

# Arja HÄÄKkinen

## List of Publications by Year in descending order

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108  
papers

5,177  
citations

94433

37  
h-index

95266

68  
g-index

108  
all docs

108  
docs citations

108  
times ranked

5474  
citing authors

#	ARTICLE	IF	CITATIONS
1	Active Neck Muscle Training in the Treatment of Chronic Neck Pain in Women. JAMA - Journal of the American Medical Association, 2003, 289, 2509.	7.4	394
2	Selective muscle hypertrophy, changes in EMG and force, and serum hormones during strength training in older women. Journal of Applied Physiology, 2001, 91, 569-580.	2.5	289
3	Physical inactivity in patients with rheumatoid arthritis: Data from twenty-one countries in a cross-sectional, international study. Arthritis and Rheumatism, 2008, 59, 42-50.	6.7	277
4	A randomized two-year study of the effects of dynamic strength training on muscle strength, disease activity, functional capacity, and bone mineral density in early rheumatoid arthritis. Arthritis and Rheumatism, 2001, 44, 515-522.	6.7	223
5	Normative values for the Health Assessment Questionnaire Disability Index: Benchmarking disability in the general population. Arthritis and Rheumatism, 2004, 50, 953-960.	6.7	169
6	Mixed-methods resistance training increases power and strength of young and older men. Medicine and Science in Sports and Exercise, 2002, 34, 1367-1375.	0.4	161
7	Decreased isometric neck strength in women with chronic neck pain and the repeatability of neck strength measurements No commercial party having a direct financial interest in the results of the research supporting this article has or will confer a benefit upon the author(s) or upon any organization with which the author(s) is/are associated.. Archives of Physical Medicine and Rehabilitation, 2004, 85, 1303-1308.	0.9	159
8	Body composition, fitness, and metabolic health during strength and endurance training and their combination in middle-aged and older women. European Journal of Applied Physiology, 2009, 106, 285-296.	2.5	133
9	Functional disability in rheumatoid arthritis patients compared with a community population in Finland. Arthritis and Rheumatism, 2003, 48, 59-63.	6.7	125
10	Effects of Heavy Resistance/Power Training on Maximal Strength, Muscle Morphology, and Hormonal Response Patterns in 60-75-Year-Old Men and Women. Applied Physiology, Nutrition, and Metabolism, 2002, 27, 213-231.	1.7	103
11	Association of neck pain, disability and neck pain during maximal effort with neck muscle strength and range of movement in women with chronic non-specific neck pain. European Journal of Pain, 2004, 8, 473-478.	2.8	101
12	Individual Responses to Combined Endurance and Strength Training in Older Adults. Medicine and Science in Sports and Exercise, 2011, 43, 484-490.	0.4	99
13	Aquatic Training and Detraining on Fitness and Quality of Life in Fibromyalgia. Medicine and Science in Sports and Exercise, 2007, 39, 1044-1050.	0.4	97
14	Effect of manual therapy and stretching on neck muscle strength and mobility in chronic neck pain. Acta Dermato-Venereologica, 2007, 39, 575-579.	1.3	92
15	Eight months of physical training in warm water improves physical and mental health in women with fibromyalgia: A randomized controlled trial. Journal of Rehabilitation Medicine, 2008, 40, 248-252.	1.1	92
16	Body Composition and Fitness during Strength and/or Endurance Training in Older Men. Medicine and Science in Sports and Exercise, 2008, 40, 950-958.	0.4	92
17	Efficacy of Tailored Exercise Therapy on Physical Functioning in Patients With Knee Osteoarthritis and Comorbidity: A Randomized Controlled Trial. Arthritis Care and Research, 2017, 69, 807-816.	3.4	86
18	Effect of long-term neck muscle training on pressure pain threshold: A randomized controlled trial. European Journal of Pain, 2005, 9, 673-673.	2.8	85

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19	Reliability and Validity Study of the Finnish Version 2.0 of the Oswestry Disability Index. <i>Spine</i> , 2011, 36, 332-338.	2.0	77
20	Changes in the total Oswestry Index and its ten items in females and males pre- and post-surgery for lumbar disc herniation: a 1-year follow-up. <i>European Spine Journal</i> , 2007, 16, 347-352.	2.2	75
21	Strength training and stretching versus stretching only in the treatment of patients with chronic neck pain: a randomized one-year follow-up study. <i>Clinical Rehabilitation</i> , 2008, 22, 592-600.	2.2	71
22	Heart Rate Dynamics after Combined Endurance and Strength Training in Older Men. <i>Medicine and Science in Sports and Exercise</i> , 2009, 41, 1436-1443.	0.4	69
23	Acute heavy-resistance exercise-induced pain and neuromuscular fatigue in elderly women with fibromyalgia and in healthy controls: Effects of strength training. <i>Arthritis and Rheumatism</i> , 2006, 54, 1334-1339.	6.7	68
24	Improvements of muscle strength predicted benefits in HRQOL and postural balance in women with fibromyalgia: an 8-month randomized controlled trial. <i>Rheumatology</i> , 2009, 48, 1147-1151.	1.9	68
25	Association of physical fitness with health-related quality of life in Finnish young men. <i>Health and Quality of Life Outcomes</i> , 2010, 8, 15.	2.4	65
26	Effects of Concurrent Strength and Endurance Training on Physical Fitness and Symptoms in Postmenopausal Women With Fibromyalgia: A Randomized Controlled Trial. <i>Archives of Physical Medicine and Rehabilitation</i> , 2008, 89, 1660-1666.	0.9	64
27	Decreased strength and mobility in patients after anterior cervical discectomy compared with healthy subjects11No commercial party having a direct financial interest in the results of the research supporting this article has or will confer a benefit on the authors or on any organization with which the authors are associated.. <i>Archives of Physical Medicine and Rehabilitation</i> , 2003, 84, 1043-1047.	0.9	61
28	Effect of neck exercises on cervicogenic headache: A randomized controlled trial. <i>Journal of Rehabilitation Medicine</i> , 2010, 42, 344-349.	1.1	61
29	Neck pain in adolescence. A 4-year follow-up of pain-free preadolescents. <i>Pain</i> , 2004, 110, 427-431.	4.2	60
30	Non-specific neck pain in schoolchildren: Prognosis and risk factors for occurrence and persistence. A 4-year follow-up study. <i>Pain</i> , 2008, 137, 316-322.	4.2	60
31	Reoperation Rates Following Instrumented Lumbar Spine Fusion. <i>Spine</i> , 2018, 43, 295-301.	2.0	58
32	Effects of High-Impact Training on Bone and Articular Cartilage: 12-Month Randomized Controlled Quantitative MRI Study. <i>Journal of Bone and Mineral Research</i> , 2014, 29, 192-201.	2.8	55
33	Effectiveness and safety of strength training in rheumatoid arthritis. <i>Current Opinion in Rheumatology</i> , 2004, 16, 132-137.	4.3	53
34	Reoperations after first lumbar disc herniation surgery; a special interest on residives during a 5-year follow-up. <i>BMC Musculoskeletal Disorders</i> , 2007, 8, 2.	1.9	52
35	A home-based two-year strength training period in early rheumatoid arthritis led to good long-term compliance: A five-year followup. <i>Arthritis and Rheumatism</i> , 2004, 51, 56-62.	6.7	47
36	Effect of stretching on hamstring muscle compliance. <i>Journal of Rehabilitation Medicine</i> , 2009, 41, 80-84.	1.1	47

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37	The prevalence of depressive symptoms before and after surgery and its association with disability in patients undergoing lumbar spinal fusion. <i>European Spine Journal</i> , 2014, 23, 129-134.	2.2	42
38	Effects of long-term home-based exercise on health-related quality of life in patients with chronic neck pain: A randomized study with a 1-year follow-up. <i>Disability and Rehabilitation</i> , 2012, 34, 1971-1977.	1.8	38
39	Effects of Home Strength Training and Stretching Versus Stretching Alone After Lumbar Disk Surgery: A Randomized Study With a 1-Year Follow-Up. <i>Archives of Physical Medicine and Rehabilitation</i> , 2005, 86, 865-870.	0.9	36
40	Reliability and Validity of the Finnish Version of the Neck Disability Index and the Modified Neck Pain and Disability Scale. <i>Spine</i> , 2010, 35, 552-556.	2.0	36
41	Neuromuscular function and balance of prepubertal and pubertal blind and sighted boys. <i>Acta Paediatrica, International Journal of Paediatrics</i> , 2006, 95, 1277-1283.	1.5	34
42	Does the outcome 2 months after lumbar disc surgery predict the outcome 12 months later?. <i>Disability and Rehabilitation</i> , 2003, 25, 968-972.	1.8	33
43	Development of comorbidity-adapted exercise protocols for patients with knee osteoarthritis. <i>Clinical Interventions in Aging</i> , 2014, 9, 829.	2.9	33
44	Long-term strength and balance training in prevention of decline in muscle strength and mobility in older adults. <i>Aging Clinical and Experimental Research</i> , 2020, 32, 59-66.	2.9	33
45	Effects of dynamic strength training on physical function, Valpar 9 work sample test, and working capacity in patients with recent-onset rheumatoid arthritis. <i>Arthritis and Rheumatism</i> , 2003, 49, 71-77.	6.7	31
46	PAIN, TRUNK MUSCLE STRENGTH, SPINE MOBILITY AND DISABILITY FOLLOWING LUMBAR DISC SURGERY. <i>Journal of Rehabilitation Medicine</i> , 2003, 35, 236-240.	1.1	30
47	Effects of Combined Strength and Endurance Training on Treadmill Load Carrying Walking Performance in Aging Men. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 1584-1595.	2.1	30
48	Effects of Exercise on Patellar Cartilage in Women with Mild Knee Osteoarthritis. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 1767-1774.	0.4	29
49	Transcultural adaption and psychometric properties of the STarT Back Screening Tool among Finnish low back pain patients. <i>European Spine Journal</i> , 2016, 25, 287-295.	2.2	29
50	Changes in pain and physical function during waiting time and 3 months after knee joint arthroplasty. <i>Journal of Rehabilitation Medicine</i> , 2008, 40, 570-575.	1.1	28
51	Fitness, body composition and blood lipids following 3 concurrent strength and endurance training modes. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016, 41, 767-774.	1.9	28
52	Trunk Muscle Strength in Flexion, Extension, and Axial Rotation in Patients Managed With Lumbar Disc Herniation Surgery and in Healthy Control Subjects. <i>Spine</i> , 2003, 28, 1068-1073.	2.0	27
53	Neuromuscular performance and body mass as indices of bone loading in premenopausal and postmenopausal women. <i>Bone</i> , 2010, 46, 964-969.	2.9	27
54	Body composition changes by DXA, BIA and skinfolds during exercise training in women. <i>European Journal of Applied Physiology</i> , 2013, 113, 2331-2341.	2.5	27

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55	Spinopelvic Changes Based on the Simplified SRS-Schwab Adult Spinal Deformity Classification. <i>Spine</i> , 2018, 43, 497-502.	2.0	27
56	Effects of a progressive aquatic resistance exercise program on the biochemical composition and morphology of cartilage in women with mild knee osteoarthritis: protocol for a randomised controlled trial. <i>BMC Musculoskeletal Disorders</i> , 2013, 14, 82.	1.9	26
57	Health condition and physical function as predictors of adherence in long-term strength and balance training among community-dwelling older adults. <i>Archives of Gerontology and Geriatrics</i> , 2015, 61, 452-457.	3.0	25
58	Relationships Between Youth Sports Participation and Mental Health in Young Adulthood Among Finnish Males. <i>American Journal of Health Promotion</i> , 2018, 32, 1502-1509.	1.7	25
59	Health-related quality of life and physical activity in persons at high risk for type 2 diabetes. <i>Disability and Rehabilitation</i> , 2009, 31, 799-805.	1.8	24
60	Restrictions and contraindications for exercise therapy in patients with hip and knee osteoarthritis and comorbidity. <i>Physical Therapy Reviews</i> , 2013, 18, 101-111.	0.8	24
61	Aerobic and neuromuscular performance capacity of physically active females with early or long-term rheumatoid arthritis compared to matched healthy women. <i>Scandinavian Journal of Rheumatology</i> , 2002, 31, 345-350.	1.1	23
62	Repeatability of a computerized muscle tonometer and the effect of tissue thickness on the estimation of muscle tone. <i>Physiological Measurement</i> , 2006, 27, 787-796.	2.1	23
63	Reliability and validity of the Finnish version of the American Shoulder and Elbow Surgeons Standardized Shoulder Assessment Form, patient self-report section. <i>BMC Musculoskeletal Disorders</i> , 2014, 15, 272.	1.9	23
64	Muscle tone in different joint positions and at submaximal isometric torque levels. <i>Physiological Measurement</i> , 2007, 28, 793-802.	2.1	22
65	The early changes in trunk muscle strength and disability following lumbar spine fusion. <i>Disability and Rehabilitation</i> , 2013, 35, 134-139.	1.8	22
66	Muscle strength and range of movement deficits 1 year after hip resurfacing surgery using posterior approach. <i>Disability and Rehabilitation</i> , 2010, 32, 483-491.	1.8	21
67	Randomized controlled trial of postoperative exercise rehabilitation program after lumbar spine fusion: study protocol. <i>BMC Musculoskeletal Disorders</i> , 2012, 13, 123.	1.9	20
68	Heart Rate Dynamics after Combined Strength and Endurance Training in Middle-Aged Women: Heterogeneity of Responses. <i>PLoS ONE</i> , 2013, 8, e72664.	2.5	20
69	Physical Activity Is Related with Cartilage Quality in Women with Knee Osteoarthritis. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 1323-1330.	0.4	20
70	Acute effects of cold pack on mechanical properties of the quadriceps muscle in healthy subjects. <i>Physical Therapy in Sport</i> , 2012, 13, 265-269.	1.9	19
71	Health related quality of life after lumbar disc surgery: A prospective study of 145 patients. <i>Disability and Rehabilitation</i> , 2005, 27, 94-100.	1.8	18
72	Translation and validation of the Finnish version of the Fear-Avoidance Beliefs Questionnaire (FABQ). <i>Scandinavian Journal of Pain</i> , 2016, 10, 113-118.	1.3	18

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73	Decreased neck muscle strength is highly associated with pain in cervical dystonia patients treated with botulinum toxin injections1No commercial party having a direct financial interest in the results of the research supporting this article has or will confer a benefit upon the author(s) or upon any organization with which the author(s) is/are associated.. Archives of Physical Medicine and Rehabilitation, 2004, 85, 1684-1688.	0.9	17
74	Neutral Spine Control Exercises in Rehabilitation After Lumbar Spine Fusion. Journal of Strength and Conditioning Research, 2014, 28, 2018-2025.	2.1	17
75	Leisure-time physical activity and metabolic syndrome plus depressive symptoms in the FIN-D2D survey. Preventive Medicine, 2010, 51, 466-470.	3.4	16
76	Lifetime leisure-time physical activity and the risk of depressive symptoms at the ages of 65-74years: The FIN-D2D survey. Preventive Medicine, 2012, 54, 313-315.	3.4	16
77	Effect of Obesity and Being Overweight on Disability and Pain After Lumbar Fusion. Spine, 2016, 41, 772-777.	2.0	16
78	Reliability and Validity Study of the Finnish Adaptation of Scoliosis Research Society Questionnaire Version SRS-30. Spine, 2017, 42, 943-949.	2.0	15
79	Quality of life and disability: can they be improved by active postoperative rehabilitation after spinal fusion surgery in patients with spondylolisthesis? A randomised controlled trial with 12-month follow-up. European Spine Journal, 2017, 26, 777-784.	2.2	15
80	Bone mineral density of the proximal femur after hip resurfacing arthroplasty: 1-year follow-up study. BMC Musculoskeletal Disorders, 2011, 12, 100.	1.9	14
81	Disability and health-related quality of life in patients undergoing spinal fusion: a comparison with a general population sample. BMC Musculoskeletal Disorders, 2013, 14, 211.	1.9	14
82	Pulsed electromagnetic field therapy in the treatment of pain and other symptoms in fibromyalgia: A randomized controlled study. Bioelectromagnetics, 2018, 39, 405-413.	1.6	14
83	Effects of progressive aquatic resistance training on symptoms and quality of life in women with knee osteoarthritis: A secondary analysis. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 1064-1072.	2.9	14
84	Do cervical degenerative changes in women with chronic neck pain affect function?. Acta Dermato-Venereologica, 2007, 39, 363-365.	1.3	12
85	Neck Muscle Strength and Mobility of the Cervical Spine as Predictors of Neck Pain. Spine, 2012, 37, 1036-1040.	2.0	12
86	Changes in Health Utility, Disability, and Health-Related Quality of Life in Patients After Spinal Fusion. Spine, 2014, 39, 2108-2114.	2.0	12
87	Decreased Muscle Strength and Mobility of the Neck in Patients With Rheumatoid Arthritis and Atlantoaxial Disorders. Archives of Physical Medicine and Rehabilitation, 2005, 86, 1603-1608.	0.9	10
88	Chronic back pain in patients with rheumatoid arthritis and in a control population: prevalence and disability—a 5-year follow-up. Rheumatology, 2011, 50, 1635-1639.	1.9	10
89	Responsiveness of Muscle Tone Characteristics to Progressive Force Production. Journal of Strength and Conditioning Research, 2013, 27, 159-165.	2.1	9
90	Does adding a 12-month exercise programme to usual care after a rotator cuff repair effect disability and quality of life at 12 months? A randomized controlled trial. Clinical Rehabilitation, 2015, 29, 447-456.	2.2	9

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91	Self-report Functioning According to the ICF Model in Elderly Patients with Rheumatoid Arthritis and in Population Controls Using the Multidimensional Health Assessment Questionnaire. <i>Journal of Rheumatology</i> , 2009, 36, 246-253.	2.0	8
92	Isometric endurance test of the cervical flexor muscles – Reliability and normative reference values. <i>Journal of Bodywork and Movement Therapies</i> , 2017, 21, 637-641.	1.2	7
93	Effectiveness of a 12-month home-based exercise program on trunk muscle strength and spine function after lumbar spine fusion surgery: a randomized controlled trial. <i>Disability and Rehabilitation</i> , 2022, 44, 549-557.	1.8	7
94	Childhood Sports Participation Is Associated With Health-Related Quality of Life in Young Men: A Retrospective Cross-Sectional Study. <i>Frontiers in Sports and Active Living</i> , 2021, 3, 642993.	1.8	7
95	Quantification of Bone Density of the Proximal Femur After Hip Resurfacing Arthroplasty – Comparison of Different DXA Acquisition Modes. <i>Journal of Clinical Densitometry</i> , 2010, 13, 426-432.	1.2	6
96	Decreased disability is associated with improved perceived quality of life following spinal fusion. <i>Disability and Rehabilitation</i> , 2013, 35, 1364-1370.	1.8	6
97	Therapeutic Exercise Training to Reduce Chronic Headache in Working Women: Design of a Randomized Controlled Trial. <i>Physical Therapy</i> , 2016, 96, 631-640.	2.4	5
98	Associations of neck and shoulder pain with objectively measured physical activity and sedentary time among school-aged children. <i>Scandinavian Journal of Pain</i> , 2020, 20, 821-827.	1.3	5
99	Health and Physical Function Predicting Strength and Balance Training Adoption: A Community-Based Study Among Individuals Aged 75 and Older. <i>Journal of Aging and Physical Activity</i> , 2014, 22, 543-549.	1.0	4
100	Enhanced rehabilitation guidance after arthroscopic capsulolabral repair of the shoulder: a randomized controlled trial. <i>Clinical Rehabilitation</i> , 2020, 34, 890-900.	2.2	4
101	Trunk Muscle Strength After Lumbar Spine Fusion: A 12-Month Follow-up. <i>Neurospine</i> , 2019, 16, 332-338.	2.9	4
102	Associations of neck muscle strength and cervical spine mobility with future neck pain and disability: a prospective 16-year study. <i>BMC Musculoskeletal Disorders</i> , 2021, 22, 911.	1.9	4
103	Isthmic Spondylolisthesis is Associated with Less Revisions for Adjacent Segment Disease After Lumbar Spine Fusion Than Degenerative Spinal Conditions. <i>Spine</i> , 2022, 47, 303-308.	2.0	3
104	Reduced Neck Muscle Strength and Altered Muscle Mechanical Properties in Cervical Dystonia Following Botulinum Neurotoxin Injections: A Prospective Study. <i>Journal of Movement Disorders</i> , 2016, 9, 44-49.	1.3	3
105	Influence of Different DXA Acquisition Modes on Monitoring the Changes in Bone Mineral Density After Hip Resurfacing Arthroplasty. <i>Journal of Clinical Densitometry</i> , 2012, 15, 72-77.	1.2	1
106	Disability, Health-Related Quality of Life and Mortality in Lumbar Spine Fusion Patients – A 5-Year Follow-Up and Comparison With a Population Sample. <i>Global Spine Journal</i> , 2022, 12, 1052-1057.	2.3	1
107	Effect of biomechanical footwear on upper and lower leg muscle activity in comparison with knee brace and normal walking. <i>Journal of Electromyography and Kinesiology</i> , 2021, 57, 102528.	1.7	1
108	Psychometric Properties of the Scoliosis Research Society Questionnaire (Version 22r) Domains Among Adults With Spinal Deformity: A Rasch Measurement Theory Analysis. <i>Neurospine</i> , 2022, , .	2.9	0