

# Mara P Sainz De Baranda

## List of Publications by Year in Descending Order

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

79  
papers

885  
citations

15  
h-index

26  
g-index

93  
ext. papers

1,180  
ext. citations

2.5  
avg, IF

4.5  
L-index

#	Paper	IF	Citations
79	Epidemiology of injuries in male and female youth football players: A systematic review and meta-analysis. <i>Journal of Sport and Health Science</i> , <b>2021</b> ,	8.2	1
78	No differences in weightlifting overhead pressing exercises kinetics. <i>Sports Biomechanics</i> , <b>2021</b> , 1-13	2.2	0
77	Reliability of five trunk flexion and extension endurance field-based tests in high school-aged adolescents: ISQUIOS programme. <i>Journal of Sports Sciences</i> , <b>2021</b> , 39, 1860-1872	3.6	0
76	Sagittal Integral Morphotype of Female Classical Ballet Dancers and Predictors of Sciatica and Low Back Pain. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	1
75	Comprehensive Lower Extremities Joints Range of Motion Profile in Futsal Players. <i>Frontiers in Psychology</i> , <b>2021</b> , 12, 658996	3.4	0
74	Valoraci3n del riesgo de dolor de hombro en trabajadores de limpieza viaria y recogida de residuos. Proyecto PRE-REFILAB. <i>Jump</i> , <b>2021</b> , 17-27	0.5	0
73	Injury Profile in Women's Football: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , <b>2021</b> , 51, 423-442	10.6	9
72	Response to Comment On: "Injury Profile in Women's Football: A Systematic Review and Meta-Analysis". <i>Sports Medicine</i> , <b>2021</b> , 51, 2667-2670	10.6	
71	Asymmetry and Tightness of Lower Limb Muscles in Equestrian Athletes: Are They Predictors for Back Pain?. <i>Symmetry</i> , <b>2020</b> , 12, 1679	2.7	4
70	A Meta-Analysis of the Reliability of Four Field-Based Trunk Extension Endurance Tests. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	6
69	Flexibility in Spanish Elite Inline Hockey Players: Profile, Sex, Tightness and Asymmetry. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	5
68	Psychometric Analysis and Effectiveness of the Psychological Readiness of Injured Athlete to Return to Sport (PRIA-RS) Questionnaire on Injured Soccer Players. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	1
67	Lower-Limb Flexibility Profile Analysis in Youth Competitive Inline Hockey Players. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	3
66	Straight Leg Raise Test: Influence of LumboSant <sup>r</sup> and Assistant Examiner in Hip, Pelvis Tilt and Lumbar Lordosis. <i>Symmetry</i> , <b>2020</b> , 12, 927	2.7	6
65	External and Total Hip Rotation Ranges of Motion Predispose to Low Back Pain in Elite Spanish Inline Hockey Players. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	7
64	Validity and Reliability of the New Basic Functional Assessment Protocol (BFA). <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	2
63	Sitting Posture, Sagittal Spinal Curvatures and Back Pain in 8 to 12-Year-Old Children from the Region of Murcia (Spain): ISQUIOS Programme. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	9

62	Mechanical power production assessment during weightlifting exercises. A systematic review. <i>Sports Biomechanics</i> , <b>2020</b> , 1-27	2.2	2
61	Comparison of 1-Repetition-Maximum Performance Across 3 Weightlifting Overhead Pressing Exercises and Sport Groups. <i>International Journal of Sports Physiology and Performance</i> , <b>2020</b> , 15, 862-867	3.5	2
60	Effects of Age and Maturation on Lower Extremity Range of Motion in Male Youth Soccer Players. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> ,	3.2	6
59	Design, validation, and reliability of an observational notational instrument for the football goalkeeper's defensive and offensive technical-tactical actions. <i>Kinesiology</i> , <b>2020</b> , 52, 250-257	1	0
58	EFFECTS OF A 20-WEEK PILATES METHOD PROGRAM ON BODY COMPOSITION. <i>Revista Brasileira De Medicina Do Esporte</i> , <b>2020</b> , 26, 130-133	0.5	0
57	Influencia de las lesiones previas en los patrones fundamentales del movimiento en jugadoras profesionales de fútbol. [Influence of previous injuries on fundamental movement patterns in professional female soccer players].. <i>RICYDE Revista Internacional De Ciencias Del Deporte</i> , <b>2020</b> , 16, 214-235	1.5	3
56	Sagittal spinal morphotype assessment in 8 to 15 years old Inline Hockey players. <i>PeerJ</i> , <b>2020</b> , 8, e8229	3.1	11
55	Injury types and frequency in Spanish inline hockey players. <i>Physical Therapy in Sport</i> , <b>2020</b> , 42, 91-99	3	9
54	Trunk Lateral Flexor Endurance and Body Fat: Predictive Risk Factors for Low Back Pain in Child Equestrian Athletes. <i>Children</i> , <b>2020</b> , 7,	2.8	4
53	Assessment of the Range of Movement of the Lower Limb in Sport: Advantages of the ROM-SPORT I Battery. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	5
52	Sagittal standing spinal alignment and back pain in 8 to 12-year-old children from the Region of Murcia, Spain: The ISQUIOS Program. <i>Journal of Back and Musculoskeletal Rehabilitation</i> , <b>2020</b> , 33, 1003-1014	1.4	7
51	Sagittal Spinal Morphotype Assessment in Dressage and Show Jumping Riders. <i>Journal of Sport Rehabilitation</i> , <b>2020</b> , 29, 533-540	1.7	8
50	Classification System of the Sagittal Integral Morphotype in Children from the ISQUIOS Programme (Spain). <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	8
49	Low Range of Shoulders Horizontal Abduction Predisposes for Shoulder Pain in Competitive Young Swimmers. <i>Frontiers in Psychology</i> , <b>2019</b> , 10, 478	3.4	8
48	Physical and Tactical Demands of the Goalkeeper in Football in Different Small-Sided Games. <i>Sensors</i> , <b>2019</b> , 19,	3.8	6
47	Back Pain and Knowledge of Back Care Related to Physical Activity in 12 to 17 Year Old Adolescents from the Region of Murcia (Spain). <i>Sustainability</i> , <b>2019</b> , 11, 5249	3.6	5
46	La creación de conocimiento en los deportes de equipo. Sobre el tamaño de la muestra y la generalización de los resultados. <i>Jump</i> , <b>2019</b> , 7-8	0.5	2
45	Age-related differences in flexibility in soccer players 8-19 years old. <i>PeerJ</i> , <b>2019</b> , 7, e6236	3.1	17

44	Differences in the Offensive and Defensive Actions of the Goalkeepers at Women's FIFA World Cup 2011. <i>Frontiers in Psychology</i> , <b>2019</b> , 10, 223	3.4	5
43	Acoustic radiation force impulse imaging for detection of liver fibrosis in overweight and obese children. <i>Acta Radiologica</i> , <b>2018</b> , 59, 247-253	2	7
42	Training intensity and sagittal curvature of the spine in male and female artistic gymnasts. <i>Journal of Sports Medicine and Physical Fitness</i> , <b>2018</b> , 58, 465-471	1.4	8
41	Effect of Pitch Size on Technical-Tactical Actions of the Goalkeeper in Small-Sided Games. <i>Journal of Human Kinetics</i> , <b>2018</b> , 62, 157-166	2.6	7
40	Use of functional performance tests in sports: Evaluation proposal for football players in the rehabilitation phase. <i>Turkish Journal of Physical Medicine and Rehabilitation</i> , <b>2018</b> , 64, 148-154	1.1	3
39	Procedimientos de exploraci3n y valores de referencia del rango de movimiento de la abducci3n de la cadera en deportistas. ¿Una herramienta en la prevenci3n de lesiones?. <i>Sport TK</i> , <b>2016</b> , 5, 35	0.2	
38	Acute effects of two different stretching techniques on isokinetic strength and power. <i>Revista Andaluza De Medicina Del Deporte</i> , <b>2015</b> , 8, 93-102	1	7
37	Test-retest reliability of seven common clinical tests for assessing lower extremity muscle flexibility in futsal and handball players. <i>Physical Therapy in Sport</i> , <b>2015</b> , 16, 107-13	3	58
36	Perfil 3timo de flexibilidad del miembro inferior en jugadoras de f3tbol sala / Optimal Data of Lower-Limb Muscle Flexibility in Female Futsal Players. <i>Revista Internacional De Medicina Y Ciencias De La Actividad Fisica Y Del Deporte</i> , <b>2015</b> , 60, 647-662	0.5	10
35	Efecto del nivel de experiencia cl3nica del examinador sobre la validez de criterio y fiabilidad inter-sesi3n de cinco medidas del rango de movimiento de la flexi3n dorsal del tobillo. <i>Cuadernos De Psicología Del Deporte</i> , <b>2015</b> , 15, 123-134	0.7	3
34	RELIABILITY OF TWO METHODS OF CLINICAL EXAMINATION OF THE FLEXIBILITY OF THE HIP ADDUCTOR MUSCLES. <i>International Journal of Sports Physical Therapy</i> , <b>2015</b> , 10, 976-83	1.4	8
33	Acute effects of static and dynamic stretching on hamstrings' response times. <i>Journal of Sports Sciences</i> , <b>2014</b> , 32, 817-25	3.6	9
32	Inter-session reliability and sex-related differences in hamstrings total reaction time, pre-motor time and motor time during eccentric isokinetic contractions in recreational athlete. <i>Journal of Electromyography and Kinesiology</i> , <b>2014</b> , 24, 200-6	2.5	6
31	Determination of the criterion-related validity of hip joint angle test for estimating hamstring flexibility using a contemporary statistical approach. <i>Clinical Journal of Sport Medicine</i> , <b>2014</b> , 24, 320-5	3.2	10
30	A simplified version of the weight-bearing ankle lunge test: description and test-retest reliability. <i>Manual Therapy</i> , <b>2014</b> , 19, 355-9		23
29	Perfil de flexibilidad de la extremidad inferior en jugadores senior de balonmano. <i>Cuadernos De Psicología Del Deporte</i> , <b>2014</b> , 14, 111-120	0.7	5
28	A prop3sito del Return to playEn futbolistas lesionados. <i>Apunts Medicine De L'Esport</i> , <b>2013</b> , 48, 121-122	0.6	1
27	Pruebas angulares de estimaci3n de la flexibilidad isquiosural: descripci3n de los procedimientos exploratorios y valores de referencia. <i>Revista Andaluza De Medicina Del Deporte</i> , <b>2013</b> , 6, 120-128	1	4

26	Absolute reliability of isokinetic knee flexion and extension measurements adopting a prone position. <i>Clinical Physiology and Functional Imaging</i> , <b>2013</b> , 33, 45-54	2.4	15
25	Acute effects of static and dynamic stretching on hamstring eccentric isokinetic strength and unilateral hamstring to quadriceps strength ratios. <i>Journal of Sports Sciences</i> , <b>2013</b> , 31, 831-9	3.6	13
24	Comparison of active stretching technique in males with normal and limited hamstring flexibility. <i>Physical Therapy in Sport</i> , <b>2013</b> , 14, 98-104	3	34
23	Absolute reliability of five clinical tests for assessing hamstring flexibility in professional futsal players. <i>Journal of Science and Medicine in Sport</i> , <b>2012</b> , 15, 142-7	4.4	41
22	Reproducibility and criterion-related validity of the sit and reach test and toe touch test for estimating hamstring flexibility in recreationally active young adults. <i>Physical Therapy in Sport</i> , <b>2012</b> , 13, 219-26	3	65
21	Validez y fiabilidad de los ratios de fuerza isocinética para la estimación de desequilibrios musculares. <i>Apunts Medicine De L'Esport</i> , <b>2012</b> , 47, 131-142	0.6	3
20	Fiabilidad absoluta de los índices convencional y funcional y momento máximo de fuerza isocinética de la flexión y extensión de rodilla. <i>Apunts Medicine De L'Esport</i> , <b>2012</b> , 47, 55-64	0.6	1
19	Pruebas angulares de estimación de la flexibilidad isquiosural: análisis de la fiabilidad y validez. <i>Revista Andaluza De Medicina Del Deporte</i> , <b>2012</b> , 5, 67-74	1	2
18	Fiabilidad y validez de las pruebas sit-and-reach: revisión sistemática. <i>Revista Andaluza De Medicina Del Deporte</i> , <b>2012</b> , 5, 57-66	1	5
17	El entrenamiento de la flexibilidad: técnicas de estiramiento. <i>Revista Andaluza De Medicina Del Deporte</i> , <b>2012</b> , 5, 105-112	1	6
16	Analysis of corner kicks in relation to match status in the 2006 World Cup. <i>European Journal of Sport Science</i> , <b>2012</b> , 12, 121-129	3.9	38
15	Absolute reliability of hamstring to quadriceps strength imbalance ratios calculated using peak torque, joint angle-specific torque and joint ROM-specific torque values. <i>International Journal of Sports Medicine</i> , <b>2012</b> , 33, 909-16	3.6	18
14	Reproducibility and concurrent validity of hip joint angle test for estimating hamstring flexibility in recreationally active young men. <i>Journal of Strength and Conditioning Research</i> , <b>2012</b> , 26, 2372-82	3.2	18
13	La influencia de la práctica de 6 semanas de Pilates Mat sobre la resistencia de la musculatura abdominal. <i>Apunts Medicine De L'Esport</i> , <b>2011</b> , 46, 41-42	0.6	
12	Fiabilidad absoluta de las pruebas sit and reach modificado y back saber sit and reach para estimar la flexibilidad isquiosural en jugadores de fútbol sala. <i>Apunts Medicine De L'Esport</i> , <b>2011</b> , 46, 81-88	0.6	1
11	Criterion-related validity of four clinical tests used to measure hamstring flexibility in professional futsal players. <i>Physical Therapy in Sport</i> , <b>2011</b> , 12, 175-81	3	24
10	Chronic flexibility improvement after 12 week of stretching program utilizing the ACSM recommendations: hamstring flexibility. <i>International Journal of Sports Medicine</i> , <b>2010</b> , 31, 389-96	3.6	37
9	El trabajo de la flexibilidad en educación física: Programa de intervención. (Flexibility training in physical education: Intervention program). <i>Cultura, Ciencia Y Deporte</i> , <b>2009</b> , 4, 33-38	0.5	3

8	Effect of physical education stretching programme on sit-and-reach score in schoolchildren. <i>Science and Sports</i> , <b>2008</b> , 23, 170-175	0.8	15
7	Analysis of goalkeepers' defence in the World Cup in Korea and Japan in 2002. <i>European Journal of Sport Science</i> , <b>2008</b> , 8, 127-134	3.9	45
6	Validez del test sit-and-reach unilateral como criterio de extensibilidad isquiosural. Comparaci3n con otros protocolos. (Validity of the unilateral sit-and-reach test as measure of hamstring muscle extensibility. Comparison with other protocols). <i>Cultura, Ciencia Y Deporte</i> , <b>2008</b> , 3, 87-92	0.5	4
5	A comparison of the spine posture among several sit-and-reach test protocols. <i>Journal of Science and Medicine in Sport</i> , <b>2007</b> , 10, 456-62	4.4	52
4	Effects of frequency of static stretching on straight-leg raise in elementary school children. <i>Journal of Sports Medicine and Physical Fitness</i> , <b>2007</b> , 47, 304-8	1.4	15
3	Valoraci3n de la musculatura isquiosural en personas mayores. <i>Revista Espanola De Geriatria Y Gerontologia</i> , <b>2005</b> , 40, 31-35	1.7	2
2	An3lisis del c3ner en funci3n del momento del partido en el mundial de Corea y Jap3n 2002. (Analysis of the corner kicks in the World Cup Korea and Japan 2002. Differences between the corner kicks in the first or in the second half of the match). <i>Cultura, Ciencia Y Deporte</i> , <b>2005</b> , 1, 87-93	0.5	4
1	Is there a relationship between the overhead press and split jerk maximum performance? Influence of sex. <i>International Journal of Sports Science and Coaching</i> , 174795412110204	1.8	0