

Borja Saudo

List of Publications by Year in Descending Order

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

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	Resistance Training in Older Adults. <i>Lecture Notes in Bioengineering</i> , 2022 , 295-319	0.8	
95	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
94	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
93	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	
92	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
91	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
90	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
89	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
88	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
87	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
86	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
85	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
84	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
83	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
82	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
81	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
80	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

79	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
78	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
77	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
76	Is whole body vibration an alternative physical training method for renal transplant recipients?. <i>Physiotherapy Research International</i> , 2020 , 25, e1838	1.8	2
75	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
74	Validation of a Wearable Accelerometer-Based Activity Monitor for Use in Future Osteoporosis Prevention Programs. <i>Sustainability</i> , 2020 , 12, 2187	3.6	1
73	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
72	Whole-Body Vibration for Individuals with Reconstructed Anterior Cruciate Ligament: A Systematic Review. <i>BioMed Research International</i> , 2020 , 2020, 7362069	3	5
71	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
70	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
69	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	
68	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
67	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
66	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
65	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
64	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
63	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
62	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

61	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
60	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
59	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
58	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
57	FRI0710-HPR EFFECTIVENESS OF EXERCISE IN THE MANAGEMENT OF FATIGUE AND SLEEP QUALITY IN FIBROMYALGIA: A SYSTEMATIC REVIEW AND META-ANALYSIS 2019 ,		2
56	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
55	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
54	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
53	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	15
52	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
51	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
50	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
49	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
48	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
47	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
46	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
45	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
44	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

43	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
42	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
41	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
40	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
39	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
38	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
37	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
36	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
35	Effects of a 12-wk whole-body vibration based intervention to improve type 2 diabetes. <i>Maturitas</i> , 2014 , 77, 52-8	5	31
34	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
33	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
32	Revisi3n sobre la lesi3n de la musculatura isquiotibial en el deporte: factores de riesgo y estrategias para su prevenci3n. <i>Revista Andaluza De Medicina Del Deporte</i> , 2013 , 6, 30-37	1	2
31	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
30	The Use of Vibration Platforms in Fibromyalgia Syndrome: Future Prospects. <i>Journal of Musculoskeletal Pain</i> , 2013 , 21, 165-172		4
29	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
28	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
27	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	
26	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

25	Immediate effect of kinesiio taping on muscle response in young elite soccer players. <i>Journal of Sport Rehabilitation</i> , 2013 , 22, 53-8	1.7	47
24	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
23	Influ3ncia do n3vel de atividade f3sica sobre a aptid3o f3sica e qualidade de vida relacionada 3sa3de em idosos portadores ou n3o de diabetes mellitus tipo 2. <i>Revista Brasileira De Medicina Do Esporte</i> , 2013 , 19, 410-414	0.5	
22	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
21	Nivel de actividad f3sica, calidad de vida y niveles de depresi3n en mujeres mayores con fibromialgia. <i>Escritos De Psicologia</i> , 2013 , 6, 53-60	1.5	7
20	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
19	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
18	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
17	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
16	Game analysis and energy requirements of paddle tennis competition. <i>Science and Sports</i> , 2011 , 26, 338-344	3.4	29
15	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
14	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
13	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
12	Respuesta aut3noma e influencia sobre la calidad de vida de mujeres con fibromialgia tras una intervenci3n de ejercicio f3sico a largo plazo. <i>Rehabilitacion</i> , 2010 , 44, 244-249	1	7
11	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
10	Respuesta cardiovascular y respiratoria aguda derivada de la aplicaci3n de est3mulos vibratorios de diferente magnitud. <i>Apuntes Medicina De L3sporte</i> , 2010 , 45, 23-30	0.6	2
9	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
8	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

7	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	
6	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	2.2	24
5	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
4	Relationship Between Cardio-Respiratory Parameters and Women With Fibromyalgia. <i>Reumatología Clínica (English Edition)</i> , 2008 , 4, 8-12	0.1	
3	El entrenamiento de la fuerza muscular para el tratamiento del síndrome de fibromialgia. <i>Fisioterapia</i> , 2007 , 29, 44-53	0.2	
2	Composición 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
1	Demandas fisiológicas de la competición en pádel. (Physiological demands of competition in paddle).. <i>RICYDE Revista Internacional De Ciencias Del Deporte</i> , 2007 , 3, 53-58	1.5	12