

# Magdalena Piernicka

## List of Publications by Year in descending order

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Version: 2024-02-01

11  
papers

89  
citations

1874746

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h-index

1762888

8  
g-index

11  
all docs

11  
docs citations

11  
times ranked

110  
citing authors

#	ARTICLE	IF	CITATIONS
1	Improving the Technique of Pelvic Floor Muscle Contraction in Active Nulliparous Women Attending a Structured Highâ€“Low Impact Aerobics Programâ€“ A Randomized Control Trial. International Journal of Environmental Research and Public Health, 2022, 19, 5911.	1.2	0
2	High-impact aerobics programme supplemented by pelvic floor muscle training does not impair the function of pelvic floor muscles in active nulliparous women. Medicine (United States), 2021, 100, e26989.	0.4	5
3	How to HIIT while pregnant? The protocol characteristics and effects of high intensity interval training implemented during pregnancy â€“ A systematic review. Baltic Journal of Health and Physical Activity, 2021, 14, Article-1.	0.2	8
4	Exercise Professionals Improve Their Poor Skills in Contracting Pelvic-Floor Muscles: A Randomized Controlled Trial. Research Quarterly for Exercise and Sport, 2019, 90, 641-650.	0.8	7
5	Acute Postexercise Change in Circulating Irisin Is Related to More Favorable Lipid Profile in Pregnant Women Attending a Structured Exercise Program and to Less Favorable Lipid Profile in Controls: An Experimental Study with Two Groups. International Journal of Endocrinology, 2019, 2019, 1-11.	0.6	9
6	Six-Week Pelvic Floor Muscle Activity (sEMG) Training in Pregnant Women as Prevention of Stress Urinary Incontinence. Medical Science Monitor, 2018, 24, 5653-5659.	0.5	13
7	Training-Related Changes of EMG Activity of the Pelvic Floor Muscles in Women with Urinary Incontinence Problems. Neurophysiology, 2018, 50, 215-221.	0.2	2
8	High-Low Impact Exercise Program Including Pelvic Floor Muscle Exercises Improves Pelvic Floor Muscle Function in Healthy Pregnant Women â€“ A Randomized Control Trial. Frontiers in Physiology, 2018, 9, 1867.	1.3	21
9	The Exercise-Induced Irisin Is Associated with Improved Levels of Glucose Homeostasis Markers in Pregnant Women Participating in 8-Week Prenatal Group Fitness Program: A Pilot Study. BioMed Research International, 2017, 2017, 1-10.	0.9	19
10	The characteristics of biofeedback techniques used in pelvic floor muscle training for healthy pregnant women â€“ A narrative review. Baltic Journal of Health and Physical Activity, 0, , 87-95.	0.2	4
11	The Characteristics of the Pelvic Floor Muscle Training Programs Used in Experimental Studies with Surface Electromyography in Non-Pregnant Women: A Systematic Review. Iranian Journal of Public Health, 0, , .	0.3	1