Sarianna Sipila

List of Publications by Year
in descending order

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199	8,393	34076	66879
papers	citations	52 h-index	78 g-index

204	204	204	9658
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	Aging, muscle fiber type, and contractile function in sprint-trained athletes. Journal of Applied Physiology, 2006, 101, 906-917.	1.2	245
2	Age-related differences in Achilles tendon properties and triceps surae muscle architecture in vivo. Journal of Applied Physiology, 2012, 113, 1537-1544.	1.2	218
3	Methodological Considerations for Studies in Sport and Exercise Science with Women as Participants: A Working Guide for Standards of Practice for Research on Women. Sports Medicine, 2021, 51, 843-861.	3.1	208
4	Long-term Leisure-time Physical Activity and Serum Metabolome. Circulation, 2013, 127, 340-348.	1.6	193
5	Coimpairments as Predictors of Severe Walking Disability in Older Women. Journal of the American Geriatrics Society, 2001, 49, 21-27.	1.3	190
6	Effects of strength and endurance training on isometric muscle strength and walking speed in elderly women. Acta Physiologica Scandinavica, 1996, 156, 457-464.	2.3	184
7	Effects of hormone replacement therapy and high-impact physical exercise on skeletal muscle in post-menopausal women: a randomized placebo-controlled study. Clinical Science, 2001, 101, 147-157.	1.8	160
8	Changes in Postural Balance in Frail Elderly Women during a 4-Week Visual Feedback Training: A Randomized Controlled Trial. Gerontology, 2004, 50, 87-95.	1.4	151
9	Effects of power training on muscle structure and neuromuscular performance. Scandinavian Journal of Medicine and Science in Sports, 2005, 15, 58-64.	1.3	128
10	Postmenopausal hormone replacement therapy modifies skeletal muscle composition and function: a study with monozygotic twin pairs. Journal of Applied Physiology, 2009, 107, 25-33.	1.2	127
11	Heritability of maximal isometric muscle strength in older female twins. Journal of Applied Physiology, 2004, 96, 173-180.	1.2	126
12	Muscle size, neuromuscular activation, and rapid force characteristics in elderly men and women: effects of unilateral long-term disuse due to hip-osteoarthritis. Journal of Applied Physiology, 2007, 102, 942-948.	1.2	125
13	Muscle ultrasonography and computed tomography in elderly trained and untrained women. Muscle and Nerve, 1993, 16, 294-300.	1.0	123
14	Ultrasound imaging of the quadriceps muscle in elderly athletes and untrained men. Muscle and Nerve, 1991, 14, 527-533.	1.0	112
15	Individual and environmental factors underlying life space of older people â€“ study protocol and design of a cohort study on life-space mobility in old age (LISPE). BMC Public Health, 2012, 12, 1018.	1.2	106
16	The effect of hormone replacement therapy and/or exercise on skeletal muscle attenuation in postmenopausal women: a yearlong intervention. Clinical Physiology and Functional Imaging, 2005, 25, 297-304.	0.5	104
17	Telomere length in circulating leukocytes is associated with lung function and disease. European Respiratory Journal, 2014, 43, 983-992.	3.1	103
18	Assessment of maximal handgrip strength: how many attempts are needed?. Journal of Cachexia, Sarcopenia and Muscle, 2017, 8, 466-474.	2.9	103

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19	Change in bone mass distribution induced by hormone replacement therapy and high-impact physical exercise in post-menopausal women. Bone, 2002, 31, 126-135.	1.4	102
20	Physical Function and Properties of Quadriceps Femoris Muscle in Men With Knee Osteoarthritis. Archives of Physical Medicine and Rehabilitation, 2008, 89, 2185-2194.	0.5	101
21	Biomechanical and Skeletal Muscle Determinants of Maximum Running Speed with Aging. Medicine and Science in Sports and Exercise, 2009, 41, 844-856.	0.2	98
22	Muscle and bone mass in middleâ€aged women: role of menopausal status and physical activity. Journal of Cachexia, Sarcopenia and Muscle, 2020, 11, 698-709.	2.9	95
23	Poor vision accompanied with other sensory impairments as a predictor of falls in older women. Age and Ageing, 2008, 38, 162-167.	0.7	93
24	Fall Incidence in Frail Older Women after Individualized Visual Feedback-Based Balance Training. Gerontology, 2004, 50, 411-416.	1.4	89
25	Differential influence of peripheral and systemic sex steroids on skeletal muscle quality in preâ€and postmenopausal women. Aging Cell, 2011, 10, 650-660.	3.0	89
26	Muscle Deficits Persist After Unilateral Knee Replacement and Have Implications for Rehabilitation. Physical Therapy, 2009, 89, 1072-1079.	1.1	82
27	Body composition in 18â€to 88â€yearâ€old adultsâ€”comparison of multifrequency bioimpedance and dualâ€energy Xâ€ray absorptiometry. Obesity, 2014, 22, 101-109.	1.5	82
28	Handgrip Strength Cannot Be Assumed a Proxy for Overall Muscle Strength. Journal of the American Medical Directors Association, 2018, 19, 703-709.	1.2	82
29	Effects of hormone replacement therapy and high-impact physical exercise on skeletal muscle in post-menopausal women: a randomized placebo-controlled study. Clinical Science, 2001, 101, 147.	1.8	81
30	The prevalence of malnutrition according to the new ESPEN definition in four diverse populations. Clinical Nutrition, 2016, 35, 758-762.	2.3	79
31	Estrogen Regulates the Satellite Cell Compartment in Females. Cell Reports, 2019, 28, 368-381.e6.	2.9	79
32	Leisure-time physical activity and high-risk fat: a longitudinal population-based twin study. International Journal of Obesity, 2009, 33, 1211-1218.	1.6	78
33	Circulating levels of adipokines and IGF-1 are associated with skeletal muscle strength of young and old healthy subjects. Biogerontology, 2013, 14, 261-272.	2.0	75
34	Contribution of Musculoskeletal Pain to Postural Balance in Community-Dwelling People Aged 75 Years and Older. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2010, 65A, 990-996.	1.7	73
35	Sex hormones and skeletal muscle weakness. Biogerontology, 2013, 14, 231-245.	2.0	73
36	The Impact of Different Diagnostic Criteria on the Prevalence of Sarcopenia in Healthy Elderly Participants and Geriatric Outpatients. Gerontology, 2015, 61, 491-496.	1.4	71

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37	Knee extension strength and walking speed in relation to quadriceps muscle composition and training in elderly women. Clinical Physiology, 1994, 14, 433-442.	0.7	69
38	Effects of a 9-month resistance training intervention on quality of life, sense of coherence, and depressive symptoms in older adults: randomized controlled trial. Quality of Life Research, 2018, 27, 455-465.	1.5	68
39	The Older Finnish Twin Cohort â€" 45 Years of Follow-up. Twin Research and Human Genetics, 2019, 22, 240-254.	0.3	68
40	Effects of a Multicomponent Home-Based Physical Rehabilitation Program on Mobility Recovery After Hip Fracture: A Randomized Controlled Trial. Journal of the American Medical Directors Association, 2014, 15, 361-368.	1.2	66
41	Differences in Muscle and Adipose Tissue Gene Expression and Cardio-Metabolic Risk Factors in the Members of Physical Activity Discordant Twin Pairs. PLoS ONE, 2010, 5, e12609.	1.1	65
42	Effects of Aquatic Resistance Training on Mobility Limitation and Lower-Limb Impairments After Knee Replacement. Archives of Physical Medicine and Rehabilitation, 2010, 91, 833-839.	0.5	63
43	Hormone replacement therapy improves contractile function and myonuclear organization of single muscle fibres from postmenopausal monozygotic female twin pairs. Journal of Physiology, 2013, 591, 2333-2344.	1.3	62
44	Physical performance in relation to menopause status and physical activity. Menopause, 2018, 25, 1432-1441.	0.8	62
45	Quantitative ultrasonography of muscle: Detection of adaptations to training in elderly women. Archives of Physical Medicine and Rehabilitation, 1996, 77, 1173-1178.	0.5	60
46	Is frailty associated with life-space mobility and perceived autonomy in participation outdoors? A longitudinal study. Age and Ageing, 2016, 45, 550-553.	0.7	60
47	Effects of Resistance Training on Lower-Extremity Impairments in Older People With Hip Fracture. Archives of Physical Medicine and Rehabilitation, 2008, 89, 1667-1674.	0.5	59
48	Identification of Older People at Risk of ADL Disability Using the Life-Space Assessment: A Longitudinal Cohort Study. Journal of the American Medical Directors Association, 2016, 17, 410-414.	1.2	59
49	Shared Genetic and Environmental Effects on Strength and Power in Older Female Twins. Medicine and Science in Sports and Exercise, 2005, 37, 72-78.	0.2	58
50	Diagnostic measures for sarcopenia and bone mineral density. Osteoporosis International, 2013, 24, 2681-2691.	1.3	58
51	Effects of aquatic resistance training on neuromuscular performance in healthy women. Medicine and Science in Sports and Exercise, 2002, 34, 2103-9.	0.2	58
52	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.e1-350.e7.	1.2	57
53	Muscle performance, sex hormones and training in peri-menopausal and post-menopausal women. Scandinavian Journal of Medicine and Science in Sports, 2003, 13, 19-25.	1.3	55
54	Plantarflexor Muscleâ€"Tendon Properties are Associated With Mobility in Healthy Older Adults. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2015, 70, 996-1002.	1.7	54

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55	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.	0.6	53
56	Cross-Sectional and Longitudinal Associations between Leisure Time Physical Activity, Mental Well-Being and Subjective Health in Middle Adulthood. Applied Research in Quality of Life, 2020, 15, 1099-1116.	1.4	52
57	Interrelationships between Muscle Structure, Muscle Strength, and Running Economy. Medicine and Science in Sports and Exercise, 2003, 35, 45-49.	0.2	50
58	Physiological and functional evaluation of healthy young and older men and women: design of the European MyoAge study. Biogerontology, 2013, 14, 325-337.	2.0	50
59	Estrogenic regulation of skeletal muscle proteome: a study of premenopausal women and postmenopausal <scp>MZ</scp> cotwins discordant for hormonal therapy. Aging Cell, 2017, 16, 1276-1287.	3.0	50
60	Triceps surae muscle-tendon properties in older endurance- and sprint-trained athletes. Journal of Applied Physiology, 2016, 120, 63-69.	1.2	48
61	Design and protocol of Estrogenic Regulation of Muscle Apoptosis (ERMA) study with 47 to 55-year-old women's cohort: novel results show menopause-related differences in blood count. Menopause, 2018, 25, 1020-1032.	0.8	48
62	Endogenous Hormones, Muscle Strength, and Risk of Fall-Related Fractures in Older Women. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2006, 61, 92-96.	1.7	47
63	Hormone replacement therapy enhances IGF-1 signaling in skeletal muscle by diminishing miR-182 and miR-223 expressions: a study on postmenopausal monozygotic twin pairs. Aging Cell, 2014, 13, 850-861.	3.0	47
64	Dysregulation of C-X-C motif ligand 10 during aging and association with cognitive performance. Neurobiology of Aging, 2018, 63, 54-64.	1.5	47
65	Role of Menopausal Transition and Physical Activity in Loss of Lean and Muscle Mass: A Follow-Up Study in Middle-Aged Finnish Women. Journal of Clinical Medicine, 2020, 9, 1588.	1.0	47
66	Long-Term Leisure Time Physical Activity and Properties of Bone: A Twin Study. Journal of Bone and Mineral Research, 2009, 24, 1427-1433.	3.1	46
67	Association between osteocalcin and cognitive performance in healthy older adults. Age and Ageing, 2016, 45, 844-849.	0.7	46
68	Effects of combined hormone replacement therapy or its effective agents on the IGF-1 pathway in skeletal muscle. Growth Hormone and IGF Research, 2010, 20, 372-379.	0.5	45
69	Circulating miR-21, miR-146a and Fas ligand respond to postmenopausal estrogen-based hormone replacement therapy â€“ A study with monozygotic twin pairs. Mechanisms of Ageing and Development, 2014, 143-144, 1-8.	2.2	45
70	Leg Extension Power Asymmetry and Mobility Limitation in Healthy Older Women. Archives of Physical Medicine and Rehabilitation, 2005, 86, 1838-1842.	0.5	44
71	Physical Activity at Age of 20-64 Years and Mobility and Muscle Strength in Old Age: A Community-Based Study. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2012, 67, 905-910.	1.7	44
72	Balance Confidence Was Associated With Mobility and Balance Performance in Older People With Fall-Related Hip Fracture: A Cross-Sectional Study. Archives of Physical Medicine and Rehabilitation, 2012, 93, 2340-2346.	0.5	44

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73	Effects of strength and endurance training on muscle fibrecharacteristics in elderly women. Clinical Physiology, 1997, 17, 459-474.	0.7	42
74	Lowered vision as a risk factor for injurious accidents in older people. Aging Clinical and Experimental Research, 2008, 20, 25-30.	1.4	42
75	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, 1-11.	0.9	41
76	Effects of comprehensive geriatric assessment and targeted intervention on mobility in persons aged 75 years and over: a randomized controlled trial. Clinical Rehabilitation, 2012, 26, 314-326.	1.0	38
77	Intramuscular sex steroid hormones are associated with skeletal muscle strength and power in women with different hormonal status. Aging Cell, 2015, 14, 236-248.	3.0	38
78	Female reproductive factors are associated with objectively measured physical activity in middle-aged women. PLoS ONE, 2017, 12, e0172054.	1.1	38
79	Effects of combined strength and sprint training on regulation of muscle contraction at the wholeâ€muscle and singleâ€fibre levels in elite master sprinters. Acta Physiologica, 2008, 193, 275-289.	1.8	37
80	Body composition and muscle performance during menopause and hormone replacement therapy. Journal of Endocrinological Investigation, 2003, 26, 893-901.	1.8	36
81	Effects of 32-Year Leisure Time Physical Activity Discordance in Twin Pairs on Health (TWINACTIVE) Tj ETQq1 1 0.784314 rgBT /Overlock 108-117.	0.3	36
82	Postural Balance and Self-Reported Balance Confidence in Older Adults with a Hip Fracture History. Gerontology, 2009, 55, 630-636.	1.4	36
83	Genetic and environmental effects on isometric muscle strength and leg extensor power followed up for three years among older female twins. Journal of Applied Physiology, 2009, 106, 1604-1610.	1.2	36
84	Menopausal Status and Physical Activity Are Independently Associated With Cardiovascular Risk Factors of Healthy Middle-Aged Women: Cross-Sectional and Longitudinal Evidence. Frontiers in Endocrinology, 2019, 10, 589.	1.5	36
85	Physical Activity After a Hip Fracture: Effect of a Multicomponent Home-Based Rehabilitation Programâ€"A Secondary Analysis of a Randomized Controlled Trial. Archives of Physical Medicine and Rehabilitation, 2017, 98, 981-988.	0.5	35
86	Muscular Transcriptome in Postmenopausal Women With or Without Hormone Replacement. Rejuvenation Research, 2007, 10, 485-500E.	0.9	34
87	Leg Extension Power Deficit and Mobility Limitation in Women Recovering from Hip Fracture. American Journal of Physical Medicine and Rehabilitation, 2008, 87, 363-370.	0.7	34
88	ASYMMETRICAL LOWER EXTREMITY POWER DEFICIT AS A RISK FACTOR FOR INJURIOUS FALLS IN HEALTHY OLDER WOMEN. Journal of the American Geriatrics Society, 2006, 54, 551-553.	1.3	33
89	Metabolic health, menopause, and physical activityâ€"a 4-year follow-up study. International Journal of Obesity, 2022, 46, 544-554.	1.6	33
90	Improving cardiovascular fitness by strength or endurance training in women aged 76-78 years. A population-based, randomized controlled trial. Age and Ageing, 2002, 31, 247-254.	0.7	32

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91	Power training and postmenopausal hormone therapy affect transcriptional control of specific co-regulated gene clusters in skeletal muscle. Age, 2010, 32, 347-363.	3.0	32
92	Global gene expression profiles in skeletal muscle of monozygotic female twins discordant for hormone replacement therapy. Aging Cell, 2010, 9, 1098-1110.	3.0	32
93	Age and estrogen-based hormone therapy affect systemic and local IL-6 and IGF-1 pathways in women. Age, 2012, 34, 1249-1260.	3.0	32
94	Determinants of Lower-Body Muscle Power in Early Postmenopausal Women. Journal of the American Geriatrics Society, 2004, 52, 939-944.	1.3	31
95	Genetic and Environmental Influence on Structural Strength of Weight-Bearing and Nonâ€“Weight-Bearing Bone: A Twin Study. Journal of Bone and Mineral Research, 2008, 23, 492-498.	3.1	31
96	Birth Size and Childhood Growth as Determinants of Physical Functioning in Older Age: The Helsinki Birth Cohort Study. American Journal of Epidemiology, 2011, 174, 1336-1344.	1.6	31
97	Promoting safe walking among older people: the effects of a physical and cognitive training intervention vs. physical training alone on mobility and falls among older community-dwelling men and women (the PASSWORD study): design and methods of a randomized controlled trial. BMC Geriatrics, 2018, 18, 215.	1.1	31
98	Genetic Influences on Change in BMI from Middle to Old Age: A 29-Year Follow-up Study of Twin Sisters. Behavior Genetics, 2009, 39, 154-164.	1.4	30
99	Effects of comprehensive geriatric assessmentâ€based individually targeted interventions on mobility of preâ€frail and frail communityâ€dwelling older people. Geriatrics and Gerontology International, 2015, 15, 80-88.	0.7	30
100	Balance Confidence and Functional Balance in Relation to Falls in Older Persons with Hip Fracture History. Journal of Geriatric Physical Therapy, 2007, 30, 114-120.	0.6	29
101	Physical Inactivity and Pain in Older Men and Women with Hip Fracture History. Gerontology, 2011, 57, 19-27.	1.4	29
102	Aging and serum exomiR content in women-effects of estrogenic hormone replacement therapy. Scientific Reports, 2017, 7, 42702.	1.6	29
103	Motor speed and lower extremity strength as predictors of fall-related bone fractures in elderly individuals. Aging Clinical and Experimental Research, 2006, 18, 320-324.	1.4	28
104	Genetic effects in common on maximal walking speed and muscle performance in older women. Scandinavian Journal of Medicine and Science in Sports, 2006, 17, 061120070736042-???.	1.3	27
105	Genetics of Maximal Walking Speed and Skeletal Muscle Characteristics in Older Women. Twin Research and Human Genetics, 2008, 11, 321-334.	0.3	27
106	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.	0.8	27
107	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, 1944-1950.	0.5	26
108	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.	0.8	26

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109	Menopause and adipose tissue: miR-19a-3p is sensitive to hormonal replacement. Oncotarget, 2018, 9, 2279-2294.	0.8	26
110	A Twin Study on the Heritability of Walking Ability Among Older Women. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2006, 61, 1082-1085.	1.7	25
111	Estrogen Influences on Neuromuscular Function in Postmenopausal Women. Calcified Tissue International, 2015, 96, 222-233.	1.5	25
112	Associations of physical activity in detailed intensity ranges with body composition and physical function. a cross-sectional study among sedentary older adults. European Review of Aging and Physical Activity, 2020, 17, 4.	1.3	25
113	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, 253-259.	0.5	24
114	A family based tailored counselling to increase non-exercise physical activity in adults with a sedentary job and physical activity in their young children: design and methods of a year-long randomized controlled trial. BMC Public Health, 2011, 11, 944.	1.2	23
115	Hormone therapy is associated with better body composition and adipokine/glucose profiles. Menopause, 2012, 19, 1329-1335.	0.8	23
116	Muscle Inactivity Is Adversely Associated with Biomarkers in Physically Active Adults. Medicine and Science in Sports and Exercise, 2015, 47, 1188-1196.	0.2	22
117	Biological clocks and physical functioning in monozygotic female twins. BMC Geriatrics, 2018, 18, 83.	1.1	22
118	The role of physical activity in the link between menopausal status and mental well-being. Menopause, 2020, 27, 398-409.	0.8	22
119	Muscle Cross-Sectional Area and Structural Bone Strength Share Genetic and Environmental Effects in Older Women. Journal of Bone and Mineral Research, 2009, 24, 338-345.	3.1	21
120	Muscle function in monozygotic female twin pairs discordant for hormone replacement therapy. Muscle and Nerve, 2011, 44, 769-775.	1.0	21
121	Effects of power training on mechanical efficiency in jumping. European Journal of Applied Physiology, 2004, 91, 155-159.	1.2	20
122	Muscle Inactivity and Activity Patterns after Sedentary Time-Targeted Randomized Controlled Trial. Medicine and Science in Sports and Exercise, 2014, 46, 2122-2131.	0.2	20
123	Physical Performance During the Menopausal Transition and the Role of Physical Activity. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2021, 76, 1587-1590.	1.7	20
124	Effects of physical and cognitive training on gait speed and cognition in older adults: A randomized controlled trial. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 1518-1533.	1.3	20
125	Validity and Reliability of a Single Question for Leisure-Time Physical Activity Assessment in Middle-Aged Women. Journal of Aging and Physical Activity, 2020, 28, 231-241.	0.5	20
126	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, 1720-1728.	1.4	19

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127	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, 171-175.	1.4	19
128	Effects of 12-month home-based physiotherapy on duration of living at home and functional capacity among older persons with signs of frailty or with a recent hip fracture - protocol of a randomized controlled trial (HIPFRA study). BMC Geriatrics, 2018, 18, 232.	1.1	19
129	Catechol-O-Methyltransferase Gene Polymorphism Is Associated with Skeletal Muscle Properties in Older Women Alone and Together with Physical Activity. PLoS ONE, 2008, 3, e1819.	1.1	19
130	Total and regional body adiposity increases during menopauseâ€"evidence from a followâ€up study. Aging Cell, 2022, 21, e13621.	3.0	19
131	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, 295-299.	1.4	18
132	Adolescent Sport Participation and Age at Menarche in Relation to Midlife Body Composition, Bone Mineral Density, Fitness, and Physical Activity. Journal of Clinical Medicine, 2020, 9, 3797.	1.0	18
133	Comparison of Ultrasound and Bone Mineral Density Assessment of the Calcaneus with Different Regions of Interest in Healthy Early Menopausal Women. Journal of Clinical Densitometry, 1999, 2, 117-126.	0.5	17
134	OGT and OGA expression in postmenopausal skeletal muscle associates with hormone replacement therapy and muscle cross-sectional area. Experimental Gerontology, 2013, 48, 1501-1504.	1.2	17
135	Physical Activity and Nutrition INfluences In ageing (PANINI): consortium mission statement. Aging Clinical and Experimental Research, 2018, 30, 685-692.	1.4	17
136	Personality traits and physical functioning: a cross-sectional multimethod facet-level analysis. European Review of Aging and Physical Activity, 2020, 17, 20.	1.3	17
137	Accelerometer-measured and self-reported physical activity in relation to extraversion and neuroticism: a cross-sectional analysis of two studies. BMC Geriatrics, 2020, 20, 264.	1.1	17
138	Thigh muscle function in stroke patients revealed by velocityâ€encoded cine phaseâ€contrast magnetic resonance imaging. Muscle and Nerve, 2008, 37, 736-744.	1.0	16
139	Hormone Replacement Therapy Associated White Blood Cell DNA Methylation and Gene Expression are Associated With Within-Pair Differences of Body Adiposity and Bone Mass. Twin Research and Human Genetics, 2015, 18, 647-661.	0.3	16
140	Determinants of Performance in the Timed up-and-go and Six-Minute Walk Tests in Young and Old Healthy Adults. Journal of Clinical Medicine, 2020, 9, 1561.	1.0	16
141	Critical Factors in Opening Pharmaceutical Packages: a Usability Study among Healthcare Workers, Women with Rheumatoid Arthritis and Elderly Women. Packaging Technology and Science, 2014, 27, 559-576.	1.3	15
142	Slower Walking Speed in Older Men Improves Triceps Surae Force Generation Ability. Medicine and Science in Sports and Exercise, 2017, 49, 158-166.	0.2	15
143	Birth cohort differences in cognitive performance in 75- and 80-year-olds: a comparison of two cohorts over 28Âyears. Aging Clinical and Experimental Research, 2021, 33, 57-65.	1.4	15
144	Blood and skeletal muscle ageing determined by epigenetic clocks and their associations with physical activity and functioning. Clinical Epigenetics, 2021, 13, 110.	1.8	15

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145	Does telomere length predict decline in physical functioning in older twin sisters during an 11-year follow-up?. Age, 2016, 38, 34.	3.0	14
146	Balance confidence and functional balance are associated with physical disability after hip fracture. Gait and Posture, 2013, 37, 201-205.	0.6	13
147	Muscle activity during daily life in the older people. Aging Clinical and Experimental Research, 2016, 28, 713-720.	1.4	13
148	Do Associations Between Perceived Environmental and Individual Characteristics and Walking Limitations Depend on Lower Extremity Performance Level?. Journal of Aging and Health, 2017, 29, 640-656.	0.9	13
149	Accelerometer-assessed sedentary work, leisure time and cardio-metabolic biomarkers during one year: Effectiveness of a cluster randomized controlled trial in parents with a sedentary occupation and young children. PLoS ONE, 2017, 12, e0183299.	1.1	13
150	The effects of muscle strength and power training on mobility among older hip fracture patients. Advances in Physiotherapy, 2008, 10, 195-202.	0.2	12
151	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, 138-145.	0.5	12
152	Effects of an individually targeted multicomponent counseling and home-based rehabilitation program on physical activity and mobility in community-dwelling older people after discharge from hospital: a randomized controlled trial. Clinical Rehabilitation, 2020, 34, 491-503.	1.0	12
153	Personality Traits and Changes in Health Behaviors and Depressive Symptoms during the COVID-19 Pandemic: A Longitudinal Analysis from Pre-pandemic to Onset and End of the Initial Emergency Conditions in Finland. International Journal of Environmental Research and Public Health, 2021, 18, 7732.	1.2	12
154	Effect of 12-Month Supervised, Home-Based Physical Exercise on Functioning Among Persons With Signs of Frailty: A Randomized Controlled Trial. Archives of Physical Medicine and Rehabilitation, 2021, 102, 2283-2290.	0.5	12
155	Comments on Point:Counterpoint: Estrogen and sex do/do not influence post-exercise indexes of muscle damage, inflammation, and repair. Journal of Applied Physiology, 2009, 106, 1016-1020.	1.2	11
156	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, 546-552.	3.1	11
157	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, 1-8.	0.9	11
158	Effects of Home-Based Physical Exercise on Days at Home and Cost-Effectiveness in Pre-Frail and Frail Persons: Randomized Controlled Trial. Journal of the American Medical Directors Association, 2021, 22, 773-779.	1.2	11
159	Associations of physical performance and physical activity with mental well-being in middle-aged women. BMC Public Health, 2021, 21, 1448.	1.2	11
160	Effects of comprehensive geriatric intervention on physical performance among people aged 75 years and over. Aging Clinical and Experimental Research, 2012, 24, 331-338.	1.4	10
161	Type of surgery is associated with pain and walking difficulties among older people with previous hip fracture. Geriatrics and Gerontology International, 2016, 16, 754-761.	0.7	9
162	Counselling for physical activity, life-space mobility and falls prevention in old age (COSMOS): protocol of a randomised controlled trial. BMJ Open, 2019, 9, e029682.	0.8	9

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163	Associations of neuroticism with falls in older adults: do psychological factors mediate the association?. Aging and Mental Health, 2022, 26, 77-85.	1.5	9
164	The effect of individualized, theory-based counselling intervention on active aging and quality of life among older people (the AGNES intervention study). Aging Clinical and Experimental Research, 2020, 32, 2081-2090.	1.4	9
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