

# Gisela Sjgaard

## 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.

93  
papers

4,084  
citations

35  
h-index

62  
g-index

97  
ext. papers

4,497  
ext. citations

4  
avg, IF

5.27  
L-index

#	Paper	IF	Citations
93	No evidence for an effect of working from home on neck pain and neck disability among Swiss office workers: Short-term impact of COVID-19. <i>European Spine Journal</i> , <b>2021</b> , 30, 1699-1707	2.7	5
92	Effect of non-sedation on physical function in survivors of critical illness - A substudy of the NONSEDA randomized trial. <i>Journal of Critical Care</i> , <b>2021</b> , 62, 58-64	4	3
91	A cluster-randomized trial of workplace ergonomics and neck-specific exercise versus ergonomics and health promotion for office workers to manage neck pain - a secondary outcome analysis. <i>BMC Musculoskeletal Disorders</i> , <b>2021</b> , 22, 68	2.8	3
90	No Evidence for a Decrease in Physical Activity Among Swiss Office Workers During COVID-19: A Longitudinal Study. <i>Frontiers in Psychology</i> , <b>2021</b> , 12, 620307	3.4	9
89	Effectiveness of App-Delivered, Tailored Self-management Support for Adults With Lower Back Pain-Related Disability: A selfBACK Randomized Clinical Trial. <i>JAMA Internal Medicine</i> , <b>2021</b> , 181, 1288-1296	11.5	10
88	The elixir of muscle activity and kinesiology in a health perspective: Evidence of worksite tailored exercise training alleviating muscle disorders. <i>Journal of Electromyography and Kinesiology</i> , <b>2021</b> , 61, 102600	2.5	2
87	On-site multi-component intervention to improve productivity and reduce the economic and personal burden of neck pain in Swiss office-workers (NEXpro): protocol for a cluster-randomized controlled trial. <i>BMC Musculoskeletal Disorders</i> , <b>2020</b> , 21, 391	2.8	7
86	Process evaluation of a workplace-based health promotion and exercise cluster-randomised trial to increase productivity and reduce neck pain in office workers: a RE-AIM approach. <i>BMC Public Health</i> , <b>2020</b> , 20, 180	4.1	11
85	Electromyographic Evaluation of Specific Elastic Band Exercises Targeting Neck and Shoulder Muscle Activation. <i>Applied Sciences (Switzerland)</i> , <b>2020</b> , 10, 756	2.6	2
84	Individualised physical exercise training and enhanced protein intake in older citizens during municipality-based rehabilitation: protocol for a randomised controlled trial. <i>BMJ Open</i> , <b>2020</b> , 10, e041605	3.5	0
83	Individualised physical exercise training and enhanced protein intake in older citizens during municipality-based rehabilitation: protocol for a randomised controlled trial. <i>BMJ Open</i> , <b>2020</b> , 10, e041605	3.5	0
82	The Effect of Physical Exercise Training on Neck and Shoulder Muscle Function Among Military Helicopter Pilots and Crew: A Secondary Analysis of a Randomized Controlled Trial. <i>Frontiers in Public Health</i> , <b>2020</b> , 8, 546286	6	2
81	Effects of Physical Exercise Training in the Workplace on Physical Fitness: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , <b>2019</b> , 49, 1903-1921	10.6	14
80	An App-Delivered Self-Management Program for People With Low Back Pain: Protocol for the selfBACK Randomized Controlled Trial. <i>JMIR Research Protocols</i> , <b>2019</b> , 8, e14720	2	16
79	The impact of workplace ergonomics and neck-specific exercise versus ergonomics and health promotion interventions on office worker productivity: A cluster-randomized trial. <i>Scandinavian Journal of Work, Environment and Health</i> , <b>2019</b> , 45, 42-52	4.3	28
78	Calcium Fluxes in Work-Related Muscle Disorder: Implications from a Rat Model. <i>BioMed Research International</i> , <b>2019</b> , 2019, 5040818	3	8
77	Workplace-Based Interventions for Neck Pain in Office Workers: Systematic Review and Meta-Analysis. <i>Physical Therapy</i> , <b>2018</b> , 98, 40-62	3.3	42

76	Self-administered physical exercise training as treatment of neck and shoulder pain among military helicopter pilots and crew: a randomized controlled trial. <i>BMC Musculoskeletal Disorders</i> , <b>2017</b> , 18, 147	2.8	16
75	Physical Activity as Cause and Cure of Muscular Pain: Evidence of Underlying Mechanisms. <i>Exercise and Sport Sciences Reviews</i> , <b>2017</b> , 45, 136-145	6.7	33
74	Enriching project organizations with formal change agents. <i>International Journal of Managing Projects in Business</i> , <b>2017</b> , 10, 578-599	2.4	7
73	Tribute to Dr Jacques Rogge: muscle activity and fatigue during hiking in Olympic dinghy sailing. <i>European Journal of Sport Science</i> , <b>2017</b> , 17, 611-620	3.9	4
72	Implementing workplace health promotion ¶role of middle managers. <i>International Journal of Workplace Health Management</i> , <b>2017</b> , 10, 164-178	1.3	15
71	The Effect of Intelligent Physical Exercise Training on Sickness Presenteeism and Absenteeism Among Office Workers. <i>Journal of Occupational and Environmental Medicine</i> , <b>2017</b> , 59, 942-948	2	20
70	Voluntary activation of the trapezius muscle in cases with neck/shoulder pain compared to healthy controls. <i>Journal of Electromyography and Kinesiology</i> , <b>2017</b> , 36, 56-64	2.5	3
69	Intelligent Physical Exercise Training in a Workplace Setting Improves Muscle Strength and Musculoskeletal Pain: A Randomized Controlled Trial. <i>BioMed Research International</i> , <b>2017</b> , 2017, 7914134	3.4	15
68	Implementing intelligent physical exercise training at the workplace: health effects among office workers-a randomized controlled trial. <i>European Journal of Applied Physiology</i> , <b>2016</b> , 116, 1433-42	3.4	24
67	Neck and shoulder muscle activity and posture among helicopter pilots and crew-members during military helicopter flight. <i>Journal of Electromyography and Kinesiology</i> , <b>2016</b> , 27, 10-7	2.5	21
66	Background, design and conceptual model of the cluster randomized multiple-component workplace study: FRamed Intervention to Decrease Occupational Muscle pain - "FRIDOM". <i>BMC Public Health</i> , <b>2016</b> , 16, 1116	4.1	11
65	Ten weeks of physical-cognitive-mindfulness training reduces fear-avoidance beliefs about work-related activity: Randomized controlled trial. <i>Medicine (United States)</i> , <b>2016</b> , 95, e3945	1.8	25
64	Exercise is more than medicine: The working age population¶ well-being and productivity. <i>Journal of Sport and Health Science</i> , <b>2016</b> , 5, 159-165	8.2	52
63	Does training frequency and supervision affect compliance, performance and muscular health? A cluster randomized controlled trial. <i>Manual Therapy</i> , <b>2015</b> , 20, 657-65		33
62	Aerobic training alone or combined with strength training affects fitness in elderly: Randomized trial. <i>European Journal of Sport Science</i> , <b>2015</b> , 15, 773-83	3.9	14
61	Specific exercise training for reducing neck and shoulder pain among military helicopter pilots and crew members: a randomized controlled trial protocol. <i>BMC Musculoskeletal Disorders</i> , <b>2015</b> , 16, 198	2.8	14
60	Non-sedation versus sedation with a daily wake-up trial in critically ill patients receiving mechanical ventilation--effects on physical function: study protocol for a randomized controlled trial: a substudy of the NONSEDA trial. <i>Trials</i> , <b>2015</b> , 16, 310	2.8	4
59	Sickness Presenteeism Among Health Care Workers and the Effect of BMI, Cardiorespiratory Fitness, and Muscle Strength. <i>Journal of Occupational and Environmental Medicine</i> , <b>2015</b> , 57, e146-52	2	17

58	The Consequence of Combined Pain and Stress on Work Ability in Female Laboratory Technicians: A Cross-Sectional Study. <i>International Journal of Environmental Research and Public Health</i> , <b>2015</b> , 12, 15834-42	4.6	18
57	When Intervention Meets Organisation, a Qualitative Study of Motivation and Barriers to Physical Exercise at the Workplace. <i>Scientific World Journal, The</i> , <b>2015</b> , 2015, 518561	2.2	26
56	Muscle activity pattern dependent pain development and alleviation. <i>Journal of Electromyography and Kinesiology</i> , <b>2014</b> , 24, 789-94	2.5	15
55	A conceptual model for worksite intelligent physical exercise training--IPET--intervention for decreasing life style health risk indicators among employees: a randomized controlled trial. <i>BMC Public Health</i> , <b>2014</b> , 14, 652	4.1	35
54	Algogenic substances and metabolic status in work-related Trapezius Myalgia: a multivariate explorative study. <i>BMC Musculoskeletal Disorders</i> , <b>2014</b> , 15, 357	2.8	12
53	Effect of training supervision on effectiveness of strength training for reducing neck/shoulder pain and headache in office workers: cluster randomized controlled trial. <i>BioMed Research International</i> , <b>2014</b> , 2014, 693013	3	38
52	Lasting effects of workplace strength training for neck/shoulder/arm pain among laboratory technicians: natural experiment with 3-year follow-up. <i>BioMed Research International</i> , <b>2014</b> , 2014, 845853	3	8
51	High-intensity strength training improves function of chronically painful muscles: case-control and RCT studies. <i>BioMed Research International</i> , <b>2014</b> , 2014, 187324	3	20
50	Effect of individually tailored biopsychosocial workplace interventions on chronic musculoskeletal pain, stress and work ability among laboratory technicians: randomized controlled trial protocol. <i>BMC Musculoskeletal Disorders</i> , <b>2014</b> , 15, 444	2.8	13
49	Effect of scapular function training on chronic pain in the neck/shoulder region: a randomized controlled trial. <i>Journal of Occupational Rehabilitation</i> , <b>2014</b> , 24, 316-24	3.6	67
48	Influence of self-efficacy on compliance to workplace exercise. <i>International Journal of Behavioral Medicine</i> , <b>2013</b> , 20, 365-70	2.6	16
47	Exercise training and work task induced metabolic and stress-related mRNA and protein responses in myalgic muscles. <i>BioMed Research International</i> , <b>2013</b> , 2013, 984523	3	18
46	Dose-response of strengthening exercise for treatment of severe neck pain in women. <i>Journal of Strength and Conditioning Research</i> , <b>2013</b> , 27, 3322-8	3.2	23
45	Effect of specific resistance training on musculoskeletal pain symptoms: dose-response relationship. <i>Journal of Strength and Conditioning Research</i> , <b>2013</b> , 27, 229-35	3.2	16
44	Effect of targeted strength, endurance, and coordination exercise on neck and shoulder pain among fighter pilots: a randomized-controlled trial. <i>Clinical Journal of Pain</i> , <b>2013</b> , 29, 50-9	3.5	29
43	Changed activation, oxygenation, and pain response of chronically painful muscles to repetitive work after training interventions: a randomized controlled trial. <i>European Journal of Applied Physiology</i> , <b>2012</b> , 112, 173-81	3.4	38
42	Influence of frequency and duration of strength training for effective management of neck and shoulder pain: a randomised controlled trial. <i>British Journal of Sports Medicine</i> , <b>2012</b> , 46, 1004-10	10.3	65
41	Effect of specific resistance training on forearm pain and work disability in industrial technicians: cluster randomised controlled trial. <i>BMJ Open</i> , <b>2012</b> , 2, e000412	3	21

40	Scapular muscle activity from selected strengthening exercises performed at low and high intensities. <i>Journal of Strength and Conditioning Research</i> , <b>2012</b> , 26, 2408-16	3.2	33
39	Effect of individualized worksite exercise training on aerobic capacity and muscle strength among construction workers--a randomized controlled intervention study. <i>Scandinavian Journal of Work, Environment and Health</i> , <b>2012</b> , 38, 467-75	4.3	39
38	Biofeedback effectiveness to reduce upper limb muscle activity during computer work is muscle specific and time pressure dependent. <i>Journal of Electromyography and Kinesiology</i> , <b>2011</b> , 21, 49-58	2.5	14
37	Strength training increases the size of the satellite cell pool in type I and II fibres of chronically painful trapezius muscle in females. <i>Journal of Physiology</i> , <b>2011</b> , 589, 5503-15	3.9	32
36	A randomised controlled trial among cleaners--effects on strength, balance and kinesiophobia. <i>BMC Public Health</i> , <b>2011</b> , 11, 776	4.1	35
35	Neck pain and postural balance among workers with high postural demands - a cross-sectional study. <i>BMC Musculoskeletal Disorders</i> , <b>2011</b> , 12, 176	2.8	33
34	Implementation of neck/shoulder exercises for pain relief among industrial workers: a randomized controlled trial. <i>BMC Musculoskeletal Disorders</i> , <b>2011</b> , 12, 205	2.8	99
33	Scapular dyskinesis in trapezius myalgia and intraexaminer reproducibility of clinical tests. <i>Physiotherapy Theory and Practice</i> , <b>2011</b> , 27, 492-502	1.5	16
32	Distribution of myogenic progenitor cells and myonuclei is altered in women with vs. those without chronically painful trapezius muscle. <i>Journal of Applied Physiology</i> , <b>2010</b> , 109, 1920-9	3.7	34
31	Physical activity, job demand-control, perceived stress-energy, and salivary cortisol in white-collar workers. <i>International Archives of Occupational and Environmental Health</i> , <b>2010</b> , 83, 143-53	3.2	47
30	Muscle oxygenation and glycolysis in females with trapezius myalgia during stress and repetitive work using microdialysis and NIRS. <i>European Journal of Applied Physiology</i> , <b>2010</b> , 108, 657-69	3.4	91
29	Effect of cycling on oxygenation of relaxed neck/shoulder muscles in women with and without chronic pain. <i>European Journal of Applied Physiology</i> , <b>2010</b> , 110, 389-94	3.4	32
28	Effect of physical exercise interventions on musculoskeletal pain in all body regions among office workers: a one-year randomized controlled trial. <i>Manual Therapy</i> , <b>2010</b> , 15, 100-4		105
27	Worksite interventions for preventing physical deterioration among employees in job-groups with high physical work demands: background, design and conceptual model of FINALE. <i>BMC Public Health</i> , <b>2010</b> , 10, 120	4.1	88
26	Protocol for work place adjusted intelligent physical exercise reducing musculoskeletal pain in shoulder and neck (VIMS): a cluster randomized controlled trial. <i>BMC Musculoskeletal Disorders</i> , <b>2010</b> , 11, 173	2.8	26
25	Effect of physical training on pain sensitivity and trapezius muscle morphology. <i>Muscle and Nerve</i> , <b>2010</b> , 41, 836-44	3.4	42
24	Systematic evaluation of observational methods assessing biomechanical exposures at work. <i>Scandinavian Journal of Work, Environment and Health</i> , <b>2010</b> , 36, 3-24	4.3	317
23	The effect of worksite physical activity intervention on physical capacity, health, and productivity: a 1-year randomized controlled trial. <i>Journal of Occupational and Environmental Medicine</i> , <b>2009</b> , 51, 759-70 <sup>2</sup>		77

22	Effect of contrasting physical exercise interventions on rapid force capacity of chronically painful muscles. <i>Journal of Applied Physiology</i> , <b>2009</b> , 107, 1413-9	3.7	49
21	Increased proportion of megafibers in chronically painful muscles. <i>Pain</i> , <b>2008</b> , 139, 588-593	8	44
20	Rapid muscle activation and force capacity in conditions of chronic musculoskeletal pain. <i>Clinical Biomechanics</i> , <b>2008</b> , 23, 1237-42	2.2	55
19	Muscle activation during selected strength exercises in women with chronic neck muscle pain. <i>Physical Therapy</i> , <b>2008</b> , 88, 703-11	3.3	65
18	Effect of physical training on function of chronically painful muscles: a randomized controlled trial. <i>Journal of Applied Physiology</i> , <b>2008</b> , 105, 1796-801	3.7	49
17	A randomized controlled intervention trial to relieve and prevent neck/shoulder pain. <i>Medicine and Science in Sports and Exercise</i> , <b>2008</b> , 40, 983-90	1.2	89
16	Torque-EMG-velocity relationship in female workers with chronic neck muscle pain. <i>Journal of Biomechanics</i> , <b>2008</b> , 41, 2029-35	2.9	57
15	Effect of two contrasting types of physical exercise on chronic neck muscle pain. <i>Arthritis and Rheumatism</i> , <b>2008</b> , 59, 84-91		175
14	One-year randomized controlled trial with different physical-activity programs to reduce musculoskeletal symptoms in the neck and shoulders among office workers. <i>Scandinavian Journal of Work, Environment and Health</i> , <b>2008</b> , 34, 55-65	4.3	150
13	Effects of electromyographic and mechanomyographic biofeedback on upper trapezius muscle activity during standardized computer work. <i>Ergonomics</i> , <b>2006</b> , 49, 921-33	2.9	32
12	Muscle tissue oxygenation, pressure, electrical, and mechanical responses during dynamic and static voluntary contractions. <i>European Journal of Applied Physiology</i> , <b>2006</b> , 96, 165-77	3.4	51
11	Voluntary low-force contraction elicits prolonged low-frequency fatigue and changes in surface electromyography and mechanomyography. <i>Journal of Electromyography and Kinesiology</i> , <b>2005</b> , 15, 138-48	2.5	67
10	Increase in interstitial interleukin-6 of human skeletal muscle with repetitive low-force exercise. <i>Journal of Applied Physiology</i> , <b>2005</b> , 98, 477-81	3.7	87
9	Evaluation of models used to study neuromuscular fatigue. <i>Exercise and Sport Sciences Reviews</i> , <b>2005</b> , 33, 9-16	6.7	57
8	Intramuscular pressure and EMG relate during static contractions but dissociate with movement and fatigue. <i>Journal of Applied Physiology</i> , <b>2004</b> , 96, 1522-9; discussion	3.7	35
7	The effect of physical and psychosocial loads on the trapezius muscle activity during computer keying tasks and rest periods. <i>European Journal of Applied Physiology</i> , <b>2004</b> , 91, 253-8	3.4	60
6	Development of muscle fatigue as assessed by electromyography and mechanomyography during continuous and intermittent low-force contractions: effects of the feedback mode. <i>European Journal of Applied Physiology</i> , <b>2002</b> , 87, 28-37	3.4	70
5	Dynamics and consequences of potassium shifts in skeletal muscle and heart during exercise. <i>Physiological Reviews</i> , <b>2000</b> , 80, 1411-81	47.9	353

4	Impaired sarcoplasmic reticulum Ca(2+) release rate after fatiguing stimulation in rat skeletal muscle. <i>Journal of Applied Physiology</i> , <b>2000</b> , 89, 210-7	3.7	58
3	A national cross-sectional study in the Danish wood and furniture industry on working postures and manual materials handling. <i>Ergonomics</i> , <b>1995</b> , 38, 793-805	2.9	28
2	Shoulder muscle load and muscle fatigue among industrial sewing-machine operators. <i>European Journal of Applied Physiology and Occupational Physiology</i> , <b>1993</b> , 67, 467-75		64
1	Potassium regulation during exercise and recovery. <i>Sports Medicine</i> , <b>1991</b> , 11, 382-401	10.6	73