

# Per Aagaard

## List of Publications by Citations

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131  
papers

11,014  
citations

56  
h-index

104  
g-index

138  
ext. papers

12,469  
ext. citations

3.8  
avg, IF

6.23  
L-index

#	Paper	IF	Citations
131	Increased rate of force development and neural drive of human skeletal muscle following resistance training. <i>Journal of Applied Physiology</i> , <b>2002</b> , 93, 1318-26	3.7	1020
130	Rate of force development: physiological and methodological considerations. <i>European Journal of Applied Physiology</i> , <b>2016</b> , 116, 1091-116	3.4	532
129	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> , <b>2010</b> , 20, 49-64	4.6	425
128	Neural adaptation to resistance training: changes in evoked V-wave and H-reflex responses. <i>Journal of Applied Physiology</i> , <b>2002</b> , 92, 2309-18	3.7	425
127	A mechanism for increased contractile strength of human pennate muscle in response to strength training: changes in muscle architecture. <i>Journal of Physiology</i> , <b>2001</b> , 534, 613-23	3.9	394
126	Recreational football as a health promoting activity: a topical review. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2010</b> , 20 Suppl 1, 1-13	4.6	361
125	Influence of maximal muscle strength and intrinsic muscle contractile properties on contractile rate of force development. <i>European Journal of Applied Physiology</i> , <b>2006</b> , 96, 46-52	3.4	353
124	A new concept for isokinetic hamstring: quadriceps muscle strength ratio. <i>American Journal of Sports Medicine</i> , <b>1998</b> , 26, 231-7	6.8	342
123	Muscle performance during maximal isometric and dynamic contractions is influenced by the stiffness of the tendinous structures. <i>Journal of Applied Physiology</i> , <b>2005</b> , 99, 986-94	3.7	320
122	Load-displacement properties of the human triceps surae aponeurosis in vivo. <i>Journal of Physiology</i> , <b>2001</b> , 531, 277-88	3.9	299
121	Neural inhibition during maximal eccentric and concentric quadriceps contraction: effects of resistance training. <i>Journal of Applied Physiology</i> , <b>2000</b> , 89, 2249-57	3.7	272
120	Training-induced changes in neural function. <i>Exercise and Sport Sciences Reviews</i> , <b>2003</b> , 31, 61-7	6.7	253
119	Myosin heavy chain IIX overshoot in human skeletal muscle. <i>Muscle and Nerve</i> , <b>2000</b> , 23, 1095-104	3.4	241
118	Effects of aging on human skeletal muscle after immobilization and retraining. <i>Journal of Applied Physiology</i> , <b>2009</b> , 107, 1172-80	3.7	240
117	Myofibre damage in human skeletal muscle: effects of electrical stimulation versus voluntary contraction. <i>Journal of Physiology</i> , <b>2007</b> , 583, 365-80	3.9	220
116	Isokinetic hamstring/quadriceps strength ratio: influence from joint angular velocity, gravity correction and contraction mode. <i>Acta Physiologica Scandinavica</i> , <b>1995</b> , 154, 421-7		206
115	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> , <b>2004</b> , 97, 1954-61	3.7	197

114	Molecular aging and rejuvenation of human muscle stem cells. <i>EMBO Molecular Medicine</i> , <b>2009</b> , 1, 381-91	11.2	175
113	Neuromuscular Activation in Conventional Therapeutic Exercises and Heavy Resistance Exercises: Implications for Rehabilitation. <i>Physical Therapy</i> , <b>2006</b> , 86, 683-697	3.3	170
112	Antagonist muscle coactivation during isokinetic knee extension. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2000</b> , 10, 58-67	4.6	169
111	Identification of athletes at future risk of anterior cruciate ligament ruptures by neuromuscular screening. <i>American Journal of Sports Medicine</i> , <b>2009</b> , 37, 1967-73	6.8	165
110	Recreational soccer is an effective health-promoting activity for untrained men. <i>British Journal of Sports Medicine</i> , <b>2009</b> , 43, 825-31	10.3	164
109	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> , <b>2004</b> , 52, 2016-22	5.6	154
108	Changes in muscle size and MHC composition in response to resistance exercise with heavy and light loading intensity. <i>Journal of Applied Physiology</i> , <b>2008</b> , 105, 1454-61	3.7	150
107	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> , <b>2008</b> , 18, 773-82	4.6	148
106	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> , <b>2012</b> , 590, 4351-61	3.9	147
105	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> , <b>2013</b> , 68, 845-52	6.4	137
104	Effects of aging on muscle mechanical function and muscle fiber morphology during short-term immobilization and subsequent retraining. <i>Journal of Applied Physiology</i> , <b>2010</b> , 109, 1628-34	3.7	123
103	Resistance training induces qualitative changes in muscle morphology, muscle architecture, and muscle function in elderly postoperative patients. <i>Journal of Applied Physiology</i> , <b>2008</b> , 105, 180-6	3.7	123
102	The effects of neuromuscular training on knee joint motor control during sidcutting in female elite soccer and handball players. <i>Clinical Journal of Sport Medicine</i> , <b>2008</b> , 18, 329-37	3.2	119
101	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> , <b>2013</b> , 591, 3789-804	3.9	106
100	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> , <b>2007</b> , 102, 942-8	3.7	101
99	Mechanical muscle function, morphology, and fiber type in lifelong trained elderly. <i>Medicine and Science in Sports and Exercise</i> , <b>2007</b> , 39, 1989-96	1.2	95
98	Contraction-specific differences in maximal muscle power during stretch-shortening cycle movements in elderly males and females. <i>European Journal of Applied Physiology</i> , <b>2001</b> , 84, 206-12	3.4	92
97	Soleus H-reflex gain in humans walking and running under simulated reduced gravity. <i>Journal of Physiology</i> , <b>2001</b> , 530, 167-80	3.9	85

96	Muscle oxygen uptake and energy turnover during dynamic exercise at different contraction frequencies in humans. <i>Journal of Physiology</i> , <b>2001</b> , 536, 261-71	3.9	81
95	Comparison of ground reaction forces and antagonist muscle coactivation during stair walking with ageing. <i>Journal of Electromyography and Kinesiology</i> , <b>2008</b> , 18, 568-80	2.5	75
94	Specificity of training velocity and training load on gains in isokinetic knee joint strength. <i>Acta Physiologica Scandinavica</i> , <b>1996</b> , 156, 123-9		74
93	Effects of resistance training on endurance capacity and muscle fiber composition in young top-level cyclists. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2011</b> , 21, e298-307	4.6	73
92	Lower limb asymmetry in mechanical muscle function: A comparison between ski racers with and without ACL reconstruction. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2015</b> , 25, e301-9	4.6	72
91	Progressive resistance training rebuilds lean body mass in head and neck cancer patients after radiotherapy--results from the randomized DAHANCA 25B trial. <i>Radiotherapy and Oncology</i> , <b>2013</b> , 108, 314-9	5.3	70
90	Effects of strength training on endurance capacity in top-level endurance athletes. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2010</b> , 20 Suppl 2, 39-47	4.6	70
89	Physiological and methodological aspects of rate of force development assessment in human skeletal muscle. <i>Clinical Physiology and Functional Imaging</i> , <b>2018</b> , 38, 743-762	2.4	68
88	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> , <b>2019</b> , 10, 1316-1329	10.3	67
87	Recreational football training decreases risk factors for bone fractures in untrained premenopausal women. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2010</b> , 20 Suppl 1, 31-9	4.6	67
86	Force steadiness, muscle activity, and maximal muscle strength in subjects with subacromial impingement syndrome. <i>Muscle and Nerve</i> , <b>2006</b> , 34, 631-9	3.4	65
85	The effect of strength training, recreational soccer and running exercise on stretch-shortening cycle muscle performance during countermovement jumping. <i>Human Movement Science</i> , <b>2012</b> , 31, 970-864	2.4	63
84	Long-term musculoskeletal and cardiac health effects of recreational football and running for premenopausal women. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2010</b> , 20 Suppl 1, 58-71	4.6	63
83	Neuromuscular activation in conventional therapeutic exercises and heavy resistance exercises: implications for rehabilitation. <i>Physical Therapy</i> , <b>2006</b> , 86, 683-97	3.3	62
82	Rapid hamstring/quadriceps force capacity in male vs. female elite soccer players. <i>Journal of Strength and Conditioning Research</i> , <b>2011</b> , 25, 1989-93	3.2	61
81	Muscle activity during leg strengthening exercise using free weights and elastic resistance: effects of ballistic vs controlled contractions. <i>Human Movement Science</i> , <b>2013</b> , 32, 65-78	2.4	59
80	Effects of ageing on single muscle fibre contractile function following short-term immobilisation. <i>Journal of Physiology</i> , <b>2011</b> , 589, 4745-57	3.9	59
79	The effect of recreational soccer training and running on postural balance in untrained men. <i>European Journal of Applied Physiology</i> , <b>2011</b> , 111, 521-30	3.4	59

78	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> , <b>2016</b> , 50, 552-7	10.3	58
77	Neuromuscular adaptations to detraining following resistance training in previously untrained subjects. <i>European Journal of Applied Physiology</i> , <b>2005</b> , 93, 511-8	3.4	57
76	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> , <b>2010</b> , 20 Suppl 1, 90-7	4.6	56
75	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> , <b>2015</b> , 41, 153-63	4.3	56
74	Rapid hamstrings/quadriceps strength in ACL-reconstructed elite Alpine ski racers. <i>Medicine and Science in Sports and Exercise</i> , <b>2015</b> , 47, 109-19	1.2	48
73	Physical exercise at the workplace prevents deterioration of work ability among healthcare workers: cluster randomized controlled trial. <i>BMC Public Health</i> , <b>2015</b> , 15, 1174	4.1	36
72	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> , <b>2014</b> , 40, 244-51	4.3	36
71	Effect of blood-flow restricted vs heavy-load strength training on muscle strength: Systematic review and meta-analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2020</b> , 30, 837-848	4.6	35
70	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> , <b>2017</b> , 595, 4857-4873	3.9	32
69	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> , <b>2014</b> , 24 Suppl 1, 76-85	4.6	32
68	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> , <b>2014</b> , 24, 717-26	4.6	31
67	Effects of recreational football on women's fitness and health: adaptations and mechanisms. <i>European Journal of Applied Physiology</i> , <b>2018</b> , 118, 11-32	3.4	31
66	Anterior cruciate ligament injury/reinjury in alpine ski racing: a narrative review. <i>Open Access Journal of Sports Medicine</i> , <b>2017</b> , 8, 71-83	2.9	30
65	Moment and power generation during maximal knee extensions performed at low and high speeds. <i>European Journal of Applied Physiology and Occupational Physiology</i> , <b>1994</b> , 69, 376-81		29
64	Total power output generated during dynamic knee extensor exercise at different contraction frequencies. <i>Journal of Applied Physiology</i> , <b>2000</b> , 89, 1912-8	3.7	28
63	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> , <b>1994</b> , 69, 382-6		28
62	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> , <b>2013</b> , 14, 67	2.8	27
61	Delayed Effect of Blood Flow-restricted Resistance Training on Rapid Force Capacity. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 1157-1167	1.2	26

60	Isokinetic muscle strength and hiking performance in elite sailors. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>1998</b> , 8, 138-44	4.6	26
59	Isokinetic muscle strength and capacity for muscular knee joint stabilization in elite sailors. <i>International Journal of Sports Medicine</i> , <b>1997</b> , 18, 521-5	3.6	24
58	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> , <b>2008</b> , 103, 151-61	3.4	24
57	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> , <b>2020</b> , 10, 16337	4.9	24
56	Strength Training Improves Fatigue Resistance and Self-Rated Health in Workers with Chronic Pain: A Randomized Controlled Trial. <i>BioMed Research International</i> , <b>2016</b> , 2016, 4137918	3	24
55	Blood-flow restricted resistance training in patients with sporadic inclusion body myositis: a randomized controlled trial. <i>Scandinavian Journal of Rheumatology</i> , <b>2018</b> , 47, 400-409	1.9	24
54	Effect of two contrasting interventions on upper limb chronic pain and disability: a randomized controlled trial. <i>Pain Physician</i> , <b>2014</b> , 17, 145-54	1.8	24
53	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> , <b>2016</b> , 36, 504-509	2.4	23
52	Making muscles "stronger": exercise, nutrition, drugs. <i>Journal of Musculoskeletal Neuronal Interactions</i> , <b>2004</b> , 4, 165-74	1.3	23
51	Early phase interference between low-intensity running and power training in moderately trained females. <i>European Journal of Applied Physiology</i> , <b>2016</b> , 116, 1063-73	3.4	22
50	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> , <b>2016</b> , 116, 1127-38	3.4	22
49	Antagonist muscle moment is increased in ACL deficient subjects during maximal dynamic knee extension. <i>Knee</i> , <b>2012</b> , 19, 633-9	2.6	21
48	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> , <b>2020</b> , 75, 1369-1378	6.4	20
47	Muscle Activation During ACL Injury Risk Movements in Young Female Athletes: A Narrative Review. <i>Frontiers in Physiology</i> , <b>2018</b> , 9, 445	4.6	20
46	Asymmetry and Thigh Muscle Coactivity in Fatigued Anterior Cruciate Ligament-Reconstructed Elite Skiers. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 11-20	1.2	17
45	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> , <b>2014</b> , 2014, 278512	3	17
44	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> , <b>2014</b> , 15, 119	2.8	16
43	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> , <b>2018</b> , 7, 416-424	8.2	16

42	Spinal and supraspinal control of motor function during maximal eccentric muscle contraction: Effects of resistance training. <i>Journal of Sport and Health Science</i> , <b>2018</b> , 7, 282-293	8.2	16
41	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> , <b>2020</b> , 11, 556	4.6	14
40	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> , <b>2020</b> , 11, 243	4.6	14
39	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> , <b>2019</b> , 29, 1901-1908	4.6	12
38	Serum Insulin after Intravenous Administration of Glucose before and after Total Vagotomy. <i>Scandinavian Journal of Gastroenterology</i> , <b>1973</b> , 8, 699-701	2.4	10
37	Contractile rate of force development after anterior cruciate ligament reconstruction-a comprehensive review and meta-analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2020</b> , 30, 1572-1585	4.6	9
36	Assessment of Neuroplasticity With Strength Training. <i>Exercise and Sport Sciences Reviews</i> , <b>2020</b> , 48, 151-162	6.7	9
35	Plasticity in central neural drive with short-term disuse and recovery - effects on muscle strength and influence of aging. <i>Experimental Gerontology</i> , <b>2018</b> , 106, 145-153	4.5	8
34	Physical function and muscle strength in sporadic inclusion body myositis. <i>Muscle and Nerve</i> , <b>2017</b> , 56, E50-E58	3.4	7
33	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> , <b>2020</b> , 120, 1165-1177	3.4	7
32	Associations between biopsychosocial factors and chronic upper limb pain among slaughterhouse workers: cross sectional study. <i>BMC Musculoskeletal Disorders</i> , <b>2016</b> , 17, 104	2.8	7
31	The effect of targeted exercise on knee-muscle function in patients with persistent hamstring deficiency following ACL reconstruction - study protocol for a randomized controlled trial. <i>Trials</i> , <b>2018</b> , 19, 75	2.8	7
30	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> , <b>2021</b> ,	10.3	7
29	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> , <b>2021</b> , 1	5.5	7
28	Myosin heavy chain IIX overshoot in human skeletal muscle <b>2000</b> , 23, 1095		7
27	The immune system in sporadic inclusion body myositis patients is not compromised by blood-flow restricted exercise training. <i>Arthritis Research and Therapy</i> , <b>2019</b> , 21, 293	5.7	6
26	Influence of Resistance Training on Neuromuscular Function and Physical Capacity in ALS Patients. <i>Journal of Neurodegenerative Diseases</i> , <b>2017</b> , 2017, 1436519		5
25	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> , <b>2017</b> , 2017, 4269575	0.4	5

24	The effect of low-load resistance training with blood flow restriction on chronic patellar tendinopathy [A case series. <i>Translational Sports Medicine</i> , <b>2020</b> , 3, 342-352	1.3	4
23	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> , <b>2007</b> , 39, S448-S449	1.2	4
22	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> , <b>2020</b> , 128, 1523-1532	3.7	2
21	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> , <b>2019</b> , 2019, 1415305	2	2
20	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> , <b>2015</b> , 2015, 902896	3	2
19	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> , <b>2021</b> ,	3.7	2
18	Neuromuscular Factors Related to Hamstring Muscle Function, Performance and Injury <b>2020</b> , 117-143		2
17	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> , <b>2020</b> , 48, 3214-3223	6.8	2
16	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> , <b>2021</b> , 16, 704-714	1.4	2
15	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> , <b>2021</b> , 149, 111321	4.5	2
14	Physical and psychosocial work environmental risk factors of low-back pain: protocol for a 1 year prospective cohort study. <i>BMC Musculoskeletal Disorders</i> , <b>2019</b> , 20, 626	2.8	2
13	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> , <b>2021</b> , 31, 498-509	4.6	2
12	The effects of ageing on functional capacity and stretch-shortening cycle muscle power. <i>Journal of Physical Therapy Science</i> , <b>2021</b> , 33, 250-260	1	2
11	Reliability of Mechanical Trunk Responses During Known and Unknown Trunk Perturbations. <i>Journal of Applied Biomechanics</i> , <b>2016</b> , 32, 86-92	1.2	1
10	Effects of Resistance Training Cessation on Cycling Performance in Well-Trained Cyclists: An Exploratory Study.. <i>Journal of Strength and Conditioning Research</i> , <b>2022</b> , 36, 796-804	3.2	1
9	Effects of Periodization on Strength and Muscle Hypertrophy in Volume-Equated Resistance Training Programs: A Systematic Review and Meta-analysis.. <i>Sports Medicine</i> , <b>2022</b> , 1	10.6	1
8	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> , <b>2020</b> , 15, e0241359	3.7	1
7	Response to Letter-to-Editor by LixandrŃ 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> , <b>2021</b> , 31, 2156-2159	4.6	1

6	Effects of blood-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> , <b>2021</b> ,	4.6	1
5	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> , <b>2022</b> , 4, 853701	2.3	1
4	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> , <b>2022</b> , 13, 838004	4.6	1
3	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> , <b>2022</b> , 14, 3	2.4	0
2	High-intensity strength training in patients with idiopathic inflammatory myopathies: a randomised controlled trial protocol. <i>BMJ Open</i> , <b>2021</b> , 11, e043793	3	0
1	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> , <b>2021</b> , 19417381211053783	4.7	