Julie Anne Hides

List of Publications by Year
in descending order

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125	8,626	66343	43889
papers	citations	42 h-index	91 g-index

129	129	129	4174
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	Multifidus Muscle Recovery Is Not Automatic After Resolution of Acute, First-Episode Low Back Pain. Spine, 1996, 21, 2763-2769.	2.0	876
2	Evidence of Lumbar Multifidus Muscle Wasting Ipsilateral to Symptoms in Patients with Acute/Subacute Low Back Pain. Spine, 1994, 19, 165-172.	2.0	772
3	Long-Term Effects of Specific Stabilizing Exercises for First-Episode Low Back Pain. Spine, 2001, 26, e243-e248.	2.0	680
4	The Relation Between the Transversus Abdominis Muscles, Sacroiliac Joint Mechanics, and Low Back Pain. Spine, 2002, 27, 399-405.	2.0	519
5	Multifidus size and symmetry among chronic LBP and healthy asymptomatic subjects. Manual Therapy, 2008, 13, 43-49.	1.6	309
6	An MRI Investigation Into the Function of the Transversus Abdominis Muscle During â€œDrawing-Inâ€•of the Abdominal Wall. Spine, 2006, 31, E175-E178.	2.0	286
7	Effect of Stabilization Training On Multifidus Muscle Cross-sectional Area Among Young Elite Cricketers With Low Back Pain. Journal of Orthopaedic and Sports Physical Therapy, 2008, 38, 101-108.	3.5	277
8	The effect of chronic low back pain on size and contraction of the lumbar multifidus muscle. Manual Therapy, 2009, 14, 496-500.	1.6	264
9	Magnetic Resonance Imaging and Ultrasonography of the Lumbar Multifidus Muscle. Spine, 1995, 20, 54-58.	2.0	236
10	Rehabilitative Ultrasound Imaging of the Abdominal Muscles. Journal of Orthopaedic and Sports Physical Therapy, 2007, 37, 450-466.	3.5	223
11	MRI study of the size, symmetry and function of the trunk muscles among elite cricketers with and without low back pain. British Journal of Sports Medicine, 2008, 42, 509-513.	6.7	168
12	Is â€˜idealâ€™ sitting posture real?: Measurement of spinal curves in four sitting postures. Manual Therapy, 2009, 14, 404-408.	1.6	162
13	Ultrasound Imaging Assessment of Abdominal Muscle Function During Drawing-in of the Abdominal Wall: An Intrarater Reliability Study. Journal of Orthopaedic and Sports Physical Therapy, 2007, 37, 480-486.	3.5	161
14	Different Ways to Balance the Spine. Spine, 2009, 34, E208-E214.	2.0	147
15	The Use of Real-Time Ultrasound Imaging for Biofeedback of Lumbar Multifidus Muscle Contraction in Healthy Subjects. Journal of Orthopaedic and Sports Physical Therapy, 2006, 36, 920-925.	3.5	146
16	Intrarater and Interrater Reliability of Assessment of Lumbar Multifidus Muscle Thickness Using Rehabilitative Ultrasound Imaging. Journal of Orthopaedic and Sports Physical Therapy, 2007, 37, 608-612.	3.5	141
17	Rehabilitative Ultrasound Imaging of the Posterior Paraspinal Muscles. Journal of Orthopaedic and Sports Physical Therapy, 2007, 37, 581-595.	3.5	140
18	The association between degenerative hip joint pathology and size of the gluteus medius, gluteus minimus and piriformis muscles. Manual Therapy, 2009, 14, 605-610.	1.6	136

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19	Magnetic Resonance Imaging Assessment of Trunk Muscles During Prolonged Bed Rest. Spine, 2007, 32, 1687-1692.	2.0	116
20	Muscle Atrophy and Changes in Spinal Morphology. Spine, 2011, 36, 137-145.	2.0	104
21	The relationship of transversus abdominis and lumbar multifidus clinical muscle tests in patients with chronic low back pain. Manual Therapy, 2011, 16, 573-577.	1.6	104
22	Diagnostic Ultrasound Imaging for Measurement of the Lumbar Multifidus Muscle in Normal Young Adults. Physiotherapy Theory and Practice, 1992, 8, 19-26.	1.3	93
23	Altered response of the anterolateral abdominal muscles to simulated weight-bearing in subjects with low back pain. European Spine Journal, 2009, 18, 410-418.	2.2	90
24	The association between degenerative hip joint pathology and size of the gluteus maximus and tensor fascia lata muscles. Manual Therapy, 2009, 14, 611-617.	1.6	81
25	Countermeasures against lumbar spine deconditioning in prolonged bed rest: resistive exercise with and without whole body vibration. Journal of Applied Physiology, 2010, 109, 1801-1811.	2.5	81
26	Use of real-time ultrasound imaging for feedback in rehabilitation. Manual Therapy, 1998, 3, 125-131.	1.6	80
27	Sitting versus standing: Does the intradiscal pressure cause disc degeneration or low back pain?. Journal of Electromyography and Kinesiology, 2008, 18, 550-558.	1.7	76
28	Imaging with ultrasound in physical therapy: What is the PTâ€™s scope of practice? A competency-based educational model and training recommendations. British Journal of Sports Medicine, 2019, 53, 1447-1453.	6.7	71
29	Effect of Motor Control Training on Muscle Size and Football Games Missed from Injury. Medicine and Science in Sports and Exercise, 2012, 44, 1141-1149.	0.4	68
30	Resistive Simulated Weightbearing Exercise With Whole Body Vibration Reduces Lumbar Spine Deconditioning in Bed-Rest. Spine, 2008, 33, E121-E131.	2.0	67
31	Retraining motor control of abdominal muscles among elite cricketers with low back pain. Scandinavian Journal of Medicine and Science in Sports, 2010, 20, 834-842.	2.9	64
32	The effects of rehabilitation on the muscles of the trunk following prolonged bed rest. European Spine Journal, 2011, 20, 808-818.	2.2	61
33	Ultrasound imaging in rehabilitation. Australian Journal of Physiotherapy, 1995, 41, 187-193.	0.9	57
34	A Magnetic Resonance Imaging Investigation of the Transversus Abdominis Muscle During Drawing-in of the Abdominal Wall in Elite Australian Football League Players With and Without Low Back Pain. Journal of Orthopaedic and Sports Physical Therapy, 2010, 40, 4-10.	3.5	57
35	Validity of Real-Time Ultrasound Imaging to Measure Anterior Hip Muscle Size: A Comparison With Magnetic Resonance Imaging. Journal of Orthopaedic and Sports Physical Therapy, 2010, 40, 577-581.	3.5	53
36	Size and Symmetry of Trunk Muscles in Ballet Dancers With and Without Low Back Pain. Journal of Orthopaedic and Sports Physical Therapy, 2013, 43, 525-533.	3.5	51

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37	Changes in multifidus and abdominal muscle size in response to microgravity: possible implications for low back pain research. European Spine Journal, 2016, 25, 175-182.	2.2	50
38	Thoracic and lumbar posture behaviour in sitting tasks and standing: Progressing the biomechanics from observations to measurements. Applied Ergonomics, 2016, 53, 161-168.	3.1	50
39	Assessment of Abdominal Muscle function During a Simulated Unilateral Weight-Bearing Task Using Ultrasound Imaging. Journal of Orthopaedic and Sports Physical Therapy, 2007, 37, 467-471.	3.5	48
40	Psoas and quadratus lumborum muscle asymmetry among elite Australian Football League players. British Journal of Sports Medicine, 2010, 44, 563-567.	6.7	48
41	Can Motor Control Training Lower the Risk of Injury for Professional Football Players?. Medicine and Science in Sports and Exercise, 2014, 46, 762-768.	0.4	48
42	Measuring ultrasound images of abdominal and lumbar multifidus muscles in older adults: A reliability study. Manual Therapy, 2016, 23, 114-119.	1.6	48
43	The Geography of Fatty Infiltrates Within the Cervical Multifidus and Semispinalis Cervicis in Individuals With Chronic Whiplash-Associated Disorders. Journal of Orthopaedic and Sports Physical Therapy, 2015, 45, 281-288.	3.5	43
44	Establishing a pragmatic framework to optimise health outcomes in heart failure and multimorbidity (ARISE-HF): A multidisciplinary position statement. International Journal of Cardiology, 2016, 212, 1-10.	1.7	43
45	Small Multifidus Muscle Size Predicts Football Injuries. Orthopaedic Journal of Sports Medicine, 2014, 2, 232596711453758.	1.7	41
46	Screening the Lumbopelvic Muscles for a Relationship to Injury of the Quadriceps, Hamstrings, and Adductor Muscles Among Elite Australian Football League Players. Journal of Orthopaedic and Sports Physical Therapy, 2011, 41, 767-775.	3.5	40
47	Convergence and Divergence of Exercise-Based Approaches That Incorporate Motor Control for the Management of Low Back Pain. Journal of Orthopaedic and Sports Physical Therapy, 2019, 49, 437-452.	3.5	39
48	A prospective investigation of changes in the sensorimotor system following sports concussion. An exploratory study. Musculoskeletal Science and Practice, 2017, 29, 7-19.	1.3	38
49	Alteration of lumbar muscle morphology and composition in relation to low back pain: a systematic review and meta-analysis. Spine Journal, 2022, 22, 660-676.	1.3	38
50	Hip flexor muscle size, strength and recruitment pattern in patients with acetabular labral tears compared to healthy controls. Manual Therapy, 2014, 19, 405-410.	1.6	35
51	Musculoskeletal ultrasound imaging: diagnostic and treatment aid in rehabilitation. Physical Therapy Reviews, 1997, 2, 73-92.	0.8	34
52	Low Back Pain in Microgravity and Bed Rest Studies. Aerospace Medicine and Human Performance, 2015, 86, 541-547.	0.4	33
53	Muscle Imbalance Among Elite Australian Rules Football Players: A Longitudinal Study of Changes in Trunk Muscle Size. Journal of Athletic Training, 2012, 47, 314-319.	1.8	32
54	Morphology of the abdominal muscles in ballet dancers with and without low back pain: A magnetic resonance imaging study. Journal of Science and Medicine in Sport, 2014, 17, 452-456.	1.3	31

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55	Consistency in size and asymmetry of the psoas major muscle among elite footballers. British Journal of Sports Medicine, 2010, 44, 1173-1177.	6.7	30
56	Does flexion of the femoral implant in total knee arthroplasty increase knee flexion: A randomised controlled trial. Knee, 2014, 21, 257-263.	1.6	30
57	The assessment of abdominal and multifidus muscles and their role in physical function in older adults: a systematic review. Physiotherapy, 2017, 103, 21-39.	0.4	30
58	The role of physiotherapy in the European Space Agency strategy for preparation and reconditioning of astronauts before and after long duration space flight. Musculoskeletal Science and Practice, 2017, 27, S15-S22.	1.3	28
59	Different ways to balance the spine in sitting: Muscle activity in specific postures differs between individuals with and without a history of back pain in sitting. Clinical Biomechanics, 2018, 52, 25-32.	1.2	28
60	The effect of low back pain on trunk muscle size/function and hip strength in elite football (soccer) players. Journal of Sports Sciences, 2016, 34, 2303-2311.	2.0	27
61	Predicting football injuries using size and ratio of the multifidus and quadratus lumborum muscles. Scandinavian Journal of Medicine and Science in Sports, 2017, 27, 440-447.	2.9	27
62	Systematic review of countermeasures to minimise physiological changes and risk of injury to the lumbopelvic area following long-term microgravity. Musculoskeletal Science and Practice, 2017, 27, S5-S14.	1.3	26
63	Epidemiology of injuries in Australian school level rugby union. Journal of Science and Medicine in Sport, 2017, 20, 740-744.	1.3	26
64	Effect of prolonged bed rest on the anterior hip muscles. Gait and Posture, 2009, 30, 533-537.	1.4	25
65	Multifidus muscle size and symmetry among elite weightlifters. Physical Therapy in Sport, 2012, 13, 11-15.	1.9	25
66	Gluteus medius activation during running is a risk factor for season hamstring injuries in elite footballers. Journal of Science and Medicine in Sport, 2017, 20, 159-163.	1.3	25
67	Low Back Pain Patients Demonstrate Increased Hip Extensor Muscle Activity During Standardized Submaximal Rotation Efforts. Spine, 2006, 31, E999-E1005.	2.0	24
68	Abdominal muscle response to a simulated weight-bearing task by elite Australian Rules football players. Human Movement Science, 2012, 31, 129-138.	1.4	22
69	The relationship between the piriformis muscle, low back pain, lower limb injuries and motor control training among elite football players. Journal of Science and Medicine in Sport, 2015, 18, 407-411.	1.3	22
70	Test-retest reliability of measurements of abdominal and multifidus muscles using ultrasound imaging in adults aged 50â€“79 years. Musculoskeletal Science and Practice, 2017, 28, 79-84.	1.3	21
71	Injuries in Australian school-level rugby union. Journal of Sports Sciences, 2017, 35, 2088-2092.	2.0	21
72	Integrated clinical approach to motor control interventions in low back and pelvic pain. , 2013, , 243-309.		20

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73	Association between altered motor control of trunk muscles and head and neck injuries in elite footballers â€“ An exploratory study. Manual Therapy, 2016, 24, 46-51.	1.6	20
74	Self-reported Concussion History and Sensorimotor Tests Predict Head/Neck Injuries. Medicine and Science in Sports and Exercise, 2017, 49, 2385-2393.	0.4	20
75	Screen based keyboard operation: the adverse effects on the neural system. Australian Journal of Physiotherapy, 1995, 41, 99-107.	0.9	18
76	Trunk Dynamics Are Impaired in Ballet Dancers with Back Pain but Improve with Imagery. Medicine and Science in Sports and Exercise, 2015, 47, 1665-1671.	0.4	18
77	Parallels between astronauts and terrestrial patients â€“ Taking physiotherapy rehabilitation â€œTo infinity and beyondâ€. Musculoskeletal Science and Practice, 2017, 27, S32-S37.	1.3	18
78	The effects of exposure to microgravity and reconditioning of the lumbar multifidus and anterolateral abdominal muscles: implications for people with LBP. Spine Journal, 2021, 21, 477-491.	1.3	17
79	Local segmental control. , 2004, , 185-219.		15
80	Vestibulo-ocular dysfunction in adolescent rugby union players with and without a history of concussion. Musculoskeletal Science and Practice, 2019, 39, 144-149.	1.3	15
81	Magnetic resonance imaging assessment of regional abdominal muscle function in elite AFL players with and without low back pain. Manual Therapy, 2011, 16, 279-284.	1.6	14
82	Effect of motor control training on hip muscles in elite football players with and without low back pain. Journal of Science and Medicine in Sport, 2016, 19, 866-871.	1.3	14
83	Intrinsic foot muscle size can be measured reliably in weight bearing using ultrasound imaging. Gait and Posture, 2019, 68, 369-374.	1.4	14
84	Exploring the use of ultrasound imaging by physiotherapists: An international survey. Musculoskeletal Science and Practice, 2020, 49, 102213.	1.3	14
85	Post Space Mission Lumbo-Pelvic Neuromuscular Reconditioning: A European Perspective. Aviation, Space, and Environmental Medicine, 2014, 85, 764-765.	0.5	13
86	Lumbar muscle atrophy and increased relative intramuscular lipid concentration are not mitigated by daily artificial gravity after 60-day head-down tilt bed rest. Journal of Applied Physiology, 2021, 131, 356-368.	2.5	13
87	Intermittent short-arm centrifugation is a partially effective countermeasure against upright balance deterioration following 60-day head-down tilt bed rest. Journal of Applied Physiology, 2021, 131, 689-701.	2.5	13
88	Predicting a beneficial response to motor control training in patients with low back pain: a longitudinal cohort study. European Spine Journal, 2019, 28, 2462-2469.	2.2	12
89	Vitamin D supplements for trunk muscle morphology in older adults: secondary analysis of a randomized controlled trial. Journal of Cachexia, Sarcopenia and Muscle, 2019, 10, 177-187.	7.3	12
90	Injury surveillance of an Australian community netball club. Physical Therapy in Sport, 2020, 44, 41-46.	1.9	12

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91	Activation of the hip adductor muscles varies during a simulated weight-bearing task. Physical Therapy in Sport, 2016, 17, 19-23.	1.9	10
92	Hypogravity reduces trunk admittance and lumbar muscle activation in response to external perturbations. Journal of Applied Physiology, 2020, 128, 1044-1055.	2.5	10
93	Clinical utility of measuring the size of the lumbar multifidus and quadratus lumborum muscles in the Australian football league setting: A prospective cohort study. Physical Therapy in Sport, 2020, 46, 186-193.	1.9	9
94	State-of-the-Art Exercise Concepts for Lumbopelvic and Spinal Muscles â€“ Transferability to Microgravity. Frontiers in Physiology, 2019, 10, 837.	2.8	8
95	The prevalence and burden of recurrent headache in Australian adolescents: findings from the longitudinal study of Australian children. Journal of Headache and Pain, 2021, 22, 49.	6.0	8
96	Gluteal Muscle Atrophy and Increased Intramuscular Lipid Concentration Are Not Mitigated by Daily Artificial Gravity Following 60-Day Head-Down Tilt Bed Rest. Frontiers in Physiology, 2021, 12, 745811.	2.8	8
97	Terrestrial neuro-musculoskeletal rehabilitation and astronaut reconditioning: Reciprocal knowledge transfer. Musculoskeletal Science and Practice, 2017, 27, S1-S4.	1.3	7
98	Sensorimotor system changes in adolescent rugby players post-concussion: A prospective investigation from the subacute period through to return-to-sport. Musculoskeletal Science and Practice, 2022, 57, 102492.	1.3	7
99	Principles of the â€˜segmental stabilizationâ€™ exercise model. , 2004, , 175-183.		6
100	The association of concussion history and symptom presentation in combat sport athletes. Physical Therapy in Sport, 2021, 48, 101-108.	1.9	6
101	Intramuscular lipid concentration increased in localized regions of the lumbar muscles following 60 day bedrest. Spine Journal, 2022, 22, 616-628.	1.3	6
102	The effect of motor control training on abdominal muscle contraction during simulated weight bearing in elite cricketers. Physical Therapy in Sport, 2016, 20, 26-31.	1.9	5
103	Self-Managed Exercises, Fitness and Strength Training, and Multifidus Muscle Size in Elite Footballers. Journal of Athletic Training, 2017, 52, 649-655.	1.8	5
104	Mechanisms of traumatic injury to the shoulder girdle in the Australian Football League. Journal of Science and Medicine in Sport, 2019, 22, 987-991.	1.3	5
105	Lower limb joint position sense and prospective hamstring injury. Musculoskeletal Science and Practice, 2021, 53, 102371.	1.3	5
106	Hip muscle atrophy in patients with acetabular labral joint pathology. Clinical Anatomy, 2020, 33, 538-544.	2.7	4
107	Evaluation of patellar tendinopathy using the single leg decline squat test: Is pain location important?. Physical Therapy in Sport, 2020, 46, 254-259.	1.9	4
108	A prospective study of risk factors for hamstring injury in Australian football league players. Journal of Sports Sciences, 2021, 39, 1395-1401.	2.0	4

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109	The Effect of Human Tissue on Field Strength Measurements In Vivo Using a Resonant UHF Cavityâ€Backed Slot Antenna. Bioelectromagnetics, 2021, 42, 284-295.	1.6	4
110	Effects of a six-week exercise intervention on function, pain and lumbar multifidus muscle cross-sectional area in chronic low back pain: A proof-of-concept study. Musculoskeletal Science and Practice, 2020, 49, 102190.	1.3	3
111	Trunk muscle size and function in volleyball players with and without injuries to the head, neck and upper limb. Physical Therapy in Sport, 2022, 54, 1-7.	1.9	3
112	Open chain segmental control and progression into function. , 2004, , 233-246.		2
113	Motor control of the spine and changes in pain. , 2013, , 231-239.		2
114	Functional behaviour of spinal muscles after training with an exercise device developed to recruit and train postural muscles. Gait and Posture, 2018, 66, 189-193.	1.4	2
115	Vestibular and oculomotor function in male combat sport athletes. Journal of Science and Medicine in Sport, 2022, , .	1.3	2
116	Relationship between the morphology and composition of the lumbar paraspinal and psoas muscles and lumbar intervertebral motion in chronic lowâ€back pain: An exploratory study. Clinical Anatomy, 2022, 35, 762-772.	2.7	2
117	Injury reporting via SMS text messaging and online survey in community sport: A feasibility study. Translational Sports Medicine, 2019, 2, 351-357.	1.1	1
118	Pre-season screening of the upper body and trunk in Australian football players: A prospective study. Physical Therapy in Sport, 2020, 46, 120-130.	1.9	1
119	Lower limb MSK injuries among school-aged rugby and football players: a systematic review. BMJ Open Sport and Exercise Medicine, 2020, 6, e000806.	2.9	1
120	The Effects of Reconditioning Exercises Following Prolonged Bed Rest on Lumbopelvic Muscle Volume and Accumulation of Paraspinal Muscle Fat. Frontiers in Physiology, 0, 13, .	2.8	1
121	Joint injury. , 2004, , 119-127.		0
122	The relationship between control of the spine and low back pain. , 2013, , 99-111.		0
123	Answer to the Letter to the Editor of P. Kent et al. concerning "Predicting a beneficial response to motor control training in patients with low back pain: a longitudinal cohort study" by Hides JA, et al. (Eur Spine J. 2019; https://doi.org/10.1007/s00586-019-06045-7). European Spine Journal, 2019, 28, 2432-2432.	2.2	0
124	Musculoskeletal Ultrasound Clinical Roundtable Discussion. Athletic Training & Sports Health Care, 2009, 1, 104-105.	0.4	0
125	Cervical spine characteristics differ in competitive combat athletes compared with active control participants. Musculoskeletal Science and Practice, 2022, 61, 102614.	1.3	0