

Emil Sundstrup

List of Publications by Year in descending order

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Version: 2024-02-01

111
papers

3,250
citations

136950

32
h-index

189892

50
g-index

112
all docs

112
docs citations

112
times ranked

3557
citing authors

#	ARTICLE	IF	CITATIONS
1	High-Intensity Training versus Traditional Exercise Interventions for Promoting Health. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 1951-1958.	0.4	300
2	Muscle adaptations and performance enhancements of soccer training for untrained men. <i>European Journal of Applied Physiology</i> , 2010, 108, 1247-1258.	2.5	116
3	High-intensity preoperative training improves physical and functional recovery in the early post-operative periods after total knee arthroplasty: a randomized controlled trial. <i>Knee Surgery, Sports Traumatology, Arthroscopy</i> , 2017, 25, 2864-2872.	4.2	105
4	EMG evaluation of hip adduction exercises for soccer players: implications for exercise selection in prevention and treatment of groin injuries. <i>British Journal of Sports Medicine</i> , 2014, 48, 1108-1114.	6.7	86
5	A Systematic Review of Workplace Interventions to Rehabilitate Musculoskeletal Disorders Among Employees with Physical Demanding Work. <i>Journal of Occupational Rehabilitation</i> , 2020, 30, 588-612.	2.2	85
6	Effect of workplace- versus home-based physical exercise on musculoskeletal pain among healthcare workers: a cluster randomized controlled trial. <i>Scandinavian Journal of Work, Environment and Health</i> , 2015, 41, 153-163.	3.4	81
7	The effect of strength training, recreational soccer and running exercise on stretch-shortening cycle muscle performance during countermovement jumping. <i>Human Movement Science</i> , 2012, 31, 970-986.	1.4	75
8	Is Borg's perceived exertion scale a useful indicator of muscular and cardiovascular load in blue-collar workers with lifting tasks? A cross-sectional workplace study. <i>European Journal of Applied Physiology</i> , 2014, 114, 425-434.	2.5	73
9	Muscle activity during leg strengthening exercise using free weights and elastic resistance: Effects of ballistic vs controlled contractions. <i>Human Movement Science</i> , 2013, 32, 65-78.	1.4	72
10	The effect of recreational soccer training and running on postural balance in untrained men. <i>European Journal of Applied Physiology</i> , 2011, 111, 521-530.	2.5	71
11	Specific and cross over effects of massage for muscle soreness: randomized controlled trial. <i>International Journal of Sports Physical Therapy</i> , 2014, 9, 82-91.	1.3	69
12	Retrospectively assessed physical work environment during working life and risk of sickness absence and labour market exit among older workers. <i>Occupational and Environmental Medicine</i> , 2018, 75, 114-123.	2.8	59
13	Association between lifestyle and musculoskeletal pain: cross-sectional study among 10,000 adults from the general working population. <i>BMC Musculoskeletal Disorders</i> , 2019, 20, 609.	1.9	54
14	Physical exercise at the workplace prevents deterioration of work ability among healthcare workers: cluster randomized controlled trial. <i>BMC Public Health</i> , 2015, 15, 1174.	2.9	53
15	Joint association of multimorbidity and work ability with risk of long-term sickness absence: a prospective cohort study with register follow-up. <i>Scandinavian Journal of Work, Environment and Health</i> , 2017, 43, 146-154.	3.4	53
16	Effects of Kettlebell Training on Postural Coordination and Jump Performance. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 1202-1209.	2.1	50
17	Safety climate and accidents at work: Cross-sectional study among 15,000 workers of the general working population. <i>Safety Science</i> , 2017, 91, 320-325.	4.9	48
18	Is fatigue after work a barrier for leisure-time physical activity? Cross-sectional study among 10,000 adults from the general working population. <i>Scandinavian Journal of Public Health</i> , 2019, 47, 383-391.	2.3	48

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19	Importance of mind-muscle connection during progressive resistance training. European Journal of Applied Physiology, 2016, 116, 527-533.	2.5	47
20	Muscle Activation Strategies During Strength Training With Heavy Loading vs. Repetitions to Failure. Journal of Strength and Conditioning Research, 2012, 26, 1897-1903.	2.1	46
21	Effect of physical exercise on workplace social capital: Cluster randomized controlled trial. Scandinavian Journal of Public Health, 2015, 43, 810-818.	2.3	46
22	Dose-response association between leisure time physical activity and work ability: Cross-sectional study among 3000 workers. Scandinavian Journal of Public Health, 2015, 43, 819-824.	2.3	46
23	Workplace strength training prevents deterioration of work ability among workers with chronic pain and work disability: a randomized controlled trial. Scandinavian Journal of Work, Environment and Health, 2014, 40, 244-251.	3.4	46
24	Scapular Muscle Activity from Selected Strengthening Exercises Performed at Low and High Intensities. Journal of Strength and Conditioning Research, 2012, 26, 2408-2416.	2.1	44
25	Acute Effects of Massage or Active Exercise in Relieving Muscle Soreness. Journal of Strength and Conditioning Research, 2013, 27, 3352-3359.	2.1	41
26	Muscle activity during knee-extension strengthening exercise performed with elastic tubing and isotonic resistance. International Journal of Sports Physical Therapy, 2012, 7, 606-16.	1.3	40
27	Cardiovascular Health Effects of Internet-Based Encouragements to Do Daily Workplace Stair-Walks: Randomized Controlled Trial. Journal of Medical Internet Research, 2013, 15, e127.	4.3	39
28	Cumulative occupational mechanical exposures during working life and risk of sickness absence and disability pension: prospective cohort study. Scandinavian Journal of Work, Environment and Health, 2017, 43, 415-425.	3.4	38
29	Central adaptation of pain perception in response to rehabilitation of musculoskeletal pain: randomized controlled trial. Pain Physician, 2012, 15, 385-94.	0.4	38
30	Musculoskeletal pain in multiple body sites and work ability in the general working population: cross-sectional study among 10,000 wage earners. Scandinavian Journal of Pain, 2019, 19, 131-137.	1.3	36
31	Participatory ergonomic intervention versus strength training on chronic pain and work disability in slaughterhouse workers: study protocol for a single-blind, randomized controlled trial. BMC Musculoskeletal Disorders, 2013, 14, 67.	1.9	35
32	Strength Training Improves Fatigue Resistance and Self-Rated Health in Workers with Chronic Pain: A Randomized Controlled Trial. BioMed Research International, 2016, 2016, 1-11.	1.9	35
33	Ten weeks of physical-cognitive-mindfulness training reduces fear-avoidance beliefs about work-related activity. Medicine (United States), 2016, 95, e3945.	1.0	34
34	Overweight and obesity are progressively associated with lower work ability in the general working population: cross-sectional study among 10,000 adults. International Archives of Occupational and Environmental Health, 2017, 90, 779-787.	2.3	34
35	Association between Neck/Shoulder Pain and Trapezius Muscle Tenderness in Office Workers. Pain Research and Treatment, 2014, 2014, 1-4.	1.7	33
36	Effect of Two Contrasting Interventions on Upper Limb Chronic Pain and Disability: A Randomized Controlled Trial. Pain Physician, 2014, 2;17, 145-154.	0.4	33

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37	Barriers and opportunities for prolonging working life across different occupational groups: the SeniorWorkingLife study. <i>European Journal of Public Health</i> , 2020, 30, 241-246.	0.3	32
38	High Intensity Physical Exercise and Pain in the Neck and Upper Limb among Slaughterhouse Workers: Cross-Sectional Study. <i>BioMed Research International</i> , 2014, 2014, 1-5.	1.9	31
39	Association between physical work demands and work ability in workers with musculoskeletal pain: cross-sectional study. <i>BMC Musculoskeletal Disorders</i> , 2020, 21, 166.	1.9	31
40	Evaluation of elastic bands for lower extremity resistance training in adults with and without musculoskeletal pain. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014, 24, e353-9.	2.9	30
41	Effects of a Participatory Ergonomics Intervention With Wearable Technical Measurements of Physical Workload in the Construction Industry: Cluster Randomized Controlled Trial. <i>Journal of Medical Internet Research</i> , 2018, 20, e10272.	4.3	29
42	Association between occupational lifting and day-to-day change in low-back pain intensity based on company records and text messages. <i>Scandinavian Journal of Work, Environment and Health</i> , 2017, 43, 68-74.	3.4	29
43	Positive effects of 1-year football and strength training on mechanical muscle function and functional capacity in elderly men. <i>European Journal of Applied Physiology</i> , 2016, 116, 1127-1138.	2.5	28
44	Effect of two contrasting interventions on upper limb chronic pain and disability: a randomized controlled trial. <i>Pain Physician</i> , 2014, 17, 145-54.	0.4	27
45	Participatory intervention with objectively measured physical risk factors for musculoskeletal disorders in the construction industry: study protocol for a cluster randomized controlled trial. <i>BMC Musculoskeletal Disorders</i> , 2015, 16, 302.	1.9	26
46	Study protocol for SeniorWorkingLife - push and stay mechanisms for labour market participation among older workers. <i>BMC Public Health</i> , 2019, 19, 133.	2.9	26
47	Retrospectively assessed psychosocial working conditions as predictors of prospectively assessed sickness absence and disability pension among older workers. <i>BMC Public Health</i> , 2018, 18, 149.	2.9	24
48	Swiss ball abdominal crunch with added elastic resistance is an effective alternative to training machines. <i>International Journal of Sports Physical Therapy</i> , 2012, 7, 372-80.	1.3	24
49	Effectiveness of Hamstring Knee Rehabilitation Exercise Performed in Training Machine vs. Elastic Resistance. <i>American Journal of Physical Medicine and Rehabilitation</i> , 2014, 93, 320-327.	1.4	23
50	Physical exercise at the workplace reduces perceived physical exertion during healthcare work: cluster randomized controlled trial. <i>Scandinavian Journal of Public Health</i> , 2015, 43, 713-720.	2.3	23
51	Effect of Individually Tailored Biopsychosocial Workplace Interventions on Chronic Musculoskeletal Pain and Stress Among Laboratory Technicians: Randomized Controlled Trial. <i>Pain Physician</i> , 2015, 18, 459-71.	0.4	23
52	Psychosocial benefits of workplace physical exercise: cluster randomized controlled trial. <i>BMC Public Health</i> , 2017, 17, 798.	2.9	22
53	Effect of physical exercise on musculoskeletal pain in multiple body regions among healthcare workers: Secondary analysis of a cluster randomized controlled trial. <i>Musculoskeletal Science and Practice</i> , 2018, 34, 89-96.	1.3	22
54	High physical work demands have worse consequences for older workers: prospective study of long-term sickness absence among 69%117 employees. <i>Occupational and Environmental Medicine</i> , 2021, 78, 829-834.	2.8	21

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55	Effect of workplace- versus home-based physical exercise on pain in healthcare workers: study protocol for a single blinded cluster randomized controlled trial. BMC Musculoskeletal Disorders, 2014, 15, 119.	1.9	20
56	High leisure-time physical activity reduces the risk of long-term sickness absence. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 939-946.	2.9	20
57	Work factors facilitating working beyond state pension age: Prospective cohort study with register follow-up. Scandinavian Journal of Work, Environment and Health, 2021, 47, 15-21.	3.4	20
58	The Consequence of Combined Pain and Stress on Work Ability in Female Laboratory Technicians: A Cross-Sectional Study. International Journal of Environmental Research and Public Health, 2015, 12, 15834-15842.	2.6	19
59	Hand strengthening exercises in chronic stroke patients: Dose-response evaluation using electromyography. Journal of Hand Therapy, 2018, 31, 111-121.	1.5	19
60	Estimation of physical workload of the low-back based on exposure variation analysis during a full working day among male blue-collar workers. Cross-sectional workplace study. Applied Ergonomics, 2018, 70, 127-133.	3.1	19
61	Acute Effect of Topical Menthol on Chronic Pain in Slaughterhouse Workers with Carpal Tunnel Syndrome: Triple-Blind, Randomized Placebo-Controlled Trial. Rehabilitation Research and Practice, 2014, 2014, 1-7.	0.6	18
62	Perceived loading and muscle activity during hip strengthening exercises: comparison of elastic resistance and machine exercises. International Journal of Sports Physical Therapy, 2013, 8, 811-9.	1.3	18
63	Effect of individually tailored biopsychosocial workplace interventions on chronic musculoskeletal pain, stress and work ability among laboratory technicians: randomized controlled trial protocol. BMC Musculoskeletal Disorders, 2014, 15, 444.	1.9	17
64	Electromyographic comparison of conventional machine strength training versus bodyweight exercises in patients with chronic stroke. Topics in Stroke Rehabilitation, 2017, 24, 242-249.	1.9	17
65	Hard Physical Work Intensifies the Occupational Consequence of Physician-Diagnosed Back Disorder: Prospective Cohort Study with Register Follow-Up among 10,000 Workers. International Journal of Rheumatology, 2017, 2017, 1-8.	1.6	17
66	Influence of different attentional focus on EMG amplitude and contraction duration during the bench press at different speeds. Journal of Sports Sciences, 2018, 36, 1162-1166.	2.0	16
67	Mind-muscle connection training principle: influence of muscle strength and training experience during a pushing movement. European Journal of Applied Physiology, 2017, 117, 1445-1452.	2.5	15
68	Are Insomnia Type Sleep Problems Associated With a Less Physically Active Lifestyle? A Cross-Sectional Study Among 7,700 Adults From the General Working Population. Frontiers in Public Health, 2019, 7, 117.	2.7	15
69	Joint association of physical work demands and leg pain intensity for work limitations due to pain in senior workers: cross-sectional study. BMC Public Health, 2020, 20, 1741.	2.9	15
70	Effectiveness of workplace interventions in rehabilitating musculoskeletal disorders and preventing its consequences among workers with physical and sedentary employment: systematic review protocol. Systematic Reviews, 2019, 8, 219.	5.3	14
71	Is low-back pain a limiting factor for senior workers with high physical work demands? A cross-sectional study. BMC Musculoskeletal Disorders, 2020, 21, 622.	1.9	14
72	Electromyographic Comparison of Elastic Resistance and Machine Exercises for High-Intensity Strength Training in Patients With Chronic Stroke. Archives of Physical Medicine and Rehabilitation, 2016, 97, 429-436.	0.9	13

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73	Attentional Focus and Grip Width Influences on Bench Press Resistance Training. Perceptual and Motor Skills, 2018, 125, 265-277.	1.3	13
74	Factors associated with high physical exertion during manual lifting: Cross-sectional study among 200 blue-collar workers. Work, 2018, 59, 59-66.	1.1	12
75	Combined ergonomic exposures and development of musculoskeletal pain in the general working population: A prospective cohort study. Scandinavian Journal of Work, Environment and Health, 2021, 47, 287-295.	3.4	12
76	Is perception of safety climate a relevant predictor for occupational accidents? Prospective cohort study among blue-collar workers. Scandinavian Journal of Work, Environment and Health, 2018, 44, 370-376.	3.4	12
77	The effects of a fatiguing lifting task on postural sway among males and females. Human Movement Science, 2018, 59, 193-200.	1.4	11
78	Time-Wise Change in Neck Pain in Response to Rehabilitation with Specific Resistance Training: Implications for Exercise Prescription. PLoS ONE, 2014, 9, e93867.	2.5	11
79	Psychosocial effects of workplace physical exercise among workers with chronic pain. Medicine (United States), 2017, 96, e5709.	1.0	10
80	Psychosocial stress and musculoskeletal pain among senior workers from nine occupational groups: Cross-sectional findings from the SeniorWorkingLife study. BMJ Open, 2021, 11, e043520.	1.9	10
81	Importance of the Working Environment for Early Retirement: Prospective Cohort Study with Register Follow-Up. International Journal of Environmental Research and Public Health, 2021, 18, 9817.	2.6	10
82	Exercise interventions to improve postural malalignments in head, neck, and trunk among adolescents, adults, and older people: systematic review of randomized controlled trials. Journal of Exercise Rehabilitation, 2020, 16, 36-48.	1.0	10
83	Potential of micro-exercise to prevent long-term sickness absence in the general working population: prospective cohort study with register follow-up. Scientific Reports, 2022, 12, 2280.	3.3	10
84	Exercise performance and cardiovascular health variables in 70-year-old male soccer players compared to endurance-trained, strength-trained and untrained age-matched men. Journal of Sports Sciences, 2014, 32, 1300-1308.	2.0	9
85	The Psychosocial Work Environment and Perceived Stress among Seniors with Physically Demanding Jobs: The SeniorWorkingLife Study. International Journal of Environmental Research and Public Health, 2021, 18, 7437.	2.6	9
86	Evaluation of Muscle Activity During a Standardized Shoulder Resistance Training Bout in Novice Individuals. Journal of Strength and Conditioning Research, 2012, 26, 2515-2522.	2.1	8
87	Focusing on Increasing Velocity during Heavy Resistance Knee Flexion Exercise Boosts Hamstring Muscle Activity in Chronic Stroke Patients. Neurology Research International, 2016, 2016, 1-6.	1.3	8
88	Regular use of pain medication due to musculoskeletal disorders in the general working population: Cross-sectional study among 10,000 workers. American Journal of Industrial Medicine, 2016, 59, 934-941.	2.1	8
89	Associations between biopsychosocial factors and chronic upper limb pain among slaughterhouse workers: cross sectional study. BMC Musculoskeletal Disorders, 2016, 17, 104.	1.9	8
90	Electromyographic evaluation of high-intensity elastic resistance exercises for lower extremity muscles during bed rest. European Journal of Applied Physiology, 2017, 117, 1329-1338.	2.5	8

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91	Central Sensitization and Perceived Indoor Climate among Workers with Chronic Upper-Limb Pain: Cross-Sectional Study. <i>Pain Research and Treatment</i> , 2015, 2015, 1-8.	1.7	7
92	Strong Labour Market Inequality of Opportunities at the Workplace for Supporting a Long and Healthy Work-Life: The SeniorWorkingLife Study. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 3264.	2.6	7
93	Joint association of physical and psychosocial working conditions with risk of long-term sickness absence: Prospective cohort study with register follow-up. <i>Scandinavian Journal of Public Health</i> , 2021, 49, 132-140.	2.3	7
94	Safety climate as a predictor of work ability problems in blue-collar workers: prospective cohort study. <i>BMJ Open</i> , 2021, 11, e040885.	1.9	7
95	Core Muscle Activity, Exercise Preference, and Perceived Exertion during Core Exercise with Elastic Resistance versus Machine. <i>Scientifica</i> , 2015, 2015, 1-6.	1.7	6
96	Influence of physical and psychosocial work environment throughout life and physical and cognitive capacity in midlife on labor market attachment among older workers: study protocol for a prospective cohort study. <i>BMC Public Health</i> , 2016, 16, 629.	2.9	6
97	Shoulder and arm muscle activity during elastic band exercises performed in a hospital bed. <i>Physician and Sportsmedicine</i> , 2018, 46, 233-241.	2.1	6
98	Regular use of medication for musculoskeletal pain and risk of long-term sickness absence: A prospective cohort study among the general working population. <i>European Journal of Pain</i> , 2017, 21, 366-373.	2.8	5
99	Work limitations due to neck-shoulder pain and physical work demands in older workers: cross-sectional study. <i>International Archives of Occupational and Environmental Health</i> , 2021, 94, 433-440.	2.3	5
100	Reducing Physical Risk Factors in Construction Work Through a Participatory Intervention: Protocol for a Mixed-Methods Process Evaluation. <i>JMIR Research Protocols</i> , 2016, 5, e89.	1.0	5
101	Effect of Workplace- versus Home-Based Physical Exercise on Muscle Response to Sudden Trunk Perturbation among Healthcare Workers: A Cluster Randomized Controlled Trial. <i>BioMed Research International</i> , 2015, 2015, 1-11.	1.9	4
102	Physical capability in midlife and risk of disability pension and long-term sickness absence: prospective cohort study with register follow-up. <i>Scandinavian Journal of Work, Environment and Health</i> , 2019, 45, 610-621.	3.4	4
103	Cognitive Ability in Midlife and Labor Market Participation Among Older Workers: Prospective Cohort Study With Register Follow-up. <i>Safety and Health at Work</i> , 2020, 11, 291-300.	0.6	3
104	Is hard physical work in the early working life associated with back pain later in life? A cross-sectional study among 5700 older workers. <i>BMJ Open</i> , 2020, 10, e040158.	1.9	3
105	Reliability of a Simple Physical Therapist Screening Tool to Assess Errors during Resistance Exercises for Musculoskeletal Pain. <i>BioMed Research International</i> , 2014, 2014, 1-7.	1.9	2
106	Reliability of Mechanical Trunk Responses During Known and Unknown Trunk Perturbations. <i>Journal of Applied Biomechanics</i> , 2016, 32, 86-92.	0.8	2
107	Neurocognitive performance and physical function do not change with physical-cognitive-mindfulness training in female laboratory technicians with chronic musculoskeletal pain. <i>Medicine (United States)</i> , 2016, 95, e5554.	1.0	2
108	Physical activity during work and leisure show contrasting associations with fear-avoidance beliefs: cross-sectional study among more than 10,000 wage earners of the general working population. <i>Scandinavian Journal of Pain</i> , 2018, 18, 71-79.	1.3	2

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109	The Interplay between Multimorbidity, Physical Work Demands and Work Ability: Cross-Sectional Study among 12,879 Senior Workers. International Journal of Environmental Research and Public Health, 2022, 19, 5023.	2.6	1
110	Muscle Activation Strategies During Strength Training With Heavy Loading Versus Repetitions To Failure. Medicine and Science in Sports and Exercise, 2011, 43, 615.	0.4	0
111	OUP accepted manuscript. Annals of Work Exposures and Health, 2022, , .	1.4	0