

# Gladys L Onambele-Pearson

## List of Publications by Year in descending order

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97  
papers

2,614  
citations

201385

27  
h-index

214527

47  
g-index

100  
all docs

100  
docs citations

100  
times ranked

3443  
citing authors

#	ARTICLE	IF	CITATIONS
1	Calf muscle-tendon properties and postural balance in old age. <i>Journal of Applied Physiology</i> , 2006, 100, 2048-2056.	1.2	284
2	The impact of obesity on skeletal muscle strength and structure through adolescence to old age. <i>Biogerontology</i> , 2016, 17, 467-483.	2.0	280
3	Gender-specific in vivo measurement of the structural and mechanical properties of the human patellar tendon. <i>Journal of Orthopaedic Research</i> , 2007, 25, 1635-1642.	1.2	109
4	A review of the assessment and prevalence of sedentarism in older adults, its physiology/health impact and non-exercise mobility counter-measures. <i>Biogerontology</i> , 2016, 17, 547-565.	2.0	105
5	Neuromuscular and balance responses to flywheel inertial versus weight training in older persons. <i>Journal of Biomechanics</i> , 2008, 41, 3133-3138.	0.9	85
6	Creep and the in vivo assessment of human patellar tendon mechanical properties. <i>Clinical Biomechanics</i> , 2007, 22, 712-717.	0.5	71
7	The impact of obesity on skeletal muscle architecture in untrained young vs. old women. <i>Journal of Anatomy</i> , 2014, 225, 675-684.	0.9	63
8	Impact of Range of Motion During Ecologically Valid Resistance Training Protocols on Muscle Size, Subcutaneous Fat, and Strength. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 245-255.	1.0	63
9	Reliability and validity of the international physical activity questionnaire compared to calibrated accelerometer cut-off points in the quantification of sedentary behaviour and physical activity in older adults. <i>PLoS ONE</i> , 2018, 13, e0195712.	1.1	63
10	Influence of time of day on tendon compliance and estimations of voluntary activation levels. <i>Muscle and Nerve</i> , 2006, 33, 792-800.	1.0	54
11	Muscle Damage following Maximal Eccentric Knee Extensions in Males and Females. <i>PLoS ONE</i> , 2016, 11, e0150848.	1.1	52
12	Body Fat Percentage, Body Mass Index, Fat Mass Index and the Ageing Bone: Their Singular and Combined Roles Linked to Physical Activity and Diet. <i>Nutrients</i> , 2019, 11, 195.	1.7	47
13	Acute Changes In Knee Extensors Torque, Fiber Pennation, and Tendon Characteristics. <i>Chronobiology International</i> , 2005, 22, 1013-1027.	0.9	44
14	Tendon structural and mechanical properties do not differ between genders in a healthy community-dwelling elderly population. <i>Journal of Orthopaedic Research</i> , 2009, 27, 820-825.	1.2	43
15	The individual and combined effects of obesity- and ageing-induced systemic inflammation on human skeletal muscle properties. <i>International Journal of Obesity</i> , 2017, 41, 102-111.	1.6	41
16	Angiotensin-I Converting Enzyme Genotype-Dependent Benefit from Hormone Replacement Therapy in Isometric Muscle Strength and Bone Mineral Density. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2001, 86, 2200-2204.	1.8	41
17	Influence of exercise intensity in older persons with unchanged habitual nutritional intake: skeletal muscle and endocrine adaptations. <i>Age</i> , 2010, 32, 139-153.	3.0	40
18	Muscle size, activation, and coactivation in adults with cerebral palsy. <i>Muscle and Nerve</i> , 2014, 49, 76-83.	1.0	40

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19	Combined effects of body composition and ageing on joint torque, muscle activation and co-contraction in sedentary women. <i>Age</i> , 2014, 36, 9652.	3.0	39
20	A review of facial protective equipment use in sport and the impact on injury incidence. <i>British Journal of Oral and Maxillofacial Surgery</i> , 2012, 50, 233-238.	0.4	38
21	Patellar Tendon Properties With Fluctuating Menstrual Cycle Hormones. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 2088-2095.	1.0	34
22	Obesity decreases both whole muscle and fascicle strength in young females but only exacerbates the aging-related whole muscle level asthenia. <i>Physiological Reports</i> , 2014, 2, e12030.	0.7	34
23	Resting Arterial Diameter and Blood Flow Changes With Resistance Training and Detraining in Healthy Young Individuals. <i>Journal of Athletic Training</i> , 2013, 48, 209-219.	0.9	33
24	Time-of-day effect on patella tendon stiffness alters vastus lateralis fascicle length but not the quadriceps force-angle relationship. <i>Journal of Biomechanics</i> , 2007, 40, 1031-1037.	0.9	32
25	Serum relaxin levels affect the <i>in vivo</i> properties of some but not all tendons in normally menstruating young women. <i>Experimental Physiology</i> , 2011, 96, 681-688.	0.9	31
26	Influence of exercise intensity on training-induced tendon mechanical properties changes in older individuals. <i>Age</i> , 2014, 36, 9657.	3.0	31
27	Muscular adaptations and insulin-like growth factor-1 responses to resistance training are stretch-mediated. <i>Muscle and Nerve</i> , 2014, 49, 108-119.	1.0	30
28	The emergence of sedentary behaviour physiology and its effects on the cardiometabolic profile in young and older adults. <i>Age</i> , 2015, 37, 89.	3.0	30
29	Gender differences in fascicular lengthening during eccentric contractions: the role of the patella tendon stiffness. <i>Acta Physiologica</i> , 2013, 209, 235-244.	1.8	27
30	Performance of thigh-mounted triaxial accelerometer algorithms in objective quantification of sedentary behaviour and physical activity in older adults. <i>PLoS ONE</i> , 2017, 12, e0188215.	1.1	27
31	Contribution of calf muscle-tendon properties to single-leg stance ability in the absence of visual feedback in relation to ageing. <i>Gait and Posture</i> , 2007, 26, 343-348.	0.6	26
32	Menstrual cycle variations in oestradiol and progesterone have no impact on <i>in vivo</i> medial gastrocnemius tendon mechanical properties. <i>Clinical Biomechanics</i> , 2009, 24, 504-509.	0.5	26
33	Quality of life in adults with muscular dystrophy. <i>Health and Quality of Life Outcomes</i> , 2019, 17, 121.	1.0	26
34	The magnitude and character of resistance-training-induced increase in tendon stiffness at old age is gender specific. <i>Age</i> , 2012, 34, 427-438.	3.0	25
35	Relationships between muscle size, strength, and physical activity in adults with muscular dystrophy. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2018, 9, 1042-1052.	2.9	24
36	Prevalence and association of single nucleotide polymorphisms with sarcopenia in older women depends on definition. <i>Scientific Reports</i> , 2020, 10, 2913.	1.6	24

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37	Effect of Foot and Ankle Immobilization on Leg and Thigh Muscles' Volume and Morphology: A Case Study Using Magnetic Resonance Imaging. <i>Anatomical Record</i> , 2008, 291, 1673-1683.	0.8	22
38	Can a standard dose of eicosapentaenoic acid (EPA) supplementation reduce the symptoms of delayed onset of muscle soreness?. <i>Journal of the International Society of Sports Nutrition</i> , 2012, 9, 2.	1.7	20
39	Gender associated muscle-tendon adaptations to resistance training. <i>PLoS ONE</i> , 2018, 13, e0197852.	1.1	20
40	The effect of model inclination during fabrication on mouthguard calliper-measured and CT-assessed thickness. <i>Dental Traumatology</i> , 2016, 32, 192-200.	0.8	19
41	Static one-leg standing balance test as a screening tool for low muscle mass in healthy elderly women. <i>Aging Clinical and Experimental Research</i> , 2021, 33, 1831-1839.	1.4	19
42	Influences of carbohydrate plus amino acid supplementation on differing exercise intensity adaptations in older persons: skeletal muscle and endocrine responses. <i>Age</i> , 2010, 32, 125-138.	3.0	18
43	An investigation into the relationship between thickness variations and manufacturing techniques of mouthguards. <i>Dental Traumatology</i> , 2016, 32, 14-21.	0.8	17
44	Impaired Glucose Tolerance in Adults with Duchenne and Becker Muscular Dystrophy. <i>Nutrients</i> , 2018, 10, 1947.	1.7	17
45	The Association of Multiple Gene Variants with Ageing Skeletal Muscle Phenotypes in Elderly Women. <i>Genes</i> , 2020, 11, 1459.	1.0	17
46	Is there a morning-to-evening difference in the acute IL-6 and cortisol responses to resistance exercise?. <i>Cytokine</i> , 2011, 55, 318-323.	1.4	16
47	Oral contraceptive pill use and the susceptibility to markers of exercise-induced muscle damage. <i>European Journal of Applied Physiology</i> , 2017, 117, 1393-1402.	1.2	16
48	Oestrogen status in relation to the early training responses in human thumb adductor muscles. <i>Acta Physiologica</i> , 2006, 188, 41-52.	1.8	15
49	Specific force of the vastus lateralis in adults with achondroplasia. <i>Journal of Applied Physiology</i> , 2018, 124, 696-703.	1.2	14
50	Human COL5A1 rs12722 gene polymorphism and tendon properties in vivo in an asymptomatic population. <i>European Journal of Applied Physiology</i> , 2014, 114, 1393-1402.	1.2	13
51	The human patellar tendon moment arm assessed in vivo using dual-energy X-ray absorptiometry. <i>Journal of Biomechanics</i> , 2014, 47, 1294-1298.	0.9	13
52	Influence of Habitual Physical Behavior – Sleeping, Sedentarism, Physical Activity – On Bone Health in Community-Dwelling Older People. <i>Frontiers in Physiology</i> , 2019, 10, 408.	1.3	13
53	Whole-body and segmental analysis of body composition in adult males with achondroplasia using dual X-ray absorptiometry. <i>PLoS ONE</i> , 2019, 14, e0213806.	1.1	13
54	The combined effects of obesity and ageing on skeletal muscle function and tendon properties in vivo in men. <i>Endocrine</i> , 2021, 72, 411-422.	1.1	13

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55	CORRESPONDENCE Follow-up study of the benefits of hormone replacement therapy on isometric muscle strength of adductor pollicis in postmenopausal women. <i>Clinical Science</i> , 2001, 100, 421.	1.8	12
56	The manipulation of strain, when stress is controlled, modulates in vivo tendon mechanical properties but not systemic TGF- $\beta$ 1 levels. <i>Physiological Reports</i> , 2013, 1, e00091.	0.7	12
57	The Oxygen Consumption and Metabolic Cost of Walking and Running in Adults With Achondroplasia. <i>Frontiers in Physiology</i> , 2018, 9, 410.	1.3	12
58	Muscle-Tendon Unit Properties during Eccentric Exercise Correlate with the Creatine Kinase Response. <i>Frontiers in Physiology</i> , 2017, 8, 657.	1.3	11
59	A quantitative description of self-selected walking in adults with Achondroplasia using the gait profile score. <i>Gait and Posture</i> , 2019, 68, 150-154.	0.6	11
60	Sarcopenia, Obesity, and Sarcopenic Obesity: Relationship with Skeletal Muscle Phenotypes and Single Nucleotide Polymorphisms. <i>Journal of Clinical Medicine</i> , 2021, 10, 4933.	1.0	11
61	Improvements in muscle-tendon properties are beneficial to balance in multiple sclerosis. <i>Multiple Sclerosis Journal</i> , 2006, 12, 666-669.	1.4	10
62	HRT affects skeletal muscle contractile characteristics: a definitive answer?. <i>Journal of Applied Physiology</i> , 2009, 107, 4-5.	1.2	10
63	Computation methods affect the reported values of in vivo human tendon stiffness. <i>Journal of the Mechanical Behavior of Biomedical Materials</i> , 2012, 5, 291-297.	1.5	10
64	The Differential Hormonal Milieu of Morning versus Evening May Have an Impact on Muscle Hypertrophic Potential. <i>PLoS ONE</i> , 2016, 11, e0161500.	1.1	10
65	Circulating Tumor Necrosis Factor Alpha May Modulate the Short-Term Detraining Induced Muscle Mass Loss Following Prolonged Resistance Training. <i>Frontiers in Physiology</i> , 2019, 10, 527.	1.3	10
66	Functional benefits of combined resistance training with nutritional interventions in older adults: A review. <i>Geriatrics and Gerontology International</i> , 2007, 7, 326-340.	0.7	8
67	Omega-3 fatty acids and vitamin D in immobilisation: Part A- Modulation of appendicular mass content, composition and structure. <i>Journal of Nutrition, Health and Aging</i> , 2017, 21, 51-58.	1.5	8
68	Segregating the Distinct Effects of Sedentary Behavior and Physical Activity on Older Adults's™ Cardiovascular Profile: Part 2" Isotemporal Substitution Approach. <i>Journal of Physical Activity and Health</i> , 2018, 15, 537-542.	1.0	8
69	Displacing Sedentary Behaviour with Light Intensity Physical Activity Spontaneously Alters Habitual Macronutrient Intake and Enhances Dietary Quality in Older Females. <i>Nutrients</i> , 2020, 12, 2431.	1.7	8
70	The Effects of Displacing Sedentary Behavior With Two Distinct Patterns of Light Activity on Health Outcomes in Older Adults (Implications for COVID-19 Quarantine). <i>Frontiers in Physiology</i> , 2020, 11, 574595.	1.3	8
71	Genetic Variation, Protein Composition and Potential Influences on Tendon Properties in Humans. <i>The Open Sports Medicine Journal</i> , 2012, 6, 8-21.	2.5	8
72	Passive stiffness of the gastrocnemius muscle in athletes with spastic hemiplegic cerebral palsy. <i>European Journal of Applied Physiology</i> , 2013, 113, 2291-2299.	1.2	7

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73	A prolonged hiatus in postmenopausal HRT, does not nullify the therapy's positive impact on ageing related sarcopenia. PLoS ONE, 2021, 16, e0250813.	1.1	7
74	Variants within the MMP3 gene and patellar tendon properties in vivo in an asymptomatic population. European Journal of Applied Physiology, 2014, 114, 2625-2634.	1.2	6
75	Using isotemporal substitution to predict the effects of changing physical behaviour on older adults' cardio-metabolic profiles. PLoS ONE, 2019, 14, e0224223.	1.1	6
76	Minimizing sedentary behavior (without increasing medium-to-vigorous exercise) associated functional improvement in older women is somewhat dependent on a measurable increase in muscle size. Aging, 2020, 12, 24081-24100.	1.4	6
77	IL-6?174G/C genotype is associated with the bone mineral density response to oestrogen replacement therapy in post-menopausal women. European Journal of Applied Physiology, 2004, 92, 227-230.	1.2	5
78	Segregating the Distinct Effects of Sedentary Behavior and Physical Activity on Older Adults' Cardiovascular Structure and Function: Part 1 - Linear Regression Analysis Approach. Journal of Physical Activity and Health, 2018, 15, 499-509.	1.0	5
79	The difference in sleep, sedentary behaviour, and physical activity between older adults with 'healthy' and 'unhealthy' cardiometabolic profiles: a cross-sectional compositional data analysis approach. European Review of Aging and Physical Activity, 2019, 16, 25.	1.3	5
80	A spatio-temporal and kinematic description of self-selected walking in adults with Achondroplasia. Gait and Posture, 2020, 80, 391-396.	0.6	5
81	Dietary Protein Requirement Threshold and Micronutrients Profile in Healthy Older Women Based on Relative Skeletal Muscle Mass. Nutrients, 2021, 13, 3076.	1.7	5
82	Polygenic Models Partially Predict Muscle Size and Strength but Not Low Muscle Mass in Older Women. Genes, 2022, 13, 982.	1.0	5
83	12-Month changes of muscle strength, body composition and physical activity in adults with dystrophinopathies. Disability and Rehabilitation, 2020, , 1-8.	0.9	4
84	Omega-3 fatty acids and vitamin D in immobilisation: Part B- Modulation of muscle functional, vascular and activation profiles. Journal of Nutrition, Health and Aging, 2017, 21, 59-66.	1.5	3
85	Impact of Circulating Triglycerides Concentration on Atherosclerotic Disease Status in Middle-Aged Saudi Arabian Dwellers. Nutrients, 2018, 10, 1642.	1.7	3
86	Morphological and Mechanical Properties of the Human Patella Tendon in Adult Males With Achondroplasia. Frontiers in Physiology, 2018, 9, 867.	1.3	3
87	Musculoskeletal Health in Active Ambulatory Men with Cerebral Palsy and the Impact of Vitamin D. Nutrients, 2021, 13, 2481.	1.7	3
88	Medial gastrocnemius specific force of adult men with spastic cerebral palsy. Muscle and Nerve, 2017, 56, 298-306.	1.0	2
89	Impact of Above-Average Proanabolic Nutrients Is Overridden by High Protein and Energy Intake in the Muscle-Tendon Unit Characteristics of Middle- to Older-Aged Adults. Journal of Nutrition, 2018, 148, 1776-1785.	1.3	2
90	The validity and reliability of the Achilles tendon moment arm assessed with dual-energy X-ray absorptiometry, relative to MRI and ultrasound assessments. Journal of Biomechanics, 2021, 116, 110204.	0.9	2

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91	Effects of Essential Amino Acid Supplementation on Muscular Adaptations to 3 Weeks of Combined Unilateral Glenohumeral & Radiohumeral Joints Immobilisation. Journal of Athletic Enhancement, 2013, 02, .	0.2	2
92	Reducing Sedentary Behaviour Among Older People. , 2018, , 653-672.		1
93	Quantitative assessment of sitting time in ambulant adults with Muscular Dystrophy. PLoS ONE, 2021, 16, e0260491.	1.1	1
94	Response to the letter of Tibor Hortobágyi and colleagues. Journal of Biomechanics, 2009, 42, 957.	0.9	0
95	Diet and Exercise for Frail Obese Older Adults. Clinical Journal of Sport Medicine, 2012, 22, 452-453.	0.9	0
96	How Deep Should You Squat to Maximise a Holistic Training Response? Electromyographic, Energetic, Cardiovascular, Hypertrophic and Mechanical Evidence. , 0, , .		0
97	Fascicle Lengthening During Eccentric Exercise Determines The Magnitude Of Muscle Damage. Medicine and Science in Sports and Exercise, 2017, 49, 682.	0.2	0