

# Tome Ikezoe

## List of Publications by Year in descending order

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66  
papers

1,412  
citations

304743

22  
h-index

361022

35  
g-index

67  
all docs

67  
docs citations

67  
times ranked

1341  
citing authors

#	ARTICLE	IF	CITATIONS
1	Acute Effects of Static Stretching on Muscle Hardness of the Medial Gastrocnemius Muscle Belly in Humans: An Ultrasonic Shear-Wave Elastography Study. <i>Ultrasound in Medicine and Biology</i> , 2014, 40, 1991-1997.	1.5	105
2	Age-Related Ultrasound Changes in Muscle Quantity and Quality in Women. <i>Ultrasound in Medicine and Biology</i> , 2015, 41, 3013-3017.	1.5	98
3	Age-related muscle atrophy in the lower extremities and daily physical activity in elderly women. <i>Archives of Gerontology and Geriatrics</i> , 2011, 53, e153-e157.	3.0	94
4	Atrophy of the lower limbs in elderly women: is it related to walking ability?. <i>European Journal of Applied Physiology</i> , 2011, 111, 989-995.	2.5	79
5	Increase in echo intensity and extracellular-to-intracellular water ratio is independently associated with muscle weakness in elderly women. <i>European Journal of Applied Physiology</i> , 2017, 117, 2001-2007.	2.5	70
6	Associations of muscle stiffness and thickness with muscle strength and muscle power in elderly women. <i>Geriatrics and Gerontology International</i> , 2012, 12, 86-92.	1.5	55
7	Acute effects of static stretching on the hamstrings using shear elastic modulus determined by ultrasound shear wave elastography: Differences in flexibility between hamstring muscle components. <i>Manual Therapy</i> , 2015, 20, 610-613.	1.6	55
8	Association of sagittal spinal alignment with thickness and echo intensity of lumbar back muscles in middle-aged and elderly women. <i>Archives of Gerontology and Geriatrics</i> , 2015, 61, 197-201.	3.0	53
9	The effects of a 4-week static stretching programme on the individual muscles comprising the hamstrings. <i>Journal of Sports Sciences</i> , 2016, 34, 2155-2159.	2.0	51
10	Daytime physical activity patterns and physical fitness in institutionalized elderly women: An exploratory study. <i>Archives of Gerontology and Geriatrics</i> , 2013, 57, 221-225.	3.0	48
11	The reliability of shear elastic modulus measurement of the ankle plantar flexion muscles is higher at dorsiflexed position of the ankle. <i>Journal of Foot and Ankle Research</i> , 2017, 10, 18.	1.9	39
12	The effect of hip rotation on shear elastic modulus of the medial and lateral hamstrings during stretching. <i>Manual Therapy</i> , 2015, 20, 134-137.	1.6	35
13	Effects of Low-Load, Higher-Repetition vs. High-Load, Lower-Repetition Resistance Training Not Performed to Failure on Muscle Strength, Mass, and Echo Intensity in Healthy Young Men: A Time-Course Study. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 3439-3445.	2.1	35
14	Association between walking ability and trunk and lower-limb muscle atrophy in institutionalized elderly women: a longitudinal pilot study. <i>Journal of Physiological Anthropology</i> , 2015, 34, 31.	2.6	34
15	The Relationship between Quadriceps Strength and Balance to Fall of Elderly Admitted to a Nursing Home. <i>Journal of Physical Therapy Science</i> , 2003, 15, 75-79.	0.6	33
16	Effect of hip and knee position on tensor fasciae latae elongation during stretching: An ultrasonic shear wave elastography study. <i>Clinical Biomechanics</i> , 2015, 30, 1056-1059.	1.2	33
17	Correlation between movement complexity during static standing and balance function in institutionalized older adults. <i>Clinical Interventions in Aging</i> , 2017, Volume 12, 499-503.	2.9	29
18	Association of walking speed with sagittal spinal alignment, muscle thickness, and echo intensity of lumbar back muscles in middle-aged and elderly women. <i>Aging Clinical and Experimental Research</i> , 2016, 28, 429-434.	2.9	28

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19	Menstrual cycle variation and gender difference in muscle stiffness of triceps surae. <i>Clinical Biomechanics</i> , 2019, 61, 222-226.	1.2	28
20	Low Intensity Training for Frail Elderly Women: Long-term Effects on Motor Function and Mobility. <i>Journal of Physical Therapy Science</i> , 2005, 17, 43-49.	0.6	27
21	Acute effects of static stretching on the shear elastic moduli of the medial and lateral gastrocnemius muscles in young and elderly women. <i>Musculoskeletal Science and Practice</i> , 2017, 32, 98-103.	1.3	27
22	Prevalence and physical characteristics of locomotive syndrome stages as classified by the new criteria 2020 in older Japanese people: results from the Nagahama study. <i>BMC Geriatrics</i> , 2021, 21, 489.	2.7	27
23	Association of physical activity with age-related changes in muscle echo intensity in older adults: a 4-year longitudinal study. <i>Journal of Applied Physiology</i> , 2018, 125, 1468-1474.	2.5	26
24	Cut-off Values for Lower Limb Muscle Thickness to Detect Low Muscle Mass for Sarcopenia in Older Adults. <i>Clinical Interventions in Aging</i> , 2021, Volume 16, 1215-1222.	2.9	25
25	Relationship Between Muscle Swelling and Hypertrophy Induced by Resistance Training. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 359-364.	2.1	24
26	Age-related changes in muscle thickness and echo intensity of trunk muscles in healthy women: comparison of 20â€“60s age groups. <i>European Journal of Applied Physiology</i> , 2020, 120, 1805-1814.	2.5	22
27	Relationship between ankle plantar flexor force steadiness and postural stability on stable and unstable platforms. <i>European Journal of Applied Physiology</i> , 2020, 120, 1075-1082.	2.5	19
28	Muscle Strength and Muscle Endurance Required for Independent Walking in the Elderly.. <i>Journal of Physical Therapy Science</i> , 1997, 9, 19-22.	0.6	16
29	Static stretching duration needed to decrease passive stiffness of hamstring muscle-tendon unit. <i>The Journal of Physical Fitness and Sports Medicine</i> , 2019, 8, 113-116.	0.3	16
30	Shear elastic modulus is a reproducible index reflecting the passive mechanical properties of medial gastrocnemius muscle belly. <i>Acta Radiologica Open</i> , 2016, 5, 205846011560400.	0.6	14
31	Extracellular-to-intracellular water ratios are associated with functional disability levels in patients with knee osteoarthritis: results from the Nagahama Study. <i>Clinical Rheumatology</i> , 2021, 40, 2889-2896.	2.2	12
32	Chronic Effects of a Static Stretching Program on Hamstring Strength. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 1924-1929.	2.1	11
33	Relationship between postural sway on an unstable platform and ankle plantar flexor force steadiness in community-dwelling older women. <i>Gait and Posture</i> , 2021, 84, 227-231.	1.4	10
34	Regional differential stretching of the pectoralis major muscle: An ultrasound elastography study. <i>Journal of Biomechanics</i> , 2021, 121, 110416.	2.1	10
35	Relationship between Falls and Knee Extension Strength in the Elderly.. <i>Journal of Physical Therapy Science</i> , 1996, 8, 45-48.	0.6	9
36	Improvement in muscle strength with lowâ€“load isotonic training depends on fascicle length but not joint angle. <i>Muscle and Nerve</i> , 2018, 57, 83-89.	2.2	9

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37	Gait strategies to reduce the dynamic joint load in the lower limbs during a loading response in young healthy adults. <i>Human Movement Science</i> , 2018, 58, 260-267.	1.4	9
38	Age-Related Change in Muscle Characteristics and Resistance Training for Older Adults. <i>Physical Therapy Research</i> , 2020, 23, 99-105.	0.9	9
39	Physical Activity Mediates the Relationship between Gait Function and Fall Incidence after Total Knee Arthroplasty. <i>Journal of Knee Surgery</i> , 2021, 34, 1205-1211.	1.6	8
40	Postural Control on a Wobble Board and Stable Surface of Young and Elderly People. <i>Rigakuryoho Kagaku</i> , 2009, 24, 81-85.	0.1	7
41	Effect of static stretching with different rest intervals on muscle stiffness. <i>Journal of Biomechanics</i> , 2019, 90, 128-132.	2.1	7
42	Association of Pain History and Current Pain With Sagittal Spinal Alignment and Muscle Stiffness and Muscle Mass of the Back Muscles in Middle-aged and Elderly Women. <i>Clinical Spine Surgery</i> , 2019, 32, E346-E352.	1.3	7
43	Relationship of low muscle mass and obesity with physical function in community dwelling older adults: Results from the Nagahama study. <i>Archives of Gerontology and Geriatrics</i> , 2020, 88, 103987.	3.0	7
44	Age-related changes in gait speeds and asymmetry during circular gait and straight-line gait in older individuals aged 60-79 years. <i>Geriatrics and Gerontology International</i> , 2021, 21, 404-410.	1.5	7
45	Knee Extensor Strength for Independent Locomotion in the Elderly.. <i>Rigakuryoho Kagaku</i> , 1997, 12, 179-181.	0.1	5
46	Muscle Activities of Muscles of the Hip Joint during Bridging.. <i>Rigakuryoho Kagaku</i> , 1998, 13, 79-83.	0.1	5
47	Effects of ankle position during static stretching for the hamstrings on the decrease in passive stiffness. <i>Journal of Biomechanics</i> , 2019, 96, 109358.	2.1	5
48	Effective muscle elongation positions for the neck extensor muscles: An ultrasonic shear wave elastography study. <i>Journal of Electromyography and Kinesiology</i> , 2021, 60, 102569.	1.7	5
49	Ultrasonographic Changes of the Knee Joint Reflect Symptoms of Early Knee Osteoarthritis in General Population; The Nagahama Study. <i>Cartilage</i> , 2022, 13, 194760352210774.	2.7	4
50	Association between physical function and the load pattern during stepping-up motion in community-dwelling elderly women. <i>Archives of Gerontology and Geriatrics</i> , 2016, 66, 205-210.	3.0	3
51	Acute effect of static stretching on passive and active properties of the gastrocnemius muscle-tendon unit: an investigation based on different repetition durations and numbers. <i>Japanese Journal of Physical Fitness and Sports Medicine</i> , 2017, 66, 163-168.	0.0	3
52	Gait asymmetry assessment for older adults by measuring circular gait speed. <i>Geriatrics and Gerontology International</i> , 2019, 19, 736-739.	1.5	3
53	Effects of Pelvic Floor Muscle and Transversus Abdominis Muscle Training for Young Women. <i>Rigakuryoho Kagaku</i> , 2013, 28, 823-827.	0.1	2
54	Acute effects of low-load resistance exercise with different rest periods on muscle swelling in healthy young men. <i>The Journal of Physical Fitness and Sports Medicine</i> , 2019, 8, 165-171.	0.3	2

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55	Weak hip flexor strength predicts progression of functional capacity decline due to locomotor system dysfunction in community-dwelling older adults: A longitudinal cohort study. Archives of Gerontology and Geriatrics, 2021, 97, 104499.	3.0	2
56	Acute effects of ankle plantar flexor force-matching exercises on postural strategy during single leg standing in healthy adults. Gait and Posture, 2022, 92, 428-434.	1.4	2
57	Electromyographic Analysis of Hip Muscles during Isotonic Exercise: Effects of Exercise Position and Load Condition on Muscle Activity.. Rigakuryoho Kagaku, 2001, 16, 65-70.	0.1	1
58	Dual-Task Balance Test: Aging and the Relationship of Falls and Cognitive Impairment in Institutionalized Elderly. Rigakuryoho Kagaku, 2009, 24, 841-845.	0.1	1
59	Coexistence of low back pain and lumbar kyphosis is associated with increased functional disability in knee osteoarthritis: the Nagahama Study. Arthritis Care and Research, 2021, , .	3.4	1
60	Acute effects of repetitive peripheral magnetic stimulation following low-intensity isometric exercise on muscle swelling for selective muscle in healthy young men. Electromagnetic Biology and Medicine, 2021, 40, 420-427.	1.4	1
61	Influence of High Intensity Pedaling-Training by Bicycle Ergometer on Muscle Function.. Rigakuryoho Kagaku, 2002, 17, 101-106.	0.1	0
62	Relationship between Muscle Stiffness Measured by the Muscle Hardness Meter and Passive Torque or Myotendinous Junction Displacement. Journal of the Japanese Physical Therapy Association, 2014, 17, 51-51.	0.1	0
63	Effects of Movement Velocity and Contraction Pattern of Resistance Training on Muscle Damage. Journal of the Japanese Physical Therapy Association, 2015, 18, 36-36.	0.1	0
64	Response to a letter to the editor from Dr. Timur Ekiz regarding our article "Age-related changes in muscle thickness and echo intensity of trunk muscles in healthy women: comparison of 20s and 60s age groups". European Journal of Applied Physiology, 2020, 120, 2561-2563.	2.5	0
65	Investigation of joint angle specificity in low-load hip abductor isometric training: a randomized controlled trial. The Journal of Physical Fitness and Sports Medicine, 2019, 8, 107-111.	0.3	0
66	Systemic chronic diseases coexist with and affect locomotive syndrome: The Nagahama Study. Modern Rheumatology, 2022, , .	1.8	0