

Per Aagaard

List of Publications by Year in descending order

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Version: 2024-02-01

136
papers

14,073
citations

23544

58
h-index

20343

116
g-index

138
all docs

138
docs citations

138
times ranked

9512
citing authors

#	ARTICLE	IF	CITATIONS
1	Increased rate of force development and neural drive of human skeletal muscle following resistance training. <i>Journal of Applied Physiology</i> , 2002, 93, 1318-1326.	1.2	1,247
2	Rate of force development: physiological and methodological considerations. <i>European Journal of Applied Physiology</i> , 2016, 116, 1091-1116.	1.2	803
3	Role of the nervous system in sarcopenia and muscle atrophy with aging: strength training as a countermeasure. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010, 20, 49-64.	1.3	534
4	Neural adaptation to resistance training: changes in evoked V-wave and H-reflex responses. <i>Journal of Applied Physiology</i> , 2002, 92, 2309-2318.	1.2	502
5	A mechanism for increased contractile strength of human pennate muscle in response to strength training: changes in muscle architecture. <i>Journal of Physiology</i> , 2001, 534, 613-623.	1.3	497
6	Influence of maximal muscle strength and intrinsic muscle contractile properties on contractile rate of force development. <i>European Journal of Applied Physiology</i> , 2006, 96, 46-52.	1.2	450
7	Recreational football as a health promoting activity: a topical review. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010, 20, 1-13.	1.3	414
8	A New Concept For Isokinetic Hamstring: Quadriceps Muscle Strength Ratio. <i>American Journal of Sports Medicine</i> , 1998, 26, 231-237.	1.9	403
9	Muscle performance during maximal isometric and dynamic contractions is influenced by the stiffness of the tendinous structures. <i>Journal of Applied Physiology</i> , 2005, 99, 986-994.	1.2	389
10	Load-displacement properties of the human triceps surae aponeurosis in vivo. <i>Journal of Physiology</i> , 2001, 531, 277-288.	1.3	352
11	Neural inhibition during maximal eccentric and concentric quadriceps contraction: effects of resistance training. <i>Journal of Applied Physiology</i> , 2000, 89, 2249-2257.	1.2	318
12	Training-Induced Changes in Neural Function. <i>Exercise and Sport Sciences Reviews</i> , 2003, 31, 61-67.	1.6	317
13	Effects of aging on human skeletal muscle after immobilization and retraining. <i>Journal of Applied Physiology</i> , 2009, 107, 1172-1180.	1.2	309
14	Myosin heavy chain IIX overshoot in human skeletal muscle. <i>Muscle and Nerve</i> , 2000, 23, 1095-1104.	1.0	279
15	Myofibre damage in human skeletal muscle: effects of electrical stimulation versus voluntary contraction. <i>Journal of Physiology</i> , 2007, 583, 365-380.	1.3	265
16	Isokinetic hamstring/quadriceps strength ratio: influence from joint angular velocity, gravity correction and contraction mode. <i>Acta Physiologica Scandinavica</i> , 1995, 154, 421-427.	2.3	243
17	Training-induced changes in muscle CSA, muscle strength, EMG, and rate of force development in elderly subjects after long-term unilateral disuse. <i>Journal of Applied Physiology</i> , 2004, 97, 1954-1961.	1.2	243
18	Neuromuscular Activation in Conventional Therapeutic Exercises and Heavy Resistance Exercises: Implications for Rehabilitation. <i>Physical Therapy</i> , 2006, 86, 683-697.	1.1	206

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19	Antagonist muscle coactivation during isokinetic knee extension. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2000, 10, 58-67.	1.3	205
20	Molecular aging and rejuvenation of human muscle stem cells. <i>EMBO Molecular Medicine</i> , 2009, 1, 381-391.	3.3	204
21	Recreational soccer is an effective health-promoting activity for untrained men. <i>British Journal of Sports Medicine</i> , 2009, 43, 825-831.	3.1	204
22	Explosive heavy resistance training in old and very old adults: changes in rapid muscle force, strength and power. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2008, 18, 773-782.	1.3	192
23	Proliferation of myogenic stem cells in human skeletal muscle in response to low load resistance training with blood flow restriction. <i>Journal of Physiology</i> , 2012, 590, 4351-4361.	1.3	190
24	Identification of Athletes at Future Risk of Anterior Cruciate Ligament Ruptures by Neuromuscular Screening. <i>American Journal of Sports Medicine</i> , 2009, 37, 1967-1973.	1.9	188
25	Resistance Training in the Early Postoperative Phase Reduces Hospitalization and Leads to Muscle Hypertrophy in Elderly Hip Surgery Patients—A Controlled, Randomized Study. <i>Journal of the American Geriatrics Society</i> , 2004, 52, 2016-2022.	1.3	184
26	Changes in muscle size and MHC composition in response to resistance exercise with heavy and light loading intensity. <i>Journal of Applied Physiology</i> , 2008, 105, 1454-1461.	1.2	176
27	Efficacy of Nintendo Wii Training on Mechanical Leg Muscle Function and Postural Balance in Community-Dwelling Older Adults: A Randomized Controlled Trial. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2013, 68, 845-852.	1.7	175
28	Effects of aging on muscle mechanical function and muscle fiber morphology during short-term immobilization and subsequent retraining. <i>Journal of Applied Physiology</i> , 2010, 109, 1628-1634.	1.2	150
29	Resistance training induces qualitative changes in muscle morphology, muscle architecture, and muscle function in elderly postoperative patients. <i>Journal of Applied Physiology</i> , 2008, 105, 180-186.	1.2	147
30	The Effects of Neuromuscular Training on Knee Joint Motor Control During Sidecutting in Female Elite Soccer and Handball Players. <i>Clinical Journal of Sport Medicine</i> , 2008, 18, 329-337.	0.9	142
31	The Copenhagen Sarcopenia Study: lean mass, strength, power, and physical function in a Danish cohort aged 20–93 years. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2019, 10, 1316-1329.	2.9	142
32	Ageing is associated with diminished muscle re-growth and myogenic precursor cell expansion early after immobility-induced atrophy in human skeletal muscle. <i>Journal of Physiology</i> , 2013, 591, 3789-3804.	1.3	132
33	Muscle size, neuromuscular activation, and rapid force characteristics in elderly men and women: effects of unilateral long-term disuse due to hip-osteoarthritis. <i>Journal of Applied Physiology</i> , 2007, 102, 942-948.	1.2	125
34	Mechanical Muscle Function, Morphology, and Fiber Type in Lifelong Trained Elderly. <i>Medicine and Science in Sports and Exercise</i> , 2007, 39, 1989-1996.	0.2	123
35	Physiological and methodological aspects of rate of force development assessment in human skeletal muscle. <i>Clinical Physiology and Functional Imaging</i> , 2018, 38, 743-762.	0.5	119
36	Contraction-specific differences in maximal muscle power during stretch-shortening cycle movements in elderly males and females. <i>European Journal of Applied Physiology</i> , 2001, 84, 206-212.	1.2	107

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37	Specificity of training velocity and training load on gains in isokinetic knee joint strength. <i>Acta Physiologica Scandinavica</i> , 1996, 156, 123-129.	2.3	103
38	Soleus Hâ€reflex gain in humans walking and running under simulated reduced gravity. <i>Journal of Physiology</i> , 2001, 530, 167-180.	1.3	102
39	Lower limb asymmetry in mechanical muscle function: A comparison between ski racers with and without <scp>ACL</scp> reconstruction. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2015, 25, e301-9.	1.3	101
40	Effects of resistance training on endurance capacity and muscle fiber composition in young topâ€level cyclists. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2011, 21, e298-307.	1.3	100
41	Effects of strength training on endurance capacity in topâ€level endurance athletes. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010, 20, 39-47.	1.3	96
42	Progressive resistance training rebuilds lean body mass in head and neck cancer patients after radiotherapy â€ Results from the randomized DAHANCA 25B trial. <i>Radiotherapy and Oncology</i> , 2013, 108, 314-319.	0.3	95
43	Muscle oxygen uptake and energy turnover during dynamic exercise at different contraction frequencies in humans. <i>Journal of Physiology</i> , 2001, 536, 261-271.	1.3	88
44	Comparison of ground reaction forces and antagonist muscle coactivation during stair walking with ageing. <i>Journal of Electromyography and Kinesiology</i> , 2008, 18, 568-580.	0.7	86
45	Longâ€term musculoskeletal and cardiac health effects of recreational football and running for premenopausal women. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010, 20, 58-71.	1.3	85
46	Effect of bloodâ€flow restricted vs heavyâ€load strength training on muscle strength: Systematic review and metaâ€analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020, 30, 837-848.	1.3	83
47	Effects of evidence-based prevention training on neuromuscular and biomechanical risk factors for ACL injury in adolescent female athletes: a randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2016, 50, 552-557.	3.1	82
48	Effect of workplace- versus home-based physical exercise on musculoskeletal pain among healthcare workers: a cluster randomized controlled trial. <i>Scandinavian Journal of Work, Environment and Health</i> , 2015, 41, 153-163.	1.7	81
49	Recreational football training decreases risk factors for bone fractures in untrained premenopausal women. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010, 20, 31-39.	1.3	78
50	Force steadiness, muscle activity, and maximal muscle strength in subjects with subacromial impingement syndrome. <i>Muscle and Nerve</i> , 2006, 34, 631-639.	1.0	76
51	The effect of strength training, recreational soccer and running exercise on stretchâ€shortening cycle muscle performance during countermovement jumping. <i>Human Movement Science</i> , 2012, 31, 970-986.	0.6	75
52	Neuromuscular activation in conventional therapeutic exercises and heavy resistance exercises: implications for rehabilitation. <i>Physical Therapy</i> , 2006, 86, 683-97.	1.1	73
53	Effects of ageing on single muscle fibre contractile function following shortâ€term immobilisation. <i>Journal of Physiology</i> , 2011, 589, 4745-4757.	1.3	72
54	Muscle activity during leg strengthening exercise using free weights and elastic resistance: Effects of ballistic vs controlled contractions. <i>Human Movement Science</i> , 2013, 32, 65-78.	0.6	72

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55	Rapid Hamstring/Quadriceps Force Capacity in Male vs. Female Elite Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 1989-1993.	1.0	71
56	The effect of recreational soccer training and running on postural balance in untrained men. <i>European Journal of Applied Physiology</i> , 2011, 111, 521-530.	1.2	71
57	Muscle function and postural balance in lifelong trained male footballers compared with sedentary elderly men and youngsters. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010, 20, 90-97.	1.3	66
58	Neuromuscular adaptations to detraining following resistance training in previously untrained subjects. <i>European Journal of Applied Physiology</i> , 2005, 93, 511-518.	1.2	65
59	Rapid Hamstrings/Quadriceps Strength in ACL-Reconstructed Elite Alpine Ski Racers. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 109-119.	0.2	57
60	Physical exercise at the workplace prevents deterioration of work ability among healthcare workers: cluster randomized controlled trial. <i>BMC Public Health</i> , 2015, 15, 1174.	1.2	53
61	Relation between leg extension power and 30-s sit-to-stand muscle power in older adults: validation and translation to functional performance. <i>Scientific Reports</i> , 2020, 10, 16337.	1.6	52
62	Effects of recreational football on women's fitness and health: adaptations and mechanisms. <i>European Journal of Applied Physiology</i> , 2018, 118, 11-32.	1.2	48
63	Age- and Sex-Specific Changes in Lower-Limb Muscle Power Throughout the Lifespan. <i>Journals of Gerontology - Series A Biological Sciences and Medical Sciences</i> , 2020, 75, 1369-1378.	1.7	48
64	Blood flow restricted training leads to myocellular macrophage infiltration and upregulation of heat shock proteins, but no apparent muscle damage. <i>Journal of Physiology</i> , 2017, 595, 4857-4873.	1.3	46
65	Workplace strength training prevents deterioration of work ability among workers with chronic pain and work disability: a randomized controlled trial. <i>Scandinavian Journal of Work, Environment and Health</i> , 2014, 40, 244-251.	1.7	46
66	Effect of football or strength training on functional ability and physical performance in untrained old men. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014, 24, 76-85.	1.3	45
67	Anterior cruciate ligament injury/reinjury in alpine ski racing: a narrative review. <i>Open Access Journal of Sports Medicine</i> , 2017, Volume 8, 71-83.	0.6	42
68	Muscle Activation During ACL Injury Risk Movements in Young Female Athletes: A Narrative Review. <i>Frontiers in Physiology</i> , 2018, 9, 445.	1.3	40
69	Blood-flow restricted resistance training in patients with sporadic inclusion body myositis: a randomized controlled trial. <i>Scandinavian Journal of Rheumatology</i> , 2018, 47, 400-409.	0.6	39
70	Effects of different strength training regimes on moment and power generation during dynamic knee extensions. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1994, 69, 382-386.	1.2	37
71	Stretch-shortening cycle muscle power in women and men aged 18-81 years: Influence of age and gender. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014, 24, 717-726.	1.3	36
72	Participatory ergonomic intervention versus strength training on chronic pain and work disability in slaughterhouse workers: study protocol for a single-blind, randomized controlled trial. <i>BMC Musculoskeletal Disorders</i> , 2013, 14, 67.	0.8	35

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73	Strength Training Improves Fatigue Resistance and Self-Rated Health in Workers with Chronic Pain: A Randomized Controlled Trial. <i>BioMed Research International</i> , 2016, 2016, 1-11.	0.9	35
74	Moment and power generation during maximal knee extensions performed at low and high speeds. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1994, 69, 376-381.	1.2	34
75	Effects of blood flow restricted resistance training on muscle function in a 74-year-old male with sporadic inclusion body myositis: a case report. <i>Clinical Physiology and Functional Imaging</i> , 2016, 36, 504-509.	0.5	32
76	Skeletal Muscle Microvascular Changes in Response to Short-Term Blood Flow Restricted Training Exercise-Induced Adaptations and Signs of Perivascular Stress. <i>Frontiers in Physiology</i> , 2020, 11, 556.	1.3	32
77	The "Football is Medicine" platform scientific evidence, large-scale implementation of evidence-based concepts and future perspectives. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018, 28, 3-7.	1.3	31
78	Isokinetic Muscle Strength and Capacity for Muscular Knee Joint Stabilization in Elite Sailors. <i>International Journal of Sports Medicine</i> , 1997, 18, 521-525.	0.8	30
79	Isokinetic muscle strength and hiking performance in elite sailors. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 1998, 8, 138-144.	1.3	30
80	Changes in power and force generation during coupled eccentric-concentric versus concentric muscle contraction with training and aging. <i>European Journal of Applied Physiology</i> , 2008, 103, 151-161.	1.2	30
81	Total power output generated during dynamic knee extensor exercise at different contraction frequencies. <i>Journal of Applied Physiology</i> , 2000, 89, 1912-1918.	1.2	29
82	Early phase interference between low-intensity running and power training in moderately trained females. <i>European Journal of Applied Physiology</i> , 2016, 116, 1063-1073.	1.2	29
83	Delayed Effect of Blood Flow restricted Resistance Training on Rapid Force Capacity. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 1157-1167.	0.2	29
84	Positive effects of 1-year football and strength training on mechanical muscle function and functional capacity in elderly men. <i>European Journal of Applied Physiology</i> , 2016, 116, 1127-1138.	1.2	28
85	Commentary: Can Blood Flow Restricted Exercise Cause Muscle Damage? Commentary on Blood Flow Restriction Exercise: Considerations of Methodology, Application, and Safety. <i>Frontiers in Physiology</i> , 2020, 11, 243.	1.3	28
86	Influence of between-limb asymmetry in muscle mass, strength, and power on functional capacity in healthy older adults. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2019, 29, 1901-1908.	1.3	27
87	Effect of two contrasting interventions on upper limb chronic pain and disability: a randomized controlled trial. <i>Pain Physician</i> , 2014, 17, 145-54.	0.3	27
88	The Effects of High-Intensity versus Low-Intensity Resistance Training on Leg Extensor Power and Recovery of Knee Function after ACL-Reconstruction. <i>BioMed Research International</i> , 2014, 2014, 1-11.	0.9	26
89	Spinal and supraspinal control of motor function during maximal eccentric muscle contraction: Effects of resistance training. <i>Journal of Sport and Health Science</i> , 2018, 7, 282-293.	3.3	26
90	Making muscles "stronger": exercise, nutrition, drugs. <i>Journal of Musculoskeletal Neuronal Interactions</i> , 2004, 4, 165-74.	0.1	25

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91	Antagonist muscle moment is increased in ACL deficient subjects during maximal dynamic knee extension. <i>Knee</i> , 2012, 19, 633-639.	0.8	24
92	Changes in systemic GDF15 across the adult lifespan and their impact on maximal muscle power: the Copenhagen Sarcopenia Study. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2021, 12, 1418-1427.	2.9	24
93	Asymmetry and Thigh Muscle Coactivity in Fatigued Anterior Cruciate Ligamentâ€“Reconstructed Elite Skiers. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 11-20.	0.2	23
94	A comparison of lower limb stiffness and mechanical muscle function in ACL-reconstructed, elite, and adolescent alpine ski racers/ski cross athletes. <i>Journal of Sport and Health Science</i> , 2018, 7, 416-424.	3.3	22
95	First-time anterior cruciate ligament injury in adolescent female elite athletes: a prospective cohort study to identify modifiable risk factors. <i>Knee Surgery, Sports Traumatology, Arthroscopy</i> , 2022, 30, 1341-1351.	2.3	21
96	Effect of workplace- versus home-based physical exercise on pain in healthcare workers: study protocol for a single blinded cluster randomized controlled trial. <i>BMC Musculoskeletal Disorders</i> , 2014, 15, 119.	0.8	20
97	Contractile rate of force development after anterior cruciate ligament reconstructionâ€“a comprehensive review and metaâ€“analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020, 30, 1572-1585.	1.3	20
98	Assessment of Neuroplasticity With Strength Training. <i>Exercise and Sport Sciences Reviews</i> , 2020, 48, 151-162.	1.6	19
99	Adaptations in mechanical muscle function, muscle morphology, and aerobic power to high-intensity endurance training combined with either traditional or power strength training in older adults: a randomized clinical trial. <i>European Journal of Applied Physiology</i> , 2020, 120, 1165-1177.	1.2	16
100	Plasticity in central neural drive with short-term disuse and recovery - effects on muscle strength and influence of aging. <i>Experimental Gerontology</i> , 2018, 106, 145-153.	1.2	14
101	Serum Insulin after Intravenous Administration of Glucose before and after Total Vagotomy. <i>Scandinavian Journal of Gastroenterology</i> , 1973, 8, 699-701.	0.6	12
102	Effects of bloodâ€“flow restricted resistance training on mechanical muscle function and thigh lean mass in sIBM patients. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2022, 32, 359-371.	1.3	12
103	Influence of Resistance Training on Neuromuscular Function and Physical Capacity in ALS Patients. <i>Journal of Neurodegenerative Diseases</i> , 2017, 2017, 1-8.	1.1	11
104	The immune system in sporadic inclusion body myositis patients is not compromised by blood-flow restricted exercise training. <i>Arthritis Research and Therapy</i> , 2019, 21, 293.	1.6	11
105	The effect of lowâ€“load resistance training with blood flow restriction on chronic patellar tendinopathy â€“ A case series. <i>Translational Sports Medicine</i> , 2020, 3, 342-352.	0.5	10
106	Effects of Periodization on Strength and Muscle Hypertrophy in Volume-Equated Resistance Training Programs: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2022, 52, 1647-1666.	3.1	10
107	Physical function and muscle strength in sporadic inclusion body myositis. <i>Muscle and Nerve</i> , 2017, 56, E50-E58.	1.0	9
108	The effect of targeted exercise on knee-muscle function in patients with persistent hamstring deficiency following ACL reconstruction â€“ study protocol for a randomized controlled trial. <i>Trials</i> , 2018, 19, 75.	0.7	9

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109	Rate of Force Development Remains Reduced in the Knee Flexors 3 to 9 Months After Anterior Cruciate Ligament Reconstruction Using Medial Hamstring Autografts: A Cross-Sectional Study. <i>American Journal of Sports Medicine</i> , 2020, 48, 3214-3223.	1.9	9
110	Effects of alternating blood flow restricted training and heavy-load resistance training on myofiber morphology and mechanical muscle function. <i>Journal of Applied Physiology</i> , 2020, 128, 1523-1532.	1.2	9
111	Effects of high-intensity interval training combined with traditional strength or power training on functionality and physical fitness in healthy older men: A randomized controlled trial. <i>Experimental Gerontology</i> , 2021, 149, 111321.	1.2	9
112	Myosin heavy chain IIX overshoot in human skeletal muscle. <i>Muscle and Nerve</i> , 2000, 23, 1095-1104.	1.0	9
113	Associations between biopsychosocial factors and chronic upper limb pain among slaughterhouse workers: cross sectional study. <i>BMC Musculoskeletal Disorders</i> , 2016, 17, 104.	0.8	8
114	Neuromuscular Coordination Deficit Persists 12 Months after ACL Reconstruction But Can Be Modulated by 6 Weeks of Kettlebell Training: A Case Study in Women's Elite Soccer. <i>Case Reports in Orthopedics</i> , 2017, 2017, 1-7.	0.1	8
115	Low-intensity resistance exercise with blood flow restriction and arterial stiffness in humans: A systematic review. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 498-509.	1.3	8
116	Physical and psychosocial work environmental risk factors of low-back pain: protocol for a 1 year prospective cohort study. <i>BMC Musculoskeletal Disorders</i> , 2019, 20, 626.	0.8	7
117	Lack of increased rate of force development after strength training is explained by specific neural, not muscular, motor unit adaptations. <i>Journal of Applied Physiology</i> , 2022, 132, 84-94.	1.2	7
118	Supplementation of Specific Collagen Peptides Following High-Load Resistance Exercise Upregulates Gene Expression in Pathways Involved in Skeletal Muscle Signal Transduction. <i>Frontiers in Physiology</i> , 2022, 13, 838004.	1.3	6
119	The effects of ageing on functional capacity and stretch-shortening cycle muscle power. <i>Journal of Physical Therapy Science</i> , 2021, 33, 250-260.	0.2	5
120	Attenuated Lower Limb Stretch-Shorten-Cycle Capacity in ACL Injured vs. Non-Injured Female Alpine Ski Racers: Not Just a Matter of Between-Limb Asymmetry. <i>Frontiers in Sports and Active Living</i> , 2022, 4, 853701.	0.9	5
121	Effects of Football Training and Match-Play on Hamstring Muscle Strength and Passive Hip and Ankle Range of Motion during the Competitive Season. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 2897.	1.2	5
122	Effects of Resistance Training Prior to Total Hip or Knee Replacement on Post-operative Recovery in Functional Performance: A Systematic Review and Meta-Analysis. <i>Frontiers in Sports and Active Living</i> , 2022, 4, .	0.9	5
123	Effect of Workplace- versus Home-Based Physical Exercise on Muscle Response to Sudden Trunk Perturbation among Healthcare Workers: A Cluster Randomized Controlled Trial. <i>BioMed Research International</i> , 2015, 2015, 1-11.	0.9	4
124	High-intensity strength training in patients with idiopathic inflammatory myopathies: a randomised controlled trial protocol. <i>BMJ Open</i> , 2021, 11, e043793.	0.8	4
125	Resistance Training Leads to Altered Muscle Fiber Type Composition and Enhanced Long-term Cycling Performance in Elite Competitive Cyclists. <i>Medicine and Science in Sports and Exercise</i> , 2007, 39, S448-S449.	0.2	4
126	Effects of small-sided recreational team handball training on mechanical muscle function, body composition and bone mineralization in untrained young adults: A randomized controlled trial. <i>PLoS ONE</i> , 2020, 15, e0241359.	1.1	4

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127	Effects of consecutive days of matchplay on maximal hip abductor and adductor strength in female field hockey players. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2022, 14, 3.	0.7	4
128	Medio-Lateral Hamstring Muscle Activity in Unilateral vs. Bilateral Strength Exercises in Female Team Handball Players – A Cross-Sectional Study. <i>International Journal of Sports Physical Therapy</i> , 2021, 16, 704-714.	0.5	3
129	Neuromuscular Factors Related to Hamstring Muscle Function, Performance and Injury. , 2020, , 117-143.		3
130	Effects of Resistance Training Cessation on Cycling Performance in Well-Trained Cyclists. <i>Journal of Strength and Conditioning Research</i> , 2022, Publish Ahead of Print, 796-804.	1.0	3
131	Reliability of Mechanical Trunk Responses During Known and Unknown Trunk Perturbations. <i>Journal of Applied Biomechanics</i> , 2016, 32, 86-92.	0.3	2
132	Acute Neuromuscular Activity in Selected Injury Prevention Exercises with App-Based versus Personal On-Site Instruction: A Randomized Cross-Sectional Study. <i>Hindawi Publishing Corporation</i> , 2019, 2019, 1-9.	2.3	2
133	Autogenic recurrent Renshaw inhibition is elevated in human spinal motor neurones during maximal eccentric muscle contraction in vivo. <i>Acta Physiologica</i> , 2018, 223, e13107.	1.8	1
134	Response to Letter to the Editor by Lixandra et al. published in <i>Scand. J. Med. Sci. Sports</i> 31(2), 489–492, 2021. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 2156-2159.	1.3	1
135	Effects of Whole-Season Training and Match-Play on Hip Adductor and Abductor Muscle Strength in Soccer Players: A Pilot Study. <i>Sports Health</i> , 2022, 14, 912-919.	1.3	1
136	Impaired one-legged landing balance in young female athletes with previous ankle sprain: a cross-sectional study. <i>Journal of Sports Medicine and Physical Fitness</i> , 2022, , .	0.4	1