

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 | 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 |
| 2 | 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 |
| 3 | 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 |
| 4 | 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 |
| 5 | 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 |
| 6 | “Does 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 |
| 7 | 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 |
| 8 | 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 |
| 9 | 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 |
| 10 | 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 |
| 11 | 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 |
| 12 | Outcome Measures After ACL Injury in Pediatric Patients: A Scoping Review. <i>Orthopaedic Journal of Sports Medicine</i> , 2019, 7, 232596711986180. | 0.8 | 22 |
| 13 | 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 |
| 14 | 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 |
| 15 | 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 |
| 16 | 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 |
| 17 | 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 |
| 18 | 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 |

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|----|---|-----|-----------|
| 19 | 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 |
| 20 | 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 |
| 21 | 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 |
| 22 | 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 |
| 23 | 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 |
| 24 | 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 |
| 25 | 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 |
| 26 | 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 |
| 27 | 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 |
| 28 | 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 |
| 29 | 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 |
| 30 | 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 |
| 31 | 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 |
| 32 | 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. | 1.3 | 30 |
| 33 | 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 |
| 34 | High Injury Incidence in Adolescent Female Soccer. <i>American Journal of Sports Medicine</i> , 2014, 42, 2487-2494. | 1.9 | 71 |
| 35 | 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 |
| 36 | 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 |

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|----|---|-----|-----------|
| 37 | 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 |
| 38 | Influence of Self-Efficacy on Compliance to Workplace Exercise. <i>International Journal of Behavioral Medicine</i> , 2013, 20, 365-370. | 0.8 | 26 |
| 39 | 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 |
| 40 | 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 |
| 41 | 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 |
| 42 | 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 |
| 43 | 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 |
| 44 | 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 |
| 45 | 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 |
| 46 | 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 |
| 47 | 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 |
| 48 | 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 |
| 49 | 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 |
| 50 | 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 |
| 51 | 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 |
| 52 | Selective activation of neuromuscular compartments within the human trapezius muscle. <i>Journal of Electromyography and Kinesiology</i> , 2009, 19, 896-902. | 0.7 | 112 |
| 53 | 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 |
| 54 | 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 |

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|----|--|-----|-----------|
| 55 | Muscle Activation During Selected Strength Exercises in Women With Chronic Neck Muscle Pain. <i>Physical Therapy</i> , 2008, 88, 703-711. | 1.1 | 74 |
| 56 | 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 |
| 57 | 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 |
| 58 | 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 |