

Mette K Zebis

List of Publications by Year in descending order

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Version: 2024-02-01

58
papers

2,423
citations

236612

25
h-index

205818

48
g-index

58
all docs

58
docs citations

58
times ranked

2379
citing authors

#	ARTICLE	IF	CITATIONS
1	The effect of resistance training combined with timed ingestion of protein on muscle fiber size and muscle strength. <i>Metabolism: Clinical and Experimental</i> , 2005, 54, 151-156.	1.5	202
2	Muscle Activation and Perceived Loading During Rehabilitation Exercises: Comparison of Dumbbells and Elastic Resistance. <i>Physical Therapy</i> , 2010, 90, 538-549.	1.1	195
3	Identification of Athletes at Future Risk of Anterior Cruciate Ligament Ruptures by Neuromuscular Screening. <i>American Journal of Sports Medicine</i> , 2009, 37, 1967-1973.	1.9	188
4	Early and late rate of force development: differential adaptive responses to resistance training?. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010, 20, e162-9.	1.3	186
5	The Effects of Neuromuscular Training on Knee Joint Motor Control During Sidecutting in Female Elite Soccer and Handball Players. <i>Clinical Journal of Sport Medicine</i> , 2008, 18, 329-337.	0.9	142
6	Selective activation of neuromuscular compartments within the human trapezius muscle. <i>Journal of Electromyography and Kinesiology</i> , 2009, 19, 896-902.	0.7	112
7	Kettlebell swing targets semitendinosus and supine leg curl targets biceps femoris: an EMG study with rehabilitation implications. <i>British Journal of Sports Medicine</i> , 2013, 47, 1192-1198.	3.1	92
8	Foot Medial Longitudinal-Arch Deformation During Quiet Standing and Gait in Subjects with Medial Tibial Stress Syndrome. <i>Journal of Foot and Ankle Surgery</i> , 2008, 47, 89-95.	0.5	89
9	Effect of Scapular Function Training on Chronic Pain in the Neck/Shoulder Region: A Randomized Controlled Trial. <i>Journal of Occupational Rehabilitation</i> , 2014, 24, 316-324.	1.2	83
10	Effects of evidence-based prevention training on neuromuscular and biomechanical risk factors for ACL injury in adolescent female athletes: a randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2016, 50, 552-557.	3.1	82
11	Influence of frequency and duration of strength training for effective management of neck and shoulder pain: a randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2012, 46, 1004-1010.	3.1	76
12	Muscle Activation During Selected Strength Exercises in Women With Chronic Neck Muscle Pain. <i>Physical Therapy</i> , 2008, 88, 703-711.	1.1	74
13	Rapid Hamstring/Quadriceps Force Capacity in Male vs. Female Elite Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 1989-1993.	1.0	71
14	High Injury Incidence in Adolescent Female Soccer. <i>American Journal of Sports Medicine</i> , 2014, 42, 2487-2494.	1.9	71
15	Biomechanical evaluation of the side-cutting manoeuvre associated with ACL injury in young female handball players. <i>Knee Surgery, Sports Traumatology, Arthroscopy</i> , 2013, 21, 1876-1881.	2.3	57
16	Effect of physical training on function of chronically painful muscles: a randomized controlled trial. <i>Journal of Applied Physiology</i> , 2008, 105, 1796-1801.	1.2	56
17	Acute fatigue impairs neuromuscular activity of anterior cruciate ligament agonist muscles in female team handball players. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2011, 21, 833-840.	1.3	55
18	Eccentric strengthening effect of hip-adductor training with elastic bands in soccer players: a randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2014, 48, 332-338.	3.1	54

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19	The influence of gender on neuromuscular pre-activity during side-cutting. <i>Journal of Electromyography and Kinesiology</i> , 2011, 21, 371-375.	0.7	46
20	Muscle Activation During ACL Injury Risk Movements in Young Female Athletes: A Narrative Review. <i>Frontiers in Physiology</i> , 2018, 9, 445.	1.3	40
21	Muscle activity during knee-extension strengthening exercise performed with elastic tubing and isotonic resistance. <i>International Journal of Sports Physical Therapy</i> , 2012, 7, 606-16.	0.5	40
22	Central adaptation of pain perception in response to rehabilitation of musculoskeletal pain: randomized controlled trial. <i>Pain Physician</i> , 2012, 15, 385-94.	0.3	38
23	Evaluation of elastic bands for lower extremity resistance training in adults with and without musculo�keletal pain. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014, 24, e353-9.	1.3	30
24	Effect of Brief Daily Resistance Training on Occupational Neck/Shoulder Muscle Activity in Office Workers with Chronic Pain: Randomized Controlled Trial. <i>BioMed Research International</i> , 2013, 2013, 1-11.	0.9	28
25	Effect of specific resistance training on forearm pain and work disability in industrial technicians: cluster randomised controlled trial. <i>BMJ Open</i> , 2012, 2, e000412.	0.8	26
26	Influence of Self-Efficacy on Compliance to Workplace Exercise. <i>International Journal of Behavioral Medicine</i> , 2013, 20, 365-370.	0.8	26
27	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.	0.7	23
28	Outcome Measures After ACL Injury in Pediatric Patients: A Scoping Review. <i>Orthopaedic Journal of Sports Medicine</i> , 2019, 7, 232596711986180.	0.8	22
29	First-time anterior cruciate ligament injury in adolescent female elite athletes: a prospective cohort study to identify modifiable risk factors. <i>Knee Surgery, Sports Traumatology, Arthroscopy</i> , 2022, 30, 1341-1351.	2.3	21
30	Biomechanical and neuromuscular comparison of single- and multi-planar jump tests and a side-cutting maneuver: Implications for ACL injury risk assessment. <i>Knee</i> , 2020, 27, 324-333.	0.8	19
31	Effectiveness of Adding a Large Dose of Shoulder Strengthening to Current Nonoperative Care for Subacromial Impingement: A Pragmatic, Double-Blind Randomized Controlled Trial (SExSI Trial). <i>American Journal of Sports Medicine</i> , 2021, 49, 3040-3049.	1.9	14
32	Does work-site physical activity improve self-reported psychosocial workplace factors and job satisfaction? A randomized controlled intervention study. <i>International Archives of Occupational and Environmental Health</i> , 2013, 86, 861-864.	1.1	13
33	��ls it fun and does it enhance my performance?��� Key implementation considerations for injury prevention programs in youth handball. <i>Journal of Science and Medicine in Sport</i> , 2021, 24, 1136-1142.	0.6	13
34	Self-reported previous knee injury and low knee function increase knee injury risk in adolescent female football. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2016, 26, 919-926.	1.3	12
35	Effect of resistance training on headache symptoms in adults: Secondary analysis of a RCT. <i>Musculoskeletal Science and Practice</i> , 2017, 32, 38-43.	0.6	12
36	Time-Wise Change in Neck Pain in Response to Rehabilitation with Specific Resistance Training: Implications for Exercise Prescription. <i>PLoS ONE</i> , 2014, 9, e93867.	1.1	11

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37	Lasting Effects of Workplace Strength Training for Neck/Shoulder/Arm Pain among Laboratory Technicians: Natural Experiment with 3-Year Follow-Up. <i>BioMed Research International</i> , 2014, 2014, 1-14.	0.9	10
38	Conservative treatment for patients with subacromial impingement: Changes in clinical core outcomes and their relation to specific rehabilitation parameters. <i>PeerJ</i> , 2018, 6, e4400.	0.9	10
39	Effect of brief daily resistance training on rapid force development in painful neck and shoulder muscles: randomized controlled trial. <i>Clinical Physiology and Functional Imaging</i> , 2013, 33, 386-392.	0.5	9
40	Heart rate and movement pattern in street soccer for homeless women. <i>German Journal of Exercise and Sport Research</i> , 2018, 48, 211-217.	1.0	9
41	Electromyographic evaluation of high-intensity elastic resistance exercises for lower extremity muscles during bed rest. <i>European Journal of Applied Physiology</i> , 2017, 117, 1329-1338.	1.2	8
42	Neuromuscular Coordination Deficit Persists 12 Months after ACL Reconstruction But Can Be Modulated by 6 Weeks of Kettlebell Training: A Case Study in Women's Elite Soccer. <i>Case Reports in Orthopedics</i> , 2017, 2017, 1-7.	0.1	8
43	A comparison of hamstring muscle activity during different screening tests for non-contact ACL injury. <i>Knee</i> , 2016, 23, 362-366.	0.8	7
44	Less than half of patients in secondary care adheres to clinical guidelines for subacromial pain syndrome and have acceptable symptoms after treatment: A Danish nationwide cohort study of 3306 patients. <i>Musculoskeletal Science and Practice</i> , 2021, 52, 102322.	0.6	6
45	Reference data for hop tests used in pediatric ACL injury rehabilitation: A cross-sectional study of healthy children. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 1832-1839.	1.3	6
46	MAXIMAL HIP AND KNEE MUSCLE STRENGTH ARE NOT RELATED TO NEUROMUSCULAR PRE-ACTIVITY DURING SIDECUTTING MANEUVER: A CROSS-SECTIONAL STUDY. <i>International Journal of Sports Physical Therapy</i> , 2018, 13, 66-76.	0.5	6
47	Feasibility and Health Effects of a 15-Week Combined Exercise Programme for Sedentary Elderly: A Randomised Controlled Trial. <i>BioMed Research International</i> , 2019, 2019, 1-12.	0.9	5
48	Shoulder Rotation Strength Changes From Preseason to Midseason: A Cohort Study of 292 Youth Elite Handball Players Without Shoulder Problems. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , 2020, 50, 381-387.	1.7	4
49	Electromyography Evaluation of Bodyweight Exercise Progression in a Validated Anterior Cruciate Ligament Injury Rehabilitation Program. <i>American Journal of Physical Medicine and Rehabilitation</i> , 2019, 98, 998-1004.	0.7	3
50	Medio-Lateral Hamstring Muscle Activity in Unilateral vs. Bilateral Strength Exercises in Female Team Handball Players – A Cross-Sectional Study. <i>International Journal of Sports Physical Therapy</i> , 2021, 16, 704-714.	0.5	3
51	Effects of a lighter, smaller football on acute match injuries in adolescent female football: a pilot cluster-randomized controlled trial. <i>Journal of Sports Medicine and Physical Fitness</i> , 2018, 58, 644-650.	0.4	2
52	Acute Neuromuscular Activity in Selected Injury Prevention Exercises with App-Based versus Personal On-Site Instruction: A Randomized Cross-Sectional Study. <i>Hindawi Publishing Corporation</i> , 2019, 2019, 1-9.	2.3	2
53	Improved metabolic fitness, but no cardiovascular health effects, of a low-frequency short-term combined exercise programme in 50-year-olds with low fitness: A randomized controlled trial. <i>European Journal of Sport Science</i> , 2022, 22, 460-473.	1.4	2
54	Effectiveness of Adding a Large Dose of Shoulder Strengthening to Current Nonoperative Care for Subacromial Impingement: A Pragmatic, Double-Blind Randomized Controlled Trial (SExSI Trial): Response. <i>American Journal of Sports Medicine</i> , 2022, 50, NP20-NP23.	1.9	2

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55	Loading intensity of jumping exercises in post-menopausal women: Implications for osteogenic training. <i>Translational Sports Medicine</i> , 2018, 1, 30-36.	0.5	1
56	MAXIMAL HIP AND KNEE MUSCLE STRENGTH ARE NOT RELATED TO NEUROMUSCULAR PRE-ACTIVITY DURING SIDECUTTING MANEUVER: A CROSS-SECTIONAL STUDY. <i>International Journal of Sports Physical Therapy</i> , 2018, 13, 66-76.	0.5	1
57	Muscle Activation Strategies During Strength Training With Heavy Loading Versus Repetitions To Failure. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 615.	0.2	0
58	Effectiveness Of Adding A Large Dose Of Shoulder Strengthening To Current Non-Operative Care For Subacromial Impingement (The SExSI-Trial). <i>Journal of Shoulder and Elbow Surgery</i> , 2022, 31, e162-e163.	1.2	0