Ari Heinonen

List of Publications by Citations

212 papers	10,337 citations	56 h-index	95 g-index
227 ext. papers	11,275 ext. citations	4.2 avg, IF	5.73 L-index

#	Paper	IF	Citations
212	Effect of starting age of physical activity on bone mass in the dominant arm of tennis and squash players. *Annals of Internal Medicine*, **1995**, 123, 27-31	8	497
211	Epidemiology of hip fractures. *Bone*, **1996**, 18, 57S-63S	4.7	483
210	Randomised controlled trial of effect of high-impact exercise on selected risk factors for osteoporotic fractures. *Lancet, The*, **1996**, 348, 1343-7	40	352
209	Bone mineral density in female athletes representing sports with different loading characteristics of the skeleton. *Bone*, **1995**, 17, 197-203	4.7	343
208	Shifting the focus in fracture prevention from osteoporosis to falls. *BMJ, The*, **2008**, 336, 124-6	5.9	270
207	Targeted exercise against osteoporosis: A systematic review and meta-analysis for optimising bone strength throughout life. *BMC Medicine*, **2010**, 8, 47	11.4	267
206	A randomized school-based jumping intervention confers site and maturity-specific benefits on bone structural properties in girls: a hip structural analysis study. *Journal of Bone and Mineral Research*, **2002**, 17, 363-72	6.3	246
205	High-impact exercise and bones of growing girls: a 9-month controlled trial. *Osteoporosis International*, **2000**, 11, 1010-7	5.3	224
204	Effect of long-term unilateral activity on bone mineral density of female junior tennis players. *Journal of Bone and Mineral Research*, **1998**, 13, 310-9	6.3	215
203	Peripheral quantitative computed tomography in human long bones: evaluation of in vitro and in vivo precision. *Journal of Bone and Mineral Research*, **1998**, 13, 871-82	6.3	205
202	Femoral neck structure in adult female athletes subjected to different loading modalities. *Journal of Bone and Mineral Research*, **2005**, 20, 520-8	6.3	179
201	Effects of unilateral strength training and detraining on bone mineral density and content in young women: a study of mechanical loading and deloading on human bones. *Calcified Tissue International* , **1994**, 55, 59-67	3.9	171
200	Health benefits of different sport disciplines for adults: systematic review of observational and intervention studies with meta-analysis. *British Journal of Sports Medicine*, **2015**, 49, 434-40	10.3	163
199	Loading modalities and bone structures at nonweight-bearing upper extremity and weight-bearing lower extremity: a pQCT study of adult female athletes. *Bone*, **2006**, 39, 886-94	4.7	154
198	Bone mineral density of female athletes in different sports. *Bone and Mineral*, **1993**, 23, 1-14		152
197	Dimensions and estimated mechanical characteristics of the humerus after long-term tennis loading. *Journal of Bone and Mineral Research*, **1996**, 11, 864-72	6.3	147
196	Transmission of vertical whole body vibration to the human body. *Journal of Bone and Mineral Research*, **2008**, 23, 1318-25	6.3	146

195	Long-term unilateral loading and bone mineral density and content in female squash players. *Calcified Tissue International*, **1994**, 54, 249-55	3.9	141
194	Effect of alendronate and exercise on bone and physical performance of postmenopausal women: a randomized controlled trial. *Bone*, **2003**, 33, 132-43	4.7	140
193	A multi-component exercise regimen to prevent functional decline and bone fragility in home-dwelling elderly women: randomized, controlled trial. *Osteoporosis International*, **2007**, 18, 453-62	5.3	135
192	Good maintenance of exercise-induced bone gain with decreased training of female tennis and squash players: a prospective 5-year follow-up study of young and old starters and controls. *Journal of Bone and Mineral Research*, **2001**, 16, 195-201	6.3	131
191	Too Fit To Fracture: exercise recommendations for individuals with osteoporosis or osteoporotic vertebral fracture. *Osteoporosis International*, **2014**, 25, 821-35	5.3	122
190	Effects of physiotherapy interventions on balance in multiple sclerosis: a systematic review and meta-analysis of randomized controlled trials. *Journal of Rehabilitation Medicine*, **2012**, 44, 811-23	3.4	111
189	Estimation of various mechanical characteristics of human bones using dual energy X-ray absorptiometry: methodology and precision. *Bone*, **1996**, 18, 17S-27S	4.7	110
188	Mineral mass, size, and estimated mechanical strength of triple jumpers' lower limb. *Bone*, **2001**, 29, 279-85	4.7	107
187	Site-specific skeletal response to long-term weight training seems to be attributable to principal loading modality: a pQCT study of female weightlifters. *Calcified Tissue International*, **2002**, 70, 469-74	3.9	106
186	Serum TRACP 5b is a useful marker for monitoring alendronate treatment: comparison with other markers of bone turnover. *Journal of Bone and Mineral Research*, **2005**, 20, 1804-12	6.3	101
185	Changes in bone mineral content with decreased training in competitive young adult tennis players and controls: a prospective 4-yr follow-up. *Medicine and Science in Sports and Exercise*, **1999**, 31, 646-52	1.2	97
184	Targeted exercises against hip fragility. *Osteoporosis International*, **2009**, 20, 1321-8	5.3	95
183	Knee extension strength is a significant determinant of static and dynamic balance as well as quality of life in older community-dwelling women with osteoporosis. *Gerontology*, **2002**, 48, 360-8	5.5	86
182	Effect of two training regimens on bone mineral density in healthy perimenopausal women: a randomized controlled trial. *Journal of Bone and Mineral Research*, **1998**, 13, 483-90	6.3	84
181	Both resistance and agility training increase cortical bone density in 75- to 85-year-old women with low bone mass: a 6-month randomized controlled trial. *Journal of Clinical Densitometry*, **2004**, 7, 390-8	3.5	83
180	Interventions to prevent sports related injuries: a systematic review and meta-analysis of randomised controlled trials. *Sports Medicine*, **2014**, 44, 473-86	10.6	82
179	Construct and predictive validity of a self-reported measure of preclinical mobility limitation. *Archives of Physical Medicine and Rehabilitation*, **2007**, 88, 1108-13	2.8	82
178	Associations of physical activity and calcium intake with bone mass and size in healthy women at different ages. *Journal of Bone and Mineral Research*, **1998**, 13, 133-42	6.3	81

177	A cruciate ligament injury produces considerable, permanent osteoporosis in the affected knee. *Journal of Bone and Mineral Research*, **1992**, 7, 1429-34	6.3	80
176	Effects of unilateral strength training and detraining on bone mineral mass and estimated mechanical characteristics of the upper limb bones in young women. *Journal of Bone and Mineral Research*, **1996**, 11, 490-501	6.3	79
175	Cross-sectional geometry of weight-bearing tibia in female athletes subjected to different exercise loadings. *Osteoporosis International*, **2010**, 21, 1687-94	5.3	78
174	Randomized controlled study of effects of sudden impact loading on rat femur. *Journal of Bone and Mineral Research*, **1998**, 13, 1475-82	6.3	78
173	Type of sport is related to injury profile: a study on cross country skiers, swimmers, long-distance runners and soccer players. A retrospective 12-month study. *Scandinavian Journal of Medicine and Science in Sports*, **2010**, 20, 384-93	4.6	73
172	Effectiveness of constraint-induced movement therapy on activity and participation after stroke: a systematic review and meta-analysis of randomized controlled trials. *Clinical Rehabilitation*, **2012**, 26, 209-23	3.3	72
171	Muscle deficits persist after unilateral knee replacement and have implications for rehabilitation. *Physical Therapy*, **2009**, 89, 1072-9	3.3	71
170	Results of a 10 week community based strength and balance training programme to reduce fall risk factors: a randomised controlled trial in 65-75 year old women with osteoporosis. *British Journal of Sports Medicine*, **2001**, 35, 348-51	10.3	71
169	Development of mass, density, and estimated mechanical characteristics of bones in Caucasian females. *Journal of Bone and Mineral Research*, **1996**, 11, 1751-60	6.3	70
168	Too Fit To Fracture: outcomes of a Delphi consensus process on physical activity and exercise recommendations for adults with osteoporosis with or without vertebral fractures. *Osteoporosis International*, **2015**, 26, 891-910	5.3	68
167	Reproducibility of imaging human knee cartilage by delayed gadolinium-enhanced MRI of cartilage (dGEMRIC) at 1.5 Tesla. *Osteoarthritis and Cartilage*, **2009**, 17, 559-64	6.2	68
166	Untreated Scheuermann's disease: a 37-year follow-up study. *European Spine Journal*, **2012**, 21, 819-24	2.7	66
165	Ground reaction forces associated with an effective elementary school based jumping intervention. *British Journal of Sports Medicine*, **2005**, 39, 10-4	10.3	66
164	Reproducibility of computer measurement of maximal isometric strength and electromyography in sedentary middle-aged women. *European Journal of Applied Physiology and Occupational Physiology* , **1994**, 68, 310-4		66
163	Prevention of sports injuries: systematic review of randomized controlled trials. *Archives of Internal Medicine*, **2007**, 167, 1585-92		62
162	A rotator cuff rupture produces permanent osteoporosis in the affected extremity, but not in those with whom shoulder function has returned to normal. *Journal of Bone and Mineral Research*, **1995**, 10, 1263-71	6.3	61
161	Orthopaedic manual therapy, McKenzie method or advice only for low back pain in working adults: a randomized controlled trial with one year follow-up. *Journal of Rehabilitation Medicine*, **2008**, 40, 858-63	3.4	60
160	Factors predicting dynamic balance and quality of life in home-dwelling elderly women. *Gerontology*, **2005**, 51, 116-21	5.5	60

159	Physiological effects of walking and cycling to work. *Scandinavian Journal of Medicine and Science in Sports*, **2007**, 1, 151-157	4.6	57
158	Direction-specific diaphyseal geometry and mineral mass distribution of tibia and fibula: a pQCT study of female athletes representing different exercise loading types. *Calcified Tissue International* , **2010**, 86, 447-54	3.9	56
157	Adaptation of bone to altered loading environment: a biomechanical approach using X-ray absorptiometric data from the patella of a young woman. *Bone*, **1996**, 19, 55-9	4.7	56
156	Bone mineral density and muscle strength of lower extremities after long-term strength training, subsequent knee ligament injury and rehabilitation: a unique 2-year follow-up of a 26-year-old female student. *Bone*, **1994**, 15, 85-90	4.7	56
155	Dose-response relationship of specific training to reduce chronic neck pain and disability. *Medicine and Science in Sports and Exercise*, **2006**, 38, 2068-74	1.2	54
154	Which muscles compromise human locomotor performance with age?. *Journal of the Royal Society Interface*, **2014**, 11, 20140858	4.1	52
153	Effects of aquatic resistance training on mobility limitation and lower-limb impairments after knee replacement. *Archives of Physical Medicine and Rehabilitation*, **2010**, 91, 833-9	2.8	52
152	Why is the age-standardized incidence of low-trauma fractures rising in many elderly populations?. *Journal of Bone and Mineral Research*, **2002**, 17, 1363-7	6.3	51
151	Good maintenance of high-impact activity-induced bone gain by voluntary, unsupervised exercises: An 8-month follow-up of a randomized controlled trial. *Journal of Bone and Mineral Research*, **1999**, 14, 125-8	6.3	51
150	Community-based exercise program reduces risk factors for falls in 65- to 75-year-old women with osteoporosis: randomized controlled trial. *Cmaj*, **2002**, 167, 997-1004	3.5	51
149	Flexible multibody simulation approach in the analysis of tibial strain during walking. *Journal of Biomechanics*, **2008**, 41, 1036-43	2.9	49
148	Muscle cross-sectional area is associated with specific site of bone in prepubertal girls: a quantitative magnetic resonance imaging study. *Bone*, **2001**, 29, 388-92	4.7	49
147	Effect of therapeutic aquatic exercise on symptoms and function associated with lower limb osteoarthritis: systematic review with meta-analysis. *Physical Therapy*, **2014**, 94, 1383-95	3.3	48
146	Biomechanical loading in the triple jump. *Journal of Sports Sciences*, **2000**, 18, 363-70	3.6	48
145	Differential effects of exercise on tibial shaft marrow density in young female athletes. *Journal of Clinical Endocrinology and Metabolism*, **2013**, 98, 2037-44	5.6	47
144	EXPLORING THE POLITICAL-ECONOMIC FACTORS OF PARTICIPATORY JOURNALISM. *Journalism Practice*, **2010**, 4, 285-296	1.2	46
143	Effects of resistance training on lower-extremity impairments in older people with hip fracture. *Archives of Physical Medicine and Rehabilitation*, **2008**, 89, 1667-74	2.8	45
142	Effects of high-impact training on bone and articular cartilage: 12-month randomized controlled quantitative MRI study. *Journal of Bone and Mineral Research*, **2014**, 29, 192-201	6.3	44

141	Exercise loading and cortical bone distribution at the tibial shaft. *Bone*, **2011**, 48, 786-91	4.7	44
140	Does previous participation in high-impact training result in residual bone gain in growing girls? One year follow-up of a 9-month jumping intervention. *International Journal of Sports Medicine*, **2002**, 23, 575-81	3.6	44
139	Former exercisers of an 18-month intervention display residual aBMD benefits compared with control women 3.5 years post-intervention: a follow-up of a randomized controlled high-impact trial. *Osteoporosis International*, **2004**, 15, 248-51	5.3	43
138	Exercise therapy for functional capacity in chronic diseases: an overview of meta-analyses of randomised controlled trials. *British Journal of Sports Medicine*, **2017**, 51, 1459-1465	10.3	41
137	Effects of high intensity resistance aquatic training on body composition and walking speed in women with mild knee osteoarthritis: a 4-month RCT with 12-month follow-up. *Osteoarthritis and Cartilage*, **2017**, 25, 1238-1246	6.2	40
136	Effects of a home-based physical rehabilitation program on physical disability after hip fracture: a randomized controlled trial. *Journal of the American Medical Directors Association*, **2015**, 16, 350.e1-7	5.9	40
135	Maintenance of exercise-induced benefits in physical functioning and bone among elderly women. *Osteoporosis International*, **2009**, 20, 665-74	5.3	40
134	Long-term leisure time physical activity and properties of bone: a twin study. *Journal of Bone and Mineral Research*, **2009**, 24, 1427-33	6.3	40
133	Association between weight cycling history and bone mineral density in premenopausal women. *Osteoporosis International*, **1997**, 7, 354-8	5.3	40
132	An open source approach for regional cortical bone mineral density analysis. *Journal of Musculoskeletal Neuronal Interactions*, **2011**, 11, 243-8	1.3	36
131	Relationship between ventilatory function and age in master athletes and a sedentary reference population. *Age*, **2013**, 35, 1007-15		34
130	Evidence for the effectiveness of walking training on walking and self-care after stroke: a systematic review and meta-analysis of randomized controlled trials. *Journal of Rehabilitation Medicine*, **2014**, 46, 387-99	3.4	34
129	Long-term recreational gymnastics, estrogen use, and selected risk factors for osteoporotic fractures. *Journal of Bone and Mineral Research*, **1999**, 14, 1231-8	6.3	34
128	Efficacy of progressive aquatic resistance training for tibiofemoral cartilage in postmenopausal women with mild knee osteoarthritis: a randomised controlled trial. *Osteoarthritis and Cartilage*, **2016**, 24, 1708-1717	6.2	34
127	Outdoor and indoor falls as predictors of mobility limitation in older women. *Age and Ageing*, **2009**, 38, 757-61	3	32
126	Gender differences in sport injury risk and types of inju-ries: a retrospective twelve-month study on cross-country skiers, swimmers, long-distance runners and soccer players. *Journal of Sports Science and Medicine*, **2009**, 8, 443-51	2.7	32
125	High ankle injury rate in adolescent basketball: A 3-year prospective follow-up study. *Scandinavian Journal of Medicine and Science in Sports*, **2017**, 27, 643-649	4.6	31
124	Walking recovery after a hip fracture: a prospective follow-up study among community-dwelling over 60-year old men and women. *BioMed Research International*, **2014**, 2014, 289549	3	30

123	. *European Journal of Sport Science*, **2012**, 12, 274-282	3.9	30
122	Combined resistance and balance-jumping exercise reduces older women's injurious falls and fractures: 5-year follow-up study. *Age and Ageing*, **2015**, 44, 784-9	3	29
121	Neuromuscular performance and bone structural characteristics in young healthy men and women. *European Journal of Applied Physiology*, **2008**, 102, 215-22	3.4	28
120	Long-term effect of physical activity counseling on mobility limitation among older people: a randomized controlled study. *Journals of Gerontology - Series A Biological Sciences and Medical Sciences*, **2009**, 64, 83-9	6.4	27
119	Genetic and environmental influence on structural strength of weight-bearing and non-weight-bearing bone: a twin study. *Journal of Bone and Mineral Research*, **2008**, 23, 492-8	6.3	27
118	Association between frontal plane knee control and lower extremity injuries: a prospective study on young team sport athletes. *BMJ Open Sport and Exercise Medicine*, **2018**, 4, e000311	3.4	26
117	Tibial and fibular mid-shaft bone traits in young and older sprinters and non-athletic men. *Calcified Tissue International*, **2014**, 95, 132-40	3.9	26
116	Effects of Exercise on Patellar Cartilage in Women with Mild Knee Osteoarthritis. *Medicine and Science in Sports and Exercise*, **2015**, 47, 1767-74	1.2	26
115	Too Fit To Fracture: a consensus on future research priorities in osteoporosis and exercise. *Osteoporosis International*, **2014**, 25, 1465-72	5.3	25
114	Walking and Running Require Greater Effort from the Ankle than the Knee Extensor Muscles. *Medicine and Science in Sports and Exercise*, **2016**, 48, 2181-2189	1.2	25
113	The effect of aquatic exercise on physical functioning in the older adult: a systematic review with meta-analysis. *Age and Ageing*, **2016**, 45, 593-601	3	24
112	Epidemiology of Overuse Injuries in Youth Team Sports: A 3-year Prospective Study. *International Journal of Sports Medicine*, **2017**, 38, 847-856	3.6	24
111	Predictors of lower extremity injuries in team sports (PROFITS-study): a study protocol. *BMJ Open Sport and Exercise Medicine*, **2015**, 1, e000076	3.4	24
110	Flexible multibody approach in forward dynamic simulation of locomotive strains in human skeleton with flexible lower body bones. *Multibody System Dynamics*, **2011**, 25, 395-409	2.8	24
109	Promoting mobility after hip fracture (ProMo): study protocol and selected baseline results of a year-long randomized controlled trial among community-dwelling older people. *BMC Musculoskeletal Disorders*, **2011**, 12, 277	2.8	23
108	Vitamin D receptor alleles and bone's response to physical activity. *Calcified Tissue International*, **1998**, 62, 413-7	3.9	23
107	Load-specific differences in the structure of femoral neck and tibia between world-class moguls skiers and slalom skiers. *Scandinavian Journal of Medicine and Science in Sports*, **2008**, 18, 145-53	4.6	23
106	Long-term recreational gymnastics provides a clear benefit in age-related functional decline and bone loss. A prospective 6-year study. *Osteoporosis International*, **2006**, 17, 1154-64	5.3	23

105	Knee extensor and flexor muscle power explains stair ascension time in patients with unilateral late-stage knee osteoarthritis: a cross-sectional study. *Archives of Physical Medicine and Rehabilitation*, **2015**, 96, 253-9	2.8	22
104	Maintenance of aquatic training-induced benefits on mobility and lower-extremity muscles among persons with unilateral knee replacement. *Archives of Physical Medicine and Rehabilitation*, **2011**, 92, 1944-50	2.8	22
103	Bone density, structure and strength, and their determinants in aging sprint athletes. *Medicine and Science in Sports and Exercise*, **2012**, 44, 2340-9	1.2	22
102	Impaired geometric properties of tibia in older women with hip fracture history. *Osteoporosis International*, **2007**, 18, 1083-90	5.3	22
101	Disproportionate, age-related bone loss in long bone ends: a structural analysis based on dual-energy X-ray absorptiometry. *Osteoporosis International*, **1999**, 10, 295-302	5.3	22
100	Side-to-side differences in bone strength in master jumpers and sprinters. *Journal of Musculoskeletal Neuronal Interactions*, **2011**, 11, 298-305	1.3	22
99	Effectiveness of technology-based distance physical rehabilitation interventions on physical activity and walking in multiple sclerosis: a systematic review and meta-analysis of randomized controlled trials. *Disability and Rehabilitation*, **2018**, 40, 373-387	2.4	21
98	Low Back Pain in Young Basketball and Floorball Players. *Clinical Journal of Sport Medicine*, **2016**, 26, 376-80	3.2	21
97	Neuromuscular performance and body mass as indices of bone loading in premenopausal and postmenopausal women. *Bone*, **2010**, 46, 964-9	4.7	21
96	Bone rigidity to neuromuscular performance ratio in young and elderly men. *Bone*, **2009**, 45, 956-63	4.7	21
95	Associations of hormone replacement therapy with bone structure and physical performance among postmenopausal women. *Bone*, **2003**, 32, 704-10	4.7	21
94	Determinants of changes in bone mass and femoral neck structure, and physical performance after menopause: a 9-year follow-up of initially peri-menopausal women. *Osteoporosis International*, **2005** , 16, 616-22	5.3	21
93	Health-related quality of life and physical activity in persons at high risk for type 2 diabetes. *Disability and Rehabilitation*, **2009**, 31, 799-805	2.4	20
92	Analysis of dynamic strains in tibia during human locomotion based on flexible multibody approach integrated with magnetic resonance imaging technique. *Multibody System Dynamics*, **2008**, 20, 287-306	2.8	20
91	Relations between subdomains of physical activity, sedentary lifestyle, and quality of life in young adult men. *Scandinavian Journal of Medicine and Science in Sports*, **2018**, 28, 1389-1396	4.6	20
90	Effects of high-impact training and detraining on femoral neck structure in premenopausal women: a hip structural analysis of an 18-month randomized controlled exercise intervention with 3.5-year follow-up. *Physiotherapy Canada Physiotherapie Canada*, **2012**, 64, 98-105	0.8	19
89	Impact experiments of an external hip protector in young volunteers. *Calcified Tissue International*, **1997**, 60, 354-7	3.9	19
88	From "Non-encounters" to autonomic agency. Conceptions of patients with low back pain about their encounters in the health care system. *Musculoskeletal Care*, **2018**, 16, 269-277	1.6	18

87	Effects of a progressive aquatic resistance exercise program on the biochemical composition and morphology of cartilage in women with mild knee osteoarthritis: protocol for a randomised controlled trial. *BMC Musculoskeletal Disorders*, **2013**, 14, 82	2.8	18
86	Muscle cross-sectional area and structural bone strength share genetic and environmental effects in older women. *Journal of Bone and Mineral Research*, **2009**, 24, 338-45	6.3	18
85	Short-term bone biochemical response to a single bout of high-impact exercise. *Journal of Sports Science and Medicine*, **2009**, 8, 553-9	2.7	18
84	Effectiveness of physical activity promoting technology-based distance interventions compared to usual care. Systematic review, meta-analysis and meta-regression. *European Journal of Physical and Rehabilitation Medicine*, **2017**, 53, 953-967	4.4	17
83	Effects of intensive strength-power training on sense of coherence among 60-85-year-old people with hip fracture: a randomized controlled trial. *Aging Clinical and Experimental Research*, **2012**, 24, 295-9	4.8	17
82	Physical Activity Is Related with Cartilage Quality in Women with Knee Osteoarthritis. *Medicine and Science in Sports and Exercise*, **2017**, 49, 1323-1330	1.2	16
81	Acute injuries in Finnish junior floorball league players. *Journal of Science and Medicine in Sport*, **2018**, 21, 268-273	4.4	16
80	Effects of progressive resistance training on physical disability among older community-dwelling people with history of hip fracture. *Aging Clinical and Experimental Research*, **2012**, 24, 171-5	4.8	16
79	Effectiveness of technology-based distance interventions promoting physical activity: Systematic review, meta-analysis and meta-regression. *Journal of Rehabilitation Medicine*, **2017**, 49, 97-105	3.4	15
78	Three-month bilateral hopping intervention is ineffective in initiating bone biomarker response in healthy elderly men. *European Journal of Applied Physiology*, **2011**, 111, 2155-62	3.4	15
77	Self-reported preclinical mobility limitation and fall history as predictors of future falls in older women: prospective cohort study. *Osteoporosis International*, **2010**, 21, 689-93	5.3	15
76	Relationships of leisure-time physical activity and work ability between different occupational physical demands in adult working men. *International Archives of Occupational and Environmental Health*, **2019**, 92, 739-746	3.2	14
75	Effects of exercise on health-related quality of life and fear of falling in home-dwelling older women. *Journal of Aging and Physical Activity*, **2012**, 20, 198-214	1.6	14
74	Diffusion capacity of the lung in young and old endurance athletes. *International Journal of Sports Medicine*, **2013**, 34, 1051-7	3.6	13
73	Outcome comparison among working adults with centralizing low back pain: Secondary analysis of a randomized controlled trial with 1-year follow-up. *Advances in Physiotherapy*, **2009**, 11, 210-217		13
72	Lower-limb pain, disease, and injury burden as determinants of muscle strength deficit after hip fracture. *Journal of Bone and Joint Surgery - Series A*, **2009**, 91, 1720-8	5.6	12
71	A full body musculoskeletal model based on flexible multibody simulation approach utilised in bone strain analysis during human locomotion. *Computer Methods in Biomechanics and Biomedical Engineering*, **2011**, 14, 573-9	2.1	12
70	Effects of a 20-week high-intensity strength and sprint training program on tibial bone structure and strength in middle-aged and older male sprint athletes: a randomized controlled trial. *Osteoporosis International*, **2017**, 28, 2663-2673	5.3	11

69	Bone and cartilage characteristics in postmenopausal women with mild knee radiographic osteoarthritis and those without radiographic osteoarthritis. *Journal of Musculoskeletal Neuronal Interactions*, **2015**, 15, 69-77	1.3	11
68	What Makes a 97-Year-Old Man Cycle 5,000 km a Year?. *Gerontology*, **2016**, 62, 508-12	5.5	10
67	Influence of long-term postmenopausal hormone-replacement therapy on estimated structural bone strength: a study in discordant monozygotic twins. *Journal of Bone and Mineral Research*, **2011**, 26, 546-52	6.3	10
66	Urinary osteocalcin is a useful marker for monitoring the effect of alendronate therapy. *Clinical Chemistry*, **2005**, 51, 2362-5	5.5	10
65	Training-related risk factors in the etiology of overuse injuries in endurance sports. *Journal of Sports Medicine and Physical Fitness*, **2014**, 54, 78-87	1.4	10
64	Effect of progressive high-impact exercise on femoral neck structural strength in postmenopausal women with mild knee osteoarthritis: a 12-month RCT. *Osteoporosis International*, **2017**, 28, 1323-1333	5.3	9
63	Balance confidence and functional balance are associated with physical disability after hip fracture. *Gait and Posture*, **2013**, 37, 201-5	2.6	9
62	Declining Physical Performance Associates with Serum FasL, miR-21, and miR-146a in Aging Sprinters. *BioMed Research International*, **2017**, 2017, 8468469	3	9
61	Inter- and intra-tester reliability of selected clinical tests in examining patients with early phase lumbar spine and sacroiliac joint pain and dysfunction. *Advances in Physiotherapy*, **2010**, 12, 74-80		9
60	The effects of muscle strength and power training on mobility among older hip fracture patients. *Advances in Physiotherapy*, **2008**, 10, 195-202		9
59	Effect of discontinuation of alendronate treatment and exercise on bone mass and physical fitness: 15-month follow-up of a randomized, controlled trial. *Bone*, **2004**, 35, 799-805	4.7	9
58	Effectiveness of Technology-Based Distance Physical Rehabilitation Interventions for Improving Physical Functioning in Stroke: A Systematic Review and Meta-analysis of Randomized Controlled Trials. *Archives of Physical Medicine and Rehabilitation*, **2019**, 100, 1339-1358	2.8	8
57	Ankle and knee extensor muscle effort during locomotion in young and older athletes: Implications for understanding age-related locomotor decline. *Scientific Reports*, **2020**, 10, 2801	4.9	8
56	Altered hip control during a standing knee-lift test is associated with increased risk of knee injuries. *Scandinavian Journal of Medicine and Science in Sports*, **2020**, 30, 922-931	4.6	8
55	Incidence and risk factors for back pain in young floorball and basketball players: A Prospective study. *Scandinavian Journal of Medicine and Science in Sports*, **2018**, 28, 2407-2415	4.6	8
54	Sense of coherence: effect on adherence and response to resistance training in older people with hip fracture history. *Journal of Aging and Physical Activity*, **2014**, 22, 138-45	1.6	8
53	Effects of a rehabilitation program on perceived environmental barriers in older patients recovering from hip fracture: a randomized controlled trial. *BioMed Research International*, **2013**, 2013, 769645	3	8
52	Does hysterectomy with ovarian conservation affect bone metabolism and density?. *Journal of Bone and Mineral Metabolism*, **2003**, 21, 12-6	2.9	8

51	Association between radiography-based subchondral bone structure and MRI-based cartilage composition in postmenopausal women with mild osteoarthritis. *Osteoarthritis and Cartilage*, **2017**, 25, 2039-2046	6.2	7
50	Greater maintenance of bone mineral content in male than female athletes and in sprinting and jumping than endurance athletes: a longitudinal study of bone strength in elite masters athletes. *Archives of Osteoporosis*, **2020**, 15, 87	2.9	7
49	Effects of progressive aquatic resistance training on symptoms and quality of life in women with knee osteoarthritis: A secondary analysis. *Scandinavian Journal of Medicine and Science in Sports*, **2020**, 30, 1064-1072	4.6	7
48	Progression of untreated mild thoracic Scheuermann's kyphosis□□Radiographic and functional assessment after mean follow-up of 46□years. *Journal of Orthopaedic Science*, **2017**, 22, 652-657	1.6	7
47	Seventy-year-old habitual volleyball players have larger tibial cross-sectional area and may be differentiated from their age-matched peers by the osteogenic index in dynamic performance. *European Journal of Applied Physiology*, **2010**, 109, 651-8	3.4	7
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