal of Aging and Physical Activity, 2021, 29, 259-266.	0.5	3
7	Effects of physical exercise on cognitively impaired older adults: a systematic review. Acta Universitatis Carolinae: Kinanthropologica, 2021, 57, 51-78.	0.3	0
8	Effects of range of motion on resistance training adaptations: A systematic review and metaâ€™analysis. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 1866-1881.	1.3	25
9	Financial balance of home nursing care providers in the Czech Republic. Health Economics Review, 2021, 11, 32.	0.8	0
10	Long-Term Effect of Exercise on Irisin Blood Levelsâ€™Systematic Review and Meta-Analysis. Healthcare (Switzerland), 2021, 9, 1438.	1.0	19
11	Benefits of physical activity interventions combining self-monitoring with other components versus self-monitoring alone: a systematic review and meta-analysis. Lancet, The, 2021, 398, S87.	6.3	2
12	Muscle Hypertrophy and Architectural Changes in Response to Eight-Week Neuromuscular Electrical Stimulation Training in Healthy Older People. Life, 2020, 10, 184.	1.1	14
13	Isokinetic testing of muscle strength of older individuals with sarcopenia or frailty: A systematic review. Isokinetics and Exercise Science, 2020, , 1-11.	0.2	3
14	The importance of sonographic evaluation of muscle depth and thickness prior to the â€™tiny percutaneous needle biopsyâ€™™. European Journal of Translational Myology, 2020, 30, 98-102.	0.8	4
15	Effect of Calanus Oil Supplementation and 16 Week Exercise Program on Selected Fitness Parameters in Older Women. Nutrients, 2020, 12, 481.	1.7	15
16	Assisted Jumping in Healthy Older Adults. Journal of Strength and Conditioning Research, 2020, Publish Ahead of Print, .	1.0	6
17	Electronic patient records as a tool to facilitate care provision in nursing homes: an integrative review. Informatics for Health and Social Care, 2019, 44, 262-277.	1.4	17
18	Data of a sub-analysis of the DEMDATA study: characteristics of Austrian and Czech nursing homes residents. BMC Research Notes, 2019, 12, 463.	0.6	0

#	ARTICLE	IF	CITATIONS
19	Health Benefits of Î²-Hydroxy-Î²-Methylbutyrate (HMB) Supplementation in Addition to Physical Exercise in Older Adults: A Systematic Review with Meta-Analysis. <i>Nutrients</i> , 2019, 11, 2082.	1.7	30
20	Macronutrient Intake in Soccer Playersâ€”A Meta-Analysis. <i>Nutrients</i> , 2019, 11, 1305.	1.7	25
21	Demographic and Lifestyle Factors and Memory in European Older People. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 4727.	1.2	5
22	The Efficacy and Safety of Lower-Limb Plyometric Training in Older Adults: A Systematic Review. <i>Sports Medicine</i> , 2019, 49, 113-131.	3.1	40
23	Exercise prescription in cardiac patients treated with metoprolol â€” should the time of day for stress tests and training coincide?. <i>European Journal of Preventive Cardiology</i> , 2018, 25, 1026-1027.	0.8	0
24	The prone bridge test: Performance, validity, and reliability among older and younger adults. <i>Journal of Bodywork and Movement Therapies</i> , 2018, 22, 385-389.	0.5	25
25	Cognitive status and use of analgesics and anxiolytics in residents of nursing homes in the Czech Republic. <i>Clinical Interventions in Aging</i> , 2018, Volume 13, 2511-2515.	1.3	5
26	Cross-sectional study of prevalence of dementia, behavioural symptoms, mobility, pain and other health parameters in nursing homes in Austria and the Czech Republic: results from the DEMDATA project. <i>BMC Geriatrics</i> , 2018, 18, 178.	1.1	36
27	Field-Based and Lab-Based Assisted Jumping: Unveiling the Testing and Training Implications. <i>Frontiers in Physiology</i> , 2018, 9, 1284.	1.3	9
28	The Role of Visual Feedback on Power Output During Intermittent Wingate Testing in Ice Hockey Players. <i>Sports</i> , 2018, 6, 32.	0.7	14
29	Costs of dementia in the Czech Republic. <i>European Journal of Health Economics</i> , 2017, 18, 979-986.	1.4	21
30	Relationship between sarcopenia and physical activity in older people: a systematic review and meta-analysis. <i>Clinical Interventions in Aging</i> , 2017, Volume 12, 835-845.	1.3	321
31	The increase in health care costs associated with muscle weakness in older people without long-term illnesses in the Czech Republic: results from the Survey of Health, Ageing and Retirement in Europe (SHARE). <i>Clinical Interventions in Aging</i> , 2017, Volume 12, 2003-2007.	1.3	59
32	Using relative handgrip strength to identify children at risk of sarcopenic obesity. <i>PLoS ONE</i> , 2017, 12, e0177006.	1.1	43
33	Association of older womenâ€™s limb circumferences and muscle mass as estimated with bioelectrical impedance. <i>Journal of Physical Therapy Science</i> , 2016, 28, 1016-1019.	0.2	1
34	Assessment of diagnostics tools for sarcopenia severity using the item response theory (IRT). <i>Journal of Nutrition, Health and Aging</i> , 2016, 20, 1051-1055.	1.5	7
35	Alcohol consumption as a risk factor for sarcopenia - a meta-analysis. <i>BMC Geriatrics</i> , 2016, 16, 99.	1.1	65
36	Association between clinical measures of sarcopenia in a sample of community-dwelling women. <i>Isokinetics and Exercise Science</i> , 2015, 23, 41-44.	0.2	5

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37	Relation Between Cigarette Smoking and Sarcopenia: Meta-Analysis. <i>Physiological Research</i> , 2015, 64, 419-426.	0.4	98
38	Hip extension strength: Description and validity of a new procedure applied to older women. <i>Isokinetics and Exercise Science</i> , 2014, 22, 211-215.	0.2	5
39	PPARA Intron Polymorphism Associated with Power Performance in 30-s Anaerobic Wingate Test. <i>PLoS ONE</i> , 2014, 9, e107171.	1.1	24