

Borja Saudo

List of Publications by Citations

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96
papers

1,420
citations

22
h-index

34
g-index

124
ext. papers

1,809
ext. citations

2.6
avg, IF

4.82
L-index

| # | Paper | IF | Citations |
|----|--|-----|-----------|
| 96 | Effects of a 10-week in-season eccentric-overload training program on muscle-injury prevention and performance in junior elite soccer players. <i>International Journal of Sports Physiology and Performance</i> , 2015 , 10, 46-52 | 3.5 | 111 |
| 95 | Objectively-Assessed Physical Activity, Sedentary Behavior, Smartphone Use, and Sleep Patterns Pre- and during-COVID-19 Quarantine in Young Adults from Spain. <i>Sustainability</i> , 2020 , 12, 5890 | 3.6 | 63 |
| 94 | Aerobic exercise versus combined exercise therapy in women with fibromyalgia syndrome: a randomized controlled trial. <i>Archives of Physical Medicine and Rehabilitation</i> , 2010 , 91, 1838-43 | 2.8 | 62 |
| 93 | Influence of football match time-motion parameters on recovery time course of muscle damage and jump ability. <i>Journal of Sports Sciences</i> , 2016 , 34, 1363-70 | 3.6 | 61 |
| 92 | Comparative Effects of In-Season Full-Back Squat, Resisted Sprint Training, and Plyometric Training on Explosive Performance in U-19 Elite Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 368-77 | 3.2 | 54 |
| 91 | Effectiveness of low-frequency vibration recovery method on blood lactate removal, muscle contractile properties and on time to exhaustion during cycling at VO ₂ max power output. <i>European Journal of Applied Physiology</i> , 2011 , 111, 2271-9 | 3.4 | 50 |
| 90 | Effects of 10-week eccentric overload training on kinetic parameters during change of direction in football players. <i>Journal of Sports Sciences</i> , 2016 , 34, 1380-7 | 3.6 | 49 |
| 89 | Effects of a prolonged exercise program on key health outcomes in women with fibromyalgia: a randomized controlled trial. <i>Journal of Rehabilitation Medicine</i> , 2011 , 43, 521-6 | 3.4 | 49 |
| 88 | Whole body vibration training improves leg blood flow and adiposity in patients with type 2 diabetes mellitus. <i>European Journal of Applied Physiology</i> , 2013 , 113, 2245-52 | 3.4 | 47 |
| 87 | Immediate effect of kinesio taping on muscle response in young elite soccer players. <i>Journal of Sport Rehabilitation</i> , 2013 , 22, 53-8 | 1.7 | 47 |
| 86 | Effects of eccentric overload bout on change of direction and performance in soccer players. <i>International Journal of Sports Medicine</i> , 2015 , 36, 308-14 | 3.6 | 38 |
| 85 | Test-retest reliability and minimal detectable change scores for fitness assessment in older adults with type 2 diabetes. <i>Rehabilitation Nursing</i> , 2014 , 39, 260-8 | 1.3 | 36 |
| 84 | Factors Associated with the Risk of Falls of Nursing Home Residents Aged 80 or Older. <i>Rehabilitation Nursing</i> , 2016 , 41, 16-25 | 1.3 | 33 |
| 83 | Using cardiovascular parameters and symptom severity to prescribe physical activity in women with fibromyalgia. <i>Clinical and Experimental Rheumatology</i> , 2009 , 27, S62-6 | 2.2 | 33 |
| 82 | Effects of a 12-wk whole-body vibration based intervention to improve type 2 diabetes. <i>Maturitas</i> , 2014 , 77, 52-8 | 5 | 31 |
| 81 | Effects of exercise training and detraining in patients with fibromyalgia syndrome: a 3-yr longitudinal study. <i>American Journal of Physical Medicine and Rehabilitation</i> , 2012 , 91, 561-9; quiz 570-3 | 2.6 | 31 |
| 80 | Game analysis and energy requirements of paddle tennis competition. <i>Science and Sports</i> , 2011 , 26, 338-344 | 3.4 | 29 |

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| 79 | A systematic review of the exercise effect on bone health: the importance of assessing mechanical loading in perimenopausal and postmenopausal women. <i>Menopause</i> , 2017 , 24, 1208-1216 | 2.5 | 27 |
| 78 | Changes in body balance and functional performance following whole-body vibration training in patients with fibromyalgia syndrome: a randomized controlled trial. <i>Journal of Rehabilitation Medicine</i> , 2013 , 45, 678-84 | 3.4 | 25 |
| 77 | Effects of Traditional Versus Horizontal Inertial Flywheel Power Training on Common Sport-Related Tasks. <i>Journal of Human Kinetics</i> , 2015 , 47, 155-67 | 2.6 | 24 |
| 76 | Effect of whole-body vibration exercise on balance in women with fibromyalgia syndrome: a randomized controlled trial. <i>Journal of Alternative and Complementary Medicine</i> , 2012 , 18, 158-64 | 2.4 | 24 |
| 75 | The effect of 6-week exercise programme and whole body vibration on strength and quality of life in women with fibromyalgia: a randomised study. <i>Clinical and Experimental Rheumatology</i> , 2010 , 28, S40-5 | 2.2 | 24 |
| 74 | The relationship between nutritional status, functional capacity, and health-related quality of life in older adults with type 2 diabetes: a pilot explanatory study. <i>Journal of Nutrition, Health and Aging</i> , 2013 , 17, 315-21 | 5.2 | 22 |
| 73 | A primary care-based randomized controlled trial of 12-week whole-body vibration for balance improvement in type 2 diabetes mellitus. <i>Archives of Physical Medicine and Rehabilitation</i> , 2013 , 94, 2112-8 | 2.8 | 21 |
| 72 | Determining the optimal whole-body vibration dose-response relationship for muscle performance. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 3326-33 | 3.2 | 21 |
| 71 | Validation of a Video Analysis Software Package for Quantifying Movement Velocity in Resistance Exercises. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 2934-41 | 3.2 | 21 |
| 70 | Acute Effects of Whole-Body Vibration on the Pain Level, Flexibility, and Cardiovascular Responses in Individuals With Metabolic Syndrome. <i>Dose-Response</i> , 2018 , 16, 1559325818802139 | 2.3 | 21 |
| 69 | Effectiveness of Exercise on Fatigue and Sleep Quality in Fibromyalgia: A Systematic Review and Meta-analysis of Randomized Trials. <i>Archives of Physical Medicine and Rehabilitation</i> , 2021 , 102, 752-761 | 2.8 | 19 |
| 68 | Vagal modulation and symptomatology following a 6-month aerobic exercise program for women with fibromyalgia. <i>Clinical and Experimental Rheumatology</i> , 2015 , 33, S41-5 | 2.2 | 19 |
| 67 | Exercise to me is a scary word: perceptions of fatigue, sleep dysfunction, and exercise in people with fibromyalgia syndrome—a focus group study. <i>Rheumatology International</i> , 2018 , 38, 507-515 | 3.6 | 17 |
| 66 | Reporting Guidelines for Whole-Body Vibration Studies in Humans, Animals and Cell Cultures: A Consensus Statement from an International Group of Experts. <i>Biology</i> , 2021 , 10, | 4.9 | 15 |
| 65 | Effects of Whole-Body Vibration in Older Adult Patients With Type 2 Diabetes Mellitus: A Systematic Review and Meta-Analysis. <i>Canadian Journal of Diabetes</i> , 2019 , 43, 524-529.e2 | 2.1 | 14 |
| 64 | Depression symptoms are associated with key health outcomes in women with fibromyalgia: a cross-sectional study. <i>International Journal of Rheumatic Diseases</i> , 2017 , 20, 798-808 | 2.3 | 13 |
| 63 | Associations of Objectively-Assessed Smartphone Use with Physical Activity, Sedentary Behavior, Mood, and Sleep Quality in Young Adults: A Cross-Sectional Study. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17, | 4.6 | 13 |
| 62 | Potential Application of Whole Body Vibration Exercise For Improving The Clinical Conditions of COVID-19 Infected Individuals: A Narrative Review From the World Association of Vibration Exercise Experts (WAVex) Panel. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17, | 4.6 | 13 |

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| 61 | Eccentric-concentric Ratio: A Key Factor for Defining Strength Training in Soccer. <i>International Journal of Sports Medicine</i> , 2019 , 40, 796-802 | 3.6 | 13 |
| 60 | A Proposal of Physical Performance Tests Adapted as Home Workout Options during the COVID-19 Pandemic. <i>Applied Sciences (Switzerland)</i> , 2020 , 10, 4755 | 2.6 | 13 |
| 59 | Pilot Study Assessing the Influence of Skin Type on the Heart Rate Measurements Obtained by Photoplethysmography with the Apple Watch. <i>Journal of Medical Systems</i> , 2019 , 43, 195 | 5.1 | 12 |
| 58 | Demandas fisiológicas de la competición en pñdel. (Physiological demands of competition in paddle).. <i>RICYDE Revista Internacional De Ciencias Del Deporte</i> , 2007 , 3, 53-58 | 1.5 | 12 |
| 57 | COVID-19 Lockdown and the Behavior Change on Physical Exercise, Pain and Psychological Well-Being: An International Multicentric Study. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18, | 4.6 | 10 |
| 56 | The role of daily physical activity and nutritional status on bone turnover in cystic fibrosis: a cross-sectional study. <i>Brazilian Journal of Physical Therapy</i> , 2016 , 20, 206-12 | 3.7 | 10 |
| 55 | Impact of an acute bout of vibration on muscle contractile properties, creatine kinase and lactate dehydrogenase response. <i>European Journal of Sport Science</i> , 2013 , 13, 666-73 | 3.9 | 8 |
| 54 | Cardiac autonomic response during recovery from a maximal exercise using whole body vibration. <i>Complementary Therapies in Medicine</i> , 2013 , 21, 294-9 | 3.5 | 8 |
| 53 | POTENTIAL EFFECTS OF WHOLE-BODY VIBRATION EXERCISES ON BLOOD FLOW KINETICS OF DIFFERENT POPULATIONS: A SYSTEMATIC REVIEW WITH A SUITABLE APPROACH. <i>Tropical Journal of Obstetrics and Gynaecology</i> , 2017 , 14, 41-51 | 0.3 | 8 |
| 52 | Does whole body vibration training affect knee kinematics and neuromuscular control in healthy people?. <i>Journal of Sports Sciences</i> , 2012 , 30, 1537-44 | 3.6 | 8 |
| 51 | Gender differences in knee stability in response to whole-body vibration. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 2156-65 | 3.2 | 8 |
| 50 | Effect of Flywheel Resistance Training on Balance Performance in Older Adults. A Randomized Controlled Trial. <i>Journal of Sports Science and Medicine</i> , 2019 , 18, 344-350 | 2.7 | 8 |
| 49 | Predicting Loading Intensity Measuring Velocity in Barbell Hip Thrust Exercise. <i>Journal of Strength and Conditioning Research</i> , 2021 , 35, 2075-2081 | 3.2 | 8 |
| 48 | Respuesta autñoma e influencia sobre la calidad de vida de mujeres con fibromialgia tras una intervenciñ de ejercicio fñsico a largo plazo. <i>Rehabilitacion</i> , 2010 , 44, 244-249 | 1 | 7 |
| 47 | Nivel de actividad fñsica, calidad de vida y niveles de depresiñ en mujeres mayores con fibromialgia. <i>Escritos De Psicologia</i> , 2013 , 6, 53-60 | 1.5 | 7 |
| 46 | Cost-utility analysis of a 12-week whole-body vibration based treatment for people with type 2 diabetes: reanalysis of a RCT in a primary care context. <i>Public Health</i> , 2015 , 129, 993-5 | 4 | 5 |
| 45 | Whole-Body Vibration for Individuals with Reconstructed Anterior Cruciate Ligament: A Systematic Review. <i>BioMed Research International</i> , 2020 , 2020, 7362069 | 3 | 5 |
| 44 | Whole body vibration: acute and residual effect on the explosive strength. <i>Journal of Human Sport and Exercise</i> , 2010 , 5, 188-195 | 1.5 | 5 |

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| 43 | Effects of Vibration on Leg Blood Flow After Intense Exercise and Its Influence on Subsequent Exercise Performance. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 1111-7 | 3.2 | 5 |
| 42 | High-Intensity Interval Training Combined With Vibration and Dietary Restriction Improves Body Composition and Blood Lipids in Obese Adults: A Randomized Trial. <i>Dose-Response</i> , 2018 , 16, 1559325818797015 | 2.3 | 5 |
| 41 | Analysis of the acceleration profile according to initial speed and positional role in elite professional male soccer players. <i>Journal of Sports Medicine and Physical Fitness</i> , 2018 , 58, 1774-1780 | 1.4 | 5 |
| 40 | Influence of the level of physical activity on physical fitness, lipid profile and health outcomes in overweight/obese adults with similar nutritional status. <i>Science and Sports</i> , 2017 , 32, 278-285 | 0.8 | 4 |
| 39 | Physical Education Teachers and Their ICT Training Applied to Students with Disabilities. The Case of Spain. <i>Sustainability</i> , 2019 , 11, 2559 | 3.6 | 4 |
| 38 | Effect of the Combined Intervention with Passive Whole-Body Vibration and Auriculotherapy on the Quality of Life of Individuals with Knee Osteoarthritis Assessed by the WHOQOL-Bref: A Multi-Arm Clinical Trial. <i>Applied Sciences (Switzerland)</i> , 2020 , 10, 1956 | 2.6 | 4 |
| 37 | The Use of Vibration Platforms in Fibromyalgia Syndrome: Future Prospects. <i>Journal of Musculoskeletal Pain</i> , 2013 , 21, 165-172 | | 4 |
| 36 | Improved Muscle Strength, Muscle Power, and Physical Function After Flywheel Resistance Training in Healthy Older Adults: A Randomized Controlled Trial. <i>Journal of Strength and Conditioning Research</i> , 2020 , | 3.2 | 4 |
| 35 | Composició corporal y actividad física como parámetros de salud en niños de una población rural de Sevilla. (Body composition and physical activity like health parameters in childrens in a rural Sevillian population).. <i>RICYDE Revista Internacional De Ciencias Del Deporte</i> , 2007 , 3, 52-62 | 1.5 | 4 |
| 34 | Clinical Approaches of Whole-Body Vibration Exercises in Individuals with Stroke: A Narrative Revision. <i>Rehabilitation Research and Practice</i> , 2018 , 2018, 8180901 | 1.2 | 4 |
| 33 | Integrative Neuromuscular Training in Young Athletes, Injury Prevention, and Performance Optimization: A Systematic Review. <i>Applied Sciences (Switzerland)</i> , 2019 , 9, 3839 | 2.6 | 3 |
| 32 | Influence of Strength Level on the Acute Post-Activation Performance Enhancement Following Flywheel and Free Weight Resistance Training. <i>Sensors</i> , 2020 , 20, | 3.8 | 3 |
| 31 | Whole-Body Vibration as Antihypertensive Non-Pharmacological Treatment in Hypertensive Individuals with Knee Osteoarthritis: Randomized Cross-Over Trial. <i>Sustainability</i> , 2020 , 12, 8944 | 3.6 | 2 |
| 30 | Impact of Active Recovery and Whole-Body Electromyostimulation on Blood-Flow and Blood Lactate Removal in Healthy People. <i>Frontiers in Physiology</i> , 2020 , 11, 310 | 4.6 | 2 |
| 29 | Is whole body vibration an alternative physical training method for renal transplant recipients?. <i>Physiotherapy Research International</i> , 2020 , 25, e1838 | 1.8 | 2 |
| 28 | Is the Wii balance board a valid and reliable instrument to assess postural stability in older adults with type 2 diabetes mellitus?. <i>Diabetes Research and Clinical Practice</i> , 2020 , 166, 108313 | 7.4 | 2 |
| 27 | Revisió sobre la lesió de la musculatura isquiotibial en el deporte: factores de riesgo y estrategias para su prevenció. <i>Revista Andaluza De Medicina Del Deporte</i> , 2013 , 6, 30-37 | 1 | 2 |
| 26 | Respuesta cardiovascular y respiratoria aguda derivada de la aplicació de estímulos vibratorios de diferente magnitud. <i>Apunts Medicine De L'Esport</i> , 2010 , 45, 23-30 | 0.6 | 2 |

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| 25 | Improved key health outcomes in women with fibromyalgia undergoing different supervised exercise programmes: a randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2010 , 44, i6-i6 | 10.3 | 2 |
| 24 | Using Tensiomyography to Assess Changes in Knee Muscle Contraction Properties After Concentric and Eccentric Fatiguing Muscle Actions. <i>Journal of Strength and Conditioning Research</i> , 2020 , | 3.2 | 2 |
| 23 | Aerobic Exercise with Superimposed Virtual Reality Improves Cognitive Flexibility and Selective Attention in Young Males. <i>Applied Sciences (Switzerland)</i> , 2020 , 10, 8029 | 2.6 | 2 |
| 22 | FRI0710-HPR EFFECTIVENESS OF EXERCISE IN THE MANAGEMENT OF FATIGUE AND SLEEP QUALITY IN FIBROMYALGIA: A SYSTEMATIC REVIEW AND META-ANALYSIS 2019 , | | 2 |
| 21 | Biomechanics of Trail Running Performance: Quantification of Spatio-Temporal Parameters by Using Low Cost Sensors in Ecological Conditions. <i>Applied Sciences (Switzerland)</i> , 2021 , 11, 2093 | 2.6 | 2 |
| 20 | Validation of a Wearable Accelerometer-Based Activity Monitor for Use in Future Osteoporosis Prevention Programs. <i>Sustainability</i> , 2020 , 12, 2187 | 3.6 | 1 |
| 19 | Aplicaci3n del ejercicio f3sico como terapia en medicina del trabajo para pacientes con fibromialgia. <i>Medicina Y Seguridad Del Trabajo</i> , 2013 , 59, 310-321 | 0 | 1 |
| 18 | Acute and Short-Term Response to Different Loading Conditions During Resisted Sprint Training. <i>International Journal of Sports Physiology and Performance</i> , 2020 , 1-8 | 3.5 | 1 |
| 17 | Efficacy of Whole-Body Vibration Training on Brain-Derived Neurotrophic Factor, Clinical and Functional Outcomes, and Quality of Life in Women with Fibromyalgia Syndrome: A Randomized Controlled Trial.. <i>Journal of Healthcare Engineering</i> , 2021 , 2021, 7593802 | 3.7 | 1 |
| 16 | Mediating effect of muscle power on the relationship of physical activity with physical fitness and physical function in older women.. <i>Experimental Gerontology</i> , 2021 , 111660 | 4.5 | 1 |
| 15 | Effect of Whole-Body Vibration on the Functional Responses of the Patients with Knee Osteoarthritis by the Electromyographic Profile of the Vastus Lateralis Muscles during the Five-Repetition Chair Stand Test: A Randomized Crossover Trial. <i>Applied Sciences (Switzerland)</i> , 2020 , 10, 4302 | 2.6 | 0 |
| 14 | Fibromyalgia in social media: content and quality of the information analysis of videos on the YouTube platform. <i>Informatics for Health and Social Care</i> , 2021 , 1-12 | 2.7 | 0 |
| 13 | Acute Effects of Whole-Body Vibration Exercise on Pain Level, Functionality, and Rating of Exertion of Elderly Obese Knee Osteoarthritis Individuals: A Randomized Study. <i>Applied Sciences (Switzerland)</i> , 2020 , 10, 5870 | 2.6 | 0 |
| 12 | Effects of non-supervised exercise interventions on bone mineral density in adult women: a systematic review and meta-analysis.. <i>Osteoporosis International</i> , 2022 , 1 | 5.3 | 0 |
| 11 | Determining factors of functioning in hemodialysis patients using the international classification of functioning, disability and health.. <i>BMC Nephrology</i> , 2022 , 23, 119 | 2.7 | 0 |
| 10 | The Impact of Smartphone Use on Body Composition, Physical Fitness, Quality of Life and Selective Attention on Office Workers. A Pilot Study. <i>Lecture Notes in Bioengineering</i> , 2022 , 33-42 | 0.8 | 0 |
| 9 | Effects of lifestyle behaviours and depressed mood on sleep quality in young adults. A machine learning approach.. <i>Psychology and Health</i> , 2022 , 1-16 | 2.9 | 0 |
| 8 | Incidencia del ejercicio f3sico y el entrenamiento vibratorio sobre la amplitud de movimiento de mujeres con fibromialgia. <i>Revista Andaluza De Medicina Del Deporte</i> , 2013 , 6, 52-56 | 1 | |

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| 7 | Influência do nível de atividade física sobre a aptidão física e qualidade de vida relacionada à saúde em idosos portadores ou não de diabetes mellitus tipo 2. <i>Revista Brasileira De Medicina Do Esporte</i> , 2013 , 19, 410-414 | 0.5 |
| 6 | Relationship Between Cardio-Respiratory Parameters and Women With Fibromyalgia. <i>Reumatologia Clínica (English Edition)</i> , 2008 , 4, 8-12 | 0.1 |
| 5 | El entrenamiento de la fuerza muscular para el tratamiento del síndrome de fibromialgia. <i>Fisioterapia</i> , 2007 , 29, 44-53 | 0.2 |
| 4 | Resistance Training in Older Adults. <i>Lecture Notes in Bioengineering</i> , 2022 , 295-319 | 0.8 |
| 3 | Effects of Passive Whole-Body Vibration and Auriculotherapy on the Surface Electromyographic Pattern of the Vastus Lateralis Right Muscle in Individuals with Knee Osteoarthritis. <i>Advances in Intelligent Systems and Computing</i> , 2020 , 665-671 | 0.4 |
| 2 | Relationship between corticotrophin and endorphin responses to a single bout of competitive swimming. <i>British Journal of Sports Medicine</i> , 2010 , 44, i13-i13 | 10.3 |
| 1 | Applying Machine Learning to Estimate Osteoporosis Risk Based on Compliance with WHO Guidelines for Physical Activity in Postmenopausal Women. <i>Lecture Notes in Bioengineering</i> , 2022 , 98-106 | 0.8 |