

# Sayaka Nakao

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/341682/publications.pdf>

Version: 2024-02-01

12  
papers

128  
citations

1478505

6  
h-index

1281871

11  
g-index

12  
all docs

12  
docs citations

12  
times ranked

117  
citing authors

#	ARTICLE	IF	CITATIONS
1	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
2	Ankle and toe muscle strength characteristics in runners with a history of medial tibial stress syndrome. <i>Journal of Foot and Ankle Research</i> , 2017, 10, 16.	1.9	15
3	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
4	Regional differential stretching of the pectoralis major muscle: An ultrasound elastography study. <i>Journal of Biomechanics</i> , 2021, 121, 110416.	2.1	10
5	Effects of trunk lean and foot lift exercises in sitting position on abdominal muscle activity and the contribution rate of transversus abdominis. <i>European Journal of Applied Physiology</i> , 2021, 121, 173-181.	2.5	8
6	Effect of static stretching with different rest intervals on muscle stiffness. <i>Journal of Biomechanics</i> , 2019, 90, 128-132.	2.1	7
7	Effect of different knee flexion angles with a constant hip and knee torque on the muscle forces and neuromuscular activities of hamstrings and gluteus maximus muscles. <i>European Journal of Applied Physiology</i> , 2019, 119, 399-407.	2.5	7
8	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
9	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
10	Epimuscular myofascial force transmission from biarticular rectus femoris elongation increases shear modulus of monoarticular quadriceps muscles. <i>Journal of Biomechanics</i> , 2021, 122, 110421.	2.1	5
11	Properties of triceps surae and Achilles tendon in forefoot and non-forefoot strike runners. <i>Journal of Sports Medicine and Physical Fitness</i> , 2022, 62, .	0.7	2
12	Effective stretching position of the coracobrachialis muscle. <i>Journal of Biomechanics</i> , 2021, 120, 110390.	2.1	0