

Borja Sañudo

List of Publications by Year in descending order

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115
papers

2,195
citations

186209

28
h-index

265120

42
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124
all docs

124
docs citations

124
times ranked

2595
citing authors

#	ARTICLE	IF	CITATIONS
1	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.	1.1	159
2	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.	1.6	129
3	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, 1838-1843.	0.5	84
4	Influence of football match timeâ€“motion parameters on recovery time course of muscle damage and jump ability. <i>Journal of Sports Sciences</i> , 2016, 34, 1363-1370.	1.0	83
5	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, 368-377.	1.0	73
6	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, 521-526.	0.8	72
7	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, 1380-1387.	1.0	70
8	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.	0.5	70
9	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, 965.	1.3	62
10	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, 2245-2252.	1.2	59
11	Immediate Effect of Kinesio Taping on Muscle Response in Young Elite Soccer Players. <i>Journal of Sport Rehabilitation</i> , 2013, 22, 53-58.	0.4	54
12	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, 2271-2279.	1.2	53
13	Testâ€“Retest Reliability and Minimal Detectable Change Scores for Fitness Assessment in Older Adults with Type 2 Diabetes. <i>Rehabilitation Nursing</i> , 2014, 39, 260-268.	0.3	47
14	Effects of Eccentric Overload Bout on Change of Direction and Performance in Soccer Players. <i>International Journal of Sports Medicine</i> , 2015, 36, 308-314.	0.8	47
15	Game analysis and energy requirements of paddle tennis competition. <i>Science and Sports</i> , 2011, 26, 338-344.	0.2	42
16	Factors Associated with the Risk of Falls of Nursing Home Residents Aged 80 or Older. <i>Rehabilitation Nursing</i> , 2016, 41, 16-25.	0.3	42
17	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, 3499.	1.2	39
18	Effects of Exercise Training and Detraining in Patients with Fibromyalgia Syndrome. <i>American Journal of Physical Medicine and Rehabilitation</i> , 2012, 91, 561-573.	0.7	38

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19	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.	0.8	38
20	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, 315-321.	1.5	35
21	Effects of Traditional Versus Horizontal Inertial Flywheel Power Training on Common Sport-Related Tasks. <i>Journal of Human Kinetics</i> , 2015, 47, 155-167.	0.7	35
22	Using cardiovascular parameters and symptom severity to prescribe physical activity in women with fibromyalgia. <i>Clinical and Experimental Rheumatology</i> , 2009, 27, S62-6.	0.4	35
23	Effects of a 12-wk whole-body vibration based intervention to improve type 2 diabetes. <i>Maturitas</i> , 2014, 77, 52-58.	1.0	34
24	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, 155932581880213.	0.7	34
25	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, 3810.	1.2	33
26	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, 158-164.	2.1	30
27	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, 678-684.	0.8	30
28	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.	2.2	30
29	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, 3650.	1.2	30
30	“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.	1.5	29
31	Validation of a Video Analysis Software Package for Quantifying Movement Velocity in Resistance Exercises. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 2934-2941.	1.0	28
32	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.	0.4	28
33	Determining the Optimal Whole-Body Vibration Dose—response Relationship for Muscle Performance. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 3326-3333.	1.0	27
34	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, 2112-2118.	0.5	25
35	Eccentric-concentric Ratio: A Key Factor for Defining Strength Training in Soccer. <i>International Journal of Sports Medicine</i> , 2019, 40, 796-802.	0.8	25
36	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.	0.4	24

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37	A Proposal of Physical Performance Tests Adapted as Home Workout Options during the COVID-19 Pandemic. <i>Applied Sciences (Switzerland)</i> , 2020, 10, 4755.	1.3	20
38	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.	0.4	20
39	Predicting Loading Intensity Measuring Velocity in Barbell Hip Thrust Exercise. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2075-2081.	1.0	18
40	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.	0.9	15
41	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.	0.1	15
42	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, 206-212.	1.1	13
43	Integrative Neuromuscular Training in Young Athletes, Injury Prevention, and Performance Optimization: A Systematic Review. <i>Applied Sciences (Switzerland)</i> , 2019, 9, 3839.	1.3	13
44	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.	0.7	12
45	Physical Education Teachers and Their ICT Training Applied to Students with Disabilities. The Case of Spain. <i>Sustainability</i> , 2019, 11, 2559.	1.6	11
46	Whole-Body Vibration for Individuals with Reconstructed Anterior Cruciate Ligament: A Systematic Review. <i>BioMed Research International</i> , 2020, 2020, 1-14.	0.9	11
47	Gender Differences in Knee Stability in Response to Whole-Body Vibration. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 2156-2165.	1.0	10
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	10
49	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.	0.4	10
50	Cardiac autonomic response during recovery from a maximal exercise using whole body vibration. <i>Complementary Therapies in Medicine</i> , 2013, 21, 294-299.	1.3	9
51	Clinical Approaches of Whole-Body Vibration Exercises in Individuals with Stroke: A Narrative Revision. <i>Rehabilitation Research and Practice</i> , 2018, 2018, 1-8.	0.5	9
52	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, 155932581879701.	0.7	9
53	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> , 2022, 36, 935-940.	1.0	9
54	Nivel de actividad física, calidad de vida y niveles de depresión en mujeres mayores con fibromialgia. <i>Escritos De Psicología</i> , 2013, 6, 53-60.	0.2	9

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55	The Importance of Physical Activity to Augment Mood during COVID-19 Lockdown. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 1270.	1.2	9
56	Does whole body vibration training affect knee kinematics and neuromuscular control in healthy people?. <i>Journal of Sports Sciences</i> , 2012, 30, 1537-1544.	1.0	8
57	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, 666-673.	1.4	8
58	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, 1111-1117.	1.0	8
59	Influence of Strength Level on the Acute Post-Activation Performance Enhancement Following Flywheel and Free Weight Resistance Training. <i>Sensors</i> , 2020, 20, 7156.	2.1	8
60	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> , 2022, 36, 252-258.	1.0	8
61	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.	0.2	7
62	Effects of non-supervised exercise interventions on bone mineral density in adult women: a systematic review and meta-analysis. <i>Osteoporosis International</i> , 2022, 33, 1415-1427.	1.3	7
63	Aerobic Exercise with Superimposed Virtual Reality Improves Cognitive Flexibility and Selective Attention in Young Males. <i>Applied Sciences (Switzerland)</i> , 2020, 10, 8029.	1.3	6
64	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.	1.3	6
65	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, 1-9.	1.1	6
66	Oxidative Stress Biomarkers and Quality of Life Are Contributing Factors of Muscle Pain and Lean Body Mass in Patients with Fibromyalgia. <i>Biology</i> , 2022, 11, 935.	1.3	6
67	The Use of Vibration Platforms in Fibromyalgia Syndrome: Future Prospects. <i>Journal of Musculoskeletal Pain</i> , 2013, 21, 165-172.	0.3	5
68	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, 993-995.	1.4	5
69	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.	1.3	5
70	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.	1.1	5
71	Acute and Short-Term Response to Different Loading Conditions During Resisted Sprint Training. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 997-1004.	1.1	5
72	Whole body vibration: acute and residual effect on the explosive strength. <i>Journal of Human Sport and Exercise</i> , 2010, 5, 188-195.	0.2	5

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73	Supervised and Non-Supervised Exercise Programs for the Management of Cancer-Related Fatigue in Women with Breast Cancer: A Systematic Review and Meta-Analysis. <i>Cancers</i> , 2022, 14, 3428.	1.7	5
74	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.	1.3	4
75	Composici3n corporal y actividad f3sica como par3metros de salud en ni3os de una poblaci3n rural de Sevilla. (Body composition and physical activity like health parameters in childrens in a rural Sevillian) <i>Tj ETQq1 1 0.784314 rgBT /Over</i>		
76	Is whole body vibration an alternative physical training method for renal transplant recipients?. <i>Physiotherapy Research International</i> , 2020, 25, e1838.	0.7	3
77	Effects of Different Velocity Loss Thresholds on Passive Contractile Properties and Muscle Oxygenation in the Squat Exercise Using Free Weights. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 3056-3064.	1.0	3
78	The Maximum Flywheel Load: A Novel Index to Monitor Loading Intensity of Flywheel Devices. <i>Sensors</i> , 2021, 21, 8124.	2.1	3
79	Relationship Between Cardio-Respiratory Parameters and Women With Fibromyalgia. <i>Reumatolog3a Cl3nica (English Edition)</i> , 2008, 4, 8-12.	0.2	2
80	Respuesta cardiovascular y respiratoria aguda derivada de la aplicaci3n de est3mulos vibratorios de diferente magnitud. <i>Apunts Medicine De L'Esport</i> , 2010, 45, 23-30.	0.5	2
81	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	2
82	Clinical Approaches of Whole Body Vibration Exercises. <i>Rehabilitation Research and Practice</i> , 2018, 2018, 1-2.	0.5	2
83	FRI0710-HPR3...EFFECTIVENESS OF EXERCISE IN THE MANAGEMENT OF FATIGUE AND SLEEP QUALITY IN FIBROMYALGIA: A SYSTEMATIC REVIEW AND META-ANALYSIS. , 2019, , .		2
84	Editorial: Interventional Strategies for Enhancing Quality of Life and Health Span in Older Adults. <i>Frontiers in Aging Neuroscience</i> , 2020, 12, 253.	1.7	2
85	Whole-Body Vibration as Antihypertensive Non-Pharmacological Treatment in Hypertensive Individuals with Knee Osteoarthritis: Randomized Cross-Over Trial. <i>Sustainability</i> , 2020, 12, 8944.	1.6	2
86	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.	3.1	2
87	Caracterizaci3n del Perro de Agua del Cant3brico. <i>Archivos De Zootecnia</i> , 2011, 60, 405-408.	0.2	2
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> , 2022, 158, 111660.	1.2	2
89	Editorial: The Relationship Between Neural Circuitry and Biomechanical Action. <i>Frontiers in Human Neuroscience</i> , 2022, 16, 838028.	1.0	2
90	Determining factors of functioning in hemodialysis patients using the international classification of functioning, disability and health. <i>BMC Nephrology</i> , 2022, 23, 119.	0.8	2

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91	Determinación del somatotipo en jugadores infantiles de voleibol: validez como criterio de selección de jóvenes talentos deportivos. Revista Brasileira De Cineantropometria E Desempenho Humano, 2008, 10, 255.	0.5	1
92	Influencia del nivel de actividad física sobre la aptitud física e calidad de vida relacionada a la salud en idosos portadores ou nãlo de diabetes mellitus tipo 2. Revista Brasileira De Medicina Do Esporte, 2013, 19, 410-414.	0.1	1
93	231. The Effectiveness of Exercise in the Management of Fatigue and Sleep Dysfunction in Fibromyalgia Syndrome: A Systematic Review. Rheumatology, 2014, 53, i146-i146.	0.9	1
94	Acute Effects of Whole-Body Vibration Exercise on Pain Level, Functionality, and Rating of Exertion of Elderly Obese Knee Osteoarthritis Individuals: A Randomized Study. Applied Sciences (Switzerland), 2020, 10, 5870.	1.3	1
95	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. Applied Sciences (Switzerland), 2020, 10, 4302.	1.3	1
96	Validation of a Wearable Accelerometer-Based Activity Monitor for Use in Future Osteoporosis Prevention Programs. Sustainability, 2020, 12, 2187.	1.6	1
97	Aptitud productiva de la raza bovina Pasięga inferida de genes asociados con caracteres productivos. Archivos De Zootecnia, 2011, 60, 413-416.	0.2	1
98	Efectos de entrenamiento de fuerza en sistema isoinercial sobre la mejora del CMJ en jóvenes futbolistas de elite (Effects of strength training using a isoinertial device on jump ability in young Tj ETQq0 0 0 rgB0.0 Overlock 10 Tf 50)	0.2	1
99	Fibromyalgia in social media: content and quality of the information analysis of videos on the YouTube platform. Informatics for Health and Social Care, 2022, 47, 305-316.	1.4	1
100	Muscle Contractile Properties Measured at Submaximal Electrical Amplitudes and Not at Supramaximal Amplitudes Are Associated with Repeated Sprint Performance and Fatigue Markers. International Journal of Environmental Research and Public Health, 2021, 18, 11689.	1.2	1
101	Promoting an Active Life Through Threatening Communication: Effects on College Student's Emotions. Gymnasium, 2020, XXI, 116.	0.2	1
102	Effects of lifestyle behaviours and depressed mood on sleep quality in young adults. A machine learning Approach. Psychology and Health, 2024, 39, 128-143.	1.2	1
103	Do two whole-body vibration amplitudes improve postural balance, gait speed, muscle strength, and functional mobility in sedentary older women? A crossover randomized controlled trial. Journal of Bodywork and Movement Therapies, 2022, , .	0.5	1
104	El entrenamiento de la fuerza muscular para el tratamiento del síndrome de fibromialgia. Fisioterapia, 2007, 29, 44-53.	0.2	0
105	Incidencia del ejercicio físico y el entrenamiento vibratorio sobre la amplitud de movimiento de mujeres con fibromialgia. Revista Andaluza De Medicina Del Deporte, 2013, 6, 52-56.	0.1	0
106	Integrated Role of Nonpharmacological Interventions for Rehabilitation of Individuals with Musculoskeletal Disorders. BioMed Research International, 2020, 2020, 1-2.	0.9	0
107	Resistance Training in Older Adults. Lecture Notes in Bioengineering, 2022, , 295-319.	0.3	0
108	El control de la intensidad del esfuerzo y su incidencia sobre la actividad física en edad escolar. (Controlling effort intensity and its effect on physical activity on school-aged children). Cultura, Ciencia Y Deporte, 2007, 3, 13-17.	0.3	0

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109	Relationship between corticotrophin and endorphin responses to a single bout of competitive swimming. British Journal of Sports Medicine, 2010, 44, i13-i13.	3.1	0
110	ParÁmetros genÉticos de las poblaciones ovinas de la Comunidad AutÁnoma de Cantabria. Archivos De Zootecnia, 2011, 60, 421-424.	0.2	0
111	Caracterizaci³n genÉtica del Caballo Monchino y su relaci³n con otras razas autÁctonas espa±olas. Archivos De Zootecnia, 2011, 60, 425-428.	0.2	0
112	Diferencias de gÉnero en la estabilizaci³n de rodilla en aterrizajes de salto (Gender differences in Tj ETQq0 0 0 ggBT /Overlock 10 Tf	0.3	0
113	Influencia de la localizaci³n del aceler³metro para cuantificar la actividad fÁsica en programas para la prevenci³n de osteoporosis. Revista Andaluza De Medicina Del Deporte, 2021, 14, 33-37.	0.1	0
114	Uso de las redes sociales como recurso didÁctico para emprender en el deporte. , 2020, , 177-191.		0
115	Muscle Power Mediates The Relationship Between Physical Activity And Functional Fitness In Older Women. Medicine and Science in Sports and Exercise, 2020, 52, 396-397.	0.2	0