Gladys L Onambele-Pearson

List of Publications by Year
in descending order

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	Polygenic Models Partially Predict Muscle Size and Strength but Not Low Muscle Mass in Older Women. Genes, 2022, 13, 982.	1.0	5
2	The combined effects of obesity and ageing on skeletal muscle function and tendon properties in vivo in men. Endocrine, 2021, 72, 411-422.	1.1	13
3	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
4	Static one-leg standing balance test as a screening tool for low muscle mass in healthy elderly women. Aging Clinical and Experimental Research, 2021, 33, 1831-1839.	1.4	19
5	A prolonged hiatus in postmenopausal HRT, does not nullify the therapyâ€™s positive impact on ageing related sarcopenia. PLoS ONE, 2021, 16, e0250813.	1.1	7
6	Musculoskeletal Health in Active Ambulatory Men with Cerebral Palsy and the Impact of Vitamin D. Nutrients, 2021, 13, 2481.	1.7	3
7	Dietary Protein Requirement Threshold and Micronutrients Profile in Healthy Older Women Based on Relative Skeletal Muscle Mass. Nutrients, 2021, 13, 3076.	1.7	5
8	Sarcopenia, Obesity, and Sarcopenic Obesity: Relationship with Skeletal Muscle Phenotypes and Single Nucleotide Polymorphisms. Journal of Clinical Medicine, 2021, 10, 4933.	1.0	11
9	Quantitative assessment of sitting time in ambulant adults with Muscular Dystrophy. PLoS ONE, 2021, 16, e0260491.	1.1	1
10	Displacing Sedentary Behaviour with Light Intensity Physical Activity Spontaneously Alters Habitual Macronutrient Intake and Enhances Dietary Quality in Older Females. Nutrients, 2020, 12, 2431.	1.7	8
11	12-Month changes of muscle strength, body composition and physical activity in adults with dystrophinopathies. Disability and Rehabilitation, 2020, , 1-8.	0.9	4
12	The Association of Multiple Gene Variants with Ageing Skeletal Muscle Phenotypes in Elderly Women. Genes, 2020, 11, 1459.	1.0	17
13	The Effects of Displacing Sedentary Behavior With Two Distinct Patterns of Light Activity on Health Outcomes in Older Adults (Implications for COVID-19 Quarantine). Frontiers in Physiology, 2020, 11, 574595.	1.3	8
14	A spatio-temporal and kinematic description of self-selected walking in adults with Achondroplasia. Gait and Posture, 2020, 80, 391-396.	0.6	5
15	Prevalence and association of single nucleotide polymorphisms with sarcopenia in older women depends on definition. Scientific Reports, 2020, 10, 2913.	1.6	24
16	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
17	Quality of life in adults with muscular dystrophy. Health and Quality of Life Outcomes, 2019, 17, 121.	1.0	26
18	Using isotemporal substitution to predict the effects of changing physical behaviour on older adultsâ€™ cardio-metabolic profiles. PLoS ONE, 2019, 14, e0224223.	1.1	6

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19	Body Fat Percentage, Body Mass Index, Fat Mass Index and the Ageing Bone: Their Singular and Combined Roles Linked to Physical Activity and Diet. Nutrients, 2019, 11, 195.	1.7	47
20	Circulating Tumor Necrosis Factor Alpha May Modulate the Short-Term Detraining Induced Muscle Mass Loss Following Prolonged Resistance Training. Frontiers in Physiology, 2019, 10, 527.	1.3	10
21	Influence of Habitual Physical Behavior â€“ Sleeping, Sedentarism, Physical Activity â€“ On Bone Health in Community-Dwelling Older People. Frontiers in Physiology, 2019, 10, 408.	1.3	13
22	Whole-body and segmental analysis of body composition in adult males with achondroplasia using dual X-ray absorptiometry. PLoS ONE, 2019, 14, e0213806.	1.1	13
23	The difference in sleep, sedentary behaviour, and physical activity between older adults with â€˜healthyâ€™ and â€˜unhealthyâ€™ cardiometabolic profiles: a cross-sectional compositional data analysis approach. European Review of Aging and Physical Activity, 2019, 16, 25.	1.3	5
24	A quantitative description of self-selected walking in adults with Achondroplasia using the gait profile score. Gait and Posture, 2019, 68, 150-154.	0.6	11
25	Segregating the Distinct Effects of Sedentary Behavior and Physical Activity on Older Adultsâ€™ Cardiovascular Structure and Function: Part 1â€”Linear Regression Analysis Approach. Journal of Physical Activity and Health, 2018, 15, 499-509.	1.0	5
26	Segregating the Distinct Effects of Sedentary Behavior and Physical Activity on Older Adultsâ€™ Cardiovascular Profile: Part 2â€”Isotemporal Substitution Approach. Journal of Physical Activity and Health, 2018, 15, 537-542.	1.0	8
27	Specific force of the vastus lateralis in adults with achondroplasia. Journal of Applied Physiology, 2018, 124, 696-703.	1.2	14
28	Impact of Circulating Triglycerides Concentration on Atherosclerotic Disease Status in Middle-Aged Saudi Arabian Dwellers. Nutrients, 2018, 10, 1642.	1.7	3
29	Impaired Glucose Tolerance in Adults with Duchenne and Becker Muscular Dystrophy. Nutrients, 2018, 10, 1947.	1.7	17
30	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
31	Relationships between muscle size, strength, and physical activity in adults with muscular dystrophy. Journal of Cachexia, Sarcopenia and Muscle, 2018, 9, 1042-1052.	2.9	24
32	The Oxygen Consumption and Metabolic Cost of Walking and Running in Adults With Achondroplasia. Frontiers in Physiology, 2018, 9, 410.	1.3	12
33	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. PLoS ONE, 2018, 13, e0195712.	1.1	63
34	Morphological and Mechanical Properties of the Human Patella Tendon in Adult Males With Achondroplasia. Frontiers in Physiology, 2018, 9, 867.	1.3	3
35	Gender associated muscle-tendon adaptations to resistance training. PLoS ONE, 2018, 13, e0197852.	1.1	20
36	Reducing Sedentary Behaviour Among Older People. , 2018, , 653-672.		1

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37	Omega-3 fatty acids and vitamin D in immobilisation: Part A- Modulation of appendicular mass content, composition and structure. Journal of Nutrition, Health and Aging, 2017, 21, 51-58.	1.5	8
38	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
39	Oral contraceptive pill use and the susceptibility to markers of exercise-induced muscle damage. European Journal of Applied Physiology, 2017, 117, 1393-1402.	1.2	16
40	Fascicle Lengthening During Eccentric Exercise Determines The Magnitude Of Muscle Damage. Medicine and Science in Sports and Exercise, 2017, 49, 682.	0.2	0
41	The individual and combined effects of obesity- and ageing-induced systemic inflammation on human skeletal muscle properties. International Journal of Obesity, 2017, 41, 102-111.	1.6	41
42	Medial gastrocnemius specific force of adult men with spastic cerebral palsy. Muscle and Nerve, 2017, 56, 298-306.	1.0	2
43	Muscle-Tendon Unit Properties during Eccentric Exercise Correlate with the Creatine Kinase Response. Frontiers in Physiology, 2017, 8, 657.	1.3	11
44	Performance of thigh-mounted triaxial accelerometer algorithms in objective quantification of sedentary behaviour and physical activity in older adults. PLoS ONE, 2017, 12, e0188215.	1.1	27
45	Muscle Damage following Maximal Eccentric Knee Extensions in Males and Females. PLoS ONE, 2016, 11, e0150848.	1.1	52
46	The Differential Hormonal Milieu of Morning versus Evening May Have an Impact on Muscle Hypertrophic Potential. PLoS ONE, 2016, 11, e0161500.	1.1	10
47	The effect of model inclination during fabrication on mouthguard calliperâ€measured and <scp>CT</scp> scanâ€assessed thickness. Dental Traumatology, 2016, 32, 192-200.	0.8	19
48	An investigation into the relationship between thickness variations and manufacturing techniques of mouthguards. Dental Traumatology, 2016, 32, 14-21.	0.8	17
49	The impact of obesity on skeletal muscle strength and structure through adolescence to old age. Biogerontology, 2016, 17, 467-483.	2.0	280
50	A review of the assessment and prevalence of sedentarism in older adults, its physiology/health impact and non-exercise mobility counter-measures. Biogerontology, 2016, 17, 547-565.	2.0	105
51	The emergence of sedentary behaviour physiology and its effects on the cardiometabolic profile in young and older adults. Age, 2015, 37, 89.	3.0	30
52	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
53	The impact of obesity on skeletal muscle architecture in untrained young vs. old women. Journal of Anatomy, 2014, 225, 675-684.	0.9	63
54	Muscle size, activation, and coactivation in adults with cerebral palsy. Muscle and Nerve, 2014, 49, 76-83.	1.0	40

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55	Influence of exercise intensity on training-induced tendon mechanical properties changes in older individuals. Age, 2014, 36, 9657.	3.0	31
56	Obesity decreases both whole muscle and fascicle strength in young females but only exacerbates the aging-related whole muscle level asthenia. Physiological Reports, 2014, 2, e12030.	0.7	34
57	Human COL5A1 rs12722 gene polymorphism and tendon properties in vivo in an asymptomatic population. European Journal of Applied Physiology, 2014, 114, 1393-1402.	1.2	13
58	Combined effects of body composition and ageing on joint torque, muscle activation and co-contraction in sedentary women. Age, 2014, 36, 9652.	3.0	39
59	The human patellar tendon moment arm assessed in vivo using dual-energy X-ray absorptiometry. Journal of Biomechanics, 2014, 47, 1294-1298.	0.9	13
60	Muscular adaptations and insulin-like growth factor-1 responses to resistance training are stretch-mediated. Muscle and Nerve, 2014, 49, 108-119.	1.0	30
61	Impact of Range of Motion During Ecologically Valid Resistance Training Protocols on Muscle Size, Subcutaneous Fat, and Strength. Journal of Strength and Conditioning Research, 2014, 28, 245-255.	1.0	63
62	Passive stiffness of the gastrocnemius muscle in athletes with spastic hemiplegic cerebral palsy. European Journal of Applied Physiology, 2013, 113, 2291-2299.	1.2	7
63	Gender differences in fascicular lengthening during eccentric contractions: the role of the patella tendon stiffness. Acta Physiologica, 2013, 209, 235-244.	1.8	27
64	Resting Arterial Diameter and Blood Flow Changes With Resistance Training and Detraining in Healthy Young Individuals. Journal of Athletic Training, 2013, 48, 209-219.	0.9	33
65	The manipulation of strain, when stress is controlled, modulates in vivo tendon mechanical properties but not systemic TGF-Î²1 levels. Physiological Reports, 2013, 1, e00091.	0.7	12
66	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
67	Diet and Exercise for Frail Obese Older Adults. Clinical Journal of Sport Medicine, 2012, 22, 452-453.	0.9	0
68	A review of facial protective equipment use in sport and the impact on injury incidence. British Journal of Oral and Maxillofacial Surgery, 2012, 50, 233-238.	0.4	38
69	Can a standard dose of eicosapentaenoic acid (EPA) supplementation reduce the symptoms of delayed onset of muscle soreness?. Journal of the International Society of Sports Nutrition, 2012, 9, 2.	1.7	20
70	The magnitude and character of resistance-training-induced increase in tendon stiffness at old age is gender specific. Age, 2012, 34, 427-438.	3.0	25
71	Computation methods affect the reported values of in vivo human tendon stiffness. Journal of the Mechanical Behavior of Biomedical Materials, 2012, 5, 291-297.	1.5	10
72	Genetic Variation, Protein Composition and Potential Influences on Tendon Properties in Humans. The Open Sports Medicine Journal, 2012, 6, 8-21.	2.5	8

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73	Is there a morning-to-evening difference in the acute IL-6 and cortisol responses to resistance exercise?. Cytokine, 2011, 55, 318-323.	1.4	16
74	Serum relaxin levels affect theâ€‹in vivoâ€‹properties of some but not all tendons in normally menstruating young women. Experimental Physiology, 2011, 96, 681-688.	0.9	31
75	Patellar Tendon Properties With Fluctuating Menstrual Cycle Hormones. Journal of Strength and Conditioning Research, 2010, 24, 2088-2095.	1.0	34
76	Influences of carbohydrate plus amino acid supplementation on differing exercise intensity adaptations in older persons: skeletal muscle and endocrine responses. Age, 2010, 32, 125-138.	3.0	18
77	Influence of exercise intensity in older persons with unchanged habitual nutritional intake: skeletal muscle and endocrine adaptations. Age, 2010, 32, 139-153.	3.0	40
78	HRT affects skeletal muscle contractile characteristics: a definitive answer?. Journal of Applied Physiology, 2009, 107, 4-5.	1.2	10
79	Tendon structural and mechanical properties do not differ between genders in a healthy communityâ€‹dwelling elderly population. Journal of Orthopaedic Research, 2009, 27, 820-825.	1.2	43
80	Response to the letter of Tibor HortobÃ¡gyi and colleagues. Journal of Biomechanics, 2009, 42, 957.	0.9	0
81	Menstrual cycle variations in oestradiol and progesterone have no impact on in vivo medial gastrocnemius tendon mechanical properties. Clinical Biomechanics, 2009, 24, 504-509.	0.5	26
82	Effect of Foot and Ankle Immobilization on Leg and Thigh Muscles' Volume and Morphology: A Case Study Using Magnetic Resonance Imaging. Anatomical Record, 2008, 291, 1673-1683.	0.8	22
83	Neuromuscular and balance responses to flywheel inertial versus weight training in older persons. Journal of Biomechanics, 2008, 41, 3133-3138.	0.9	85
84	Creep and the in vivo assessment of human patellar tendon mechanical properties. Clinical Biomechanics, 2007, 22, 712-717.	0.5	71
85	Contribution of calf muscleâ€“tendon properties to single-leg stance ability in the absence of visual feedback in relation to ageing. Gait and Posture, 2007, 26, 343-348.	0.6	26
86	Gender-specific in vivo measurement of the structural and mechanical properties of the human patellar tendon. Journal of Orthopaedic Research, 2007, 25, 1635-1642.	1.2	109
87	Functional benefits of combined resistance training with nutritional interventions in older adults: A review. Geriatrics and Gerontology International, 2007, 7, 326-340.	0.7	8
88	Time-of-day effect on patella tendon stiffness alters vastus lateralis fascicle length but not the quadriceps forceâ€“angle relationship. Journal of Biomechanics, 2007, 40, 1031-1037.	0.9	32
89	Oestrogen status in relation to the early training responses in human thumb adductor muscles. Acta Physiologica, 2006, 188, 41-52.	1.8	15
90	Influence of time of day on tendon compliance and estimations of voluntary activation levels. Muscle and Nerve, 2006, 33, 792-800.	1.0	54

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91	Calf muscle-tendon properties and postural balance in old age. Journal of Applied Physiology, 2006, 100, 2048-2056.	1.2	284
92	Improvements in muscle-tendon properties are beneficial to balance in multiple sclerosis. Multiple Sclerosis Journal, 2006, 12, 666-669.	1.4	10
93	Acute Changes In Kneeâ€Extensors Torque, Fiber Pennation, and Tendon Characteristics. Chronobiology International, 2005, 22, 1013-1027.	0.9	44
94	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
95	CORRESPONDENCEFollow-up study of the benefits of hormone replacement therapy on isometric muscle strength of adductor pollicis in postmenopausal women. Clinical Science, 2001, 100, 421.	1.8	12
96	Angiotensin-I Converting Enzyme Genotype-Dependent Benefit from Hormone Replacement Therapy in Isometric Muscle Strength and Bone Mineral Density. Journal of Clinical Endocrinology and Metabolism, 2001, 86, 2200-2204.	1.8	41
97	How Deep Should You Squat to Maximise a Holistic Training Response? Electromyographic, Energetic, Cardiovascular, Hypertrophic and Mechanical Evidence. , 0, , .		0