



## **Research reference articles for Newtest/Digitest Force isometric strength testing system**

### **COMPARISON OF MUSCLE STRENGTH AND BONE MINERAL DENSITY IN HEALTHY POSTMENOPAUSAL WOMEN**

Kyllönen, E. S., Väänänen, H. K., Heikkinen, J. E., Kurttila-Matero, E., Martikkala, V. & Vanharanta, J. H. V. Scand J Rehab Med. 1991, 23: 153-157.

### **PHYSICAL CHARACTERISTICS AND DECREMENT IN MUSCULAR PERFORMANCE AFTER WHOLE BODY COOLING**

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### **EFFECTS OF STRENGTH TRAINING ON NEUROMUSCULAR FUNCTION AND DISEASE ACTIVITY WITH RECENT-ONSET INFLAMMATORY ARTHRITIS**

Häkkinen, A. & Hannonen, P. Scand. J Rheumatol. 1994; 23: 237-242.

### **REPRODUCIBILITY OF COMPUTER MEASUREMENT OF MAXIMAL ISOMETRIC STRENGTH AND ELECTROMYOGRAPHY IN SEDENTARY MIDDLE-AGED WOMEN**

Ari Heinonen, Harri Sievänen, Jukka Viitasalo, Matti Pasanen, Pekka Oja and Ilkka Vuori Eur. J. Appl. Physiol., 1994. Vol. 68, No. 4. Pages: 310 – 314.

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### **EFFECT OF STARTING AGE OF PHYSICAL ACTIVITY ON BONE MASS IN THE DOMINANT ARM OF TENNIS AND SQUASH PLAYERS**

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### **EMG-ACTIVITY AND MUSCULAR PERFORMANCE OF LOWER LEG DURING STRETCH-SHORTENING CYCLE AFTER COOLING**

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### **PROGRESSIVE STRENGTHENING AND STRETCHING EXERCISES AND ULTRASOUND FOR CHRONIC LATERAL EPICONDYLITIS**

T. Pienimäki, Tarvainen, T., Siira P. & Vanharanta, H. Physiotherapy, Spet. 1996, Vol. 82, No. 9, 522-530

### **EFFECTS OF DIFFERENTLY INDUCED STRETCH LOADS ON NEUROMUSCULAR CONTROL IN DROP JUMP EXERCISE**

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**BACK EXTENSOR AND PSOAS MUSCLE CROSS-SECTIONAL AREA, PRIOR PHYSICAL TRAINING, AND TRUNK MUSCLE STRENGTH - A LONGITUDINAL STUDY IN ADOLESCENT GIRLS**

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**EFFECTS OF OXYGEN FRACTION IN INSPIRED AIR ON FORCE PRODUCTION AND ELECTROMYOGRAM ACTIVITY DURING ERGOMETER ROWING**

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**MANUAL PERFORMANCE IN COLD CONDITIONS WHILE WEARING NBC CLOTHING**

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**FEASIBILITY OF THE USE OF A NOVEL SOFT TISSUE STIFFNESS METER**

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**EXERCISE AND RISK FACTORS OF OSTEOPOROTIC FRACTURES IN ELDERLY WOMEN (Dr. dissertation)**

RAIJA KORPELAINEN  
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**INDIVIDUAL DIFFERENCES IN THE RESPONSES TO ENDURANCE AND RESISTANCE TRAINING**

Arto J. Hautala, Antti M. Kiviniemi, Timo H. Mäkilallio, Hannu Kinnunen, Seppo Nissilä, Heikki V. Huikuri and Mikko P. Tulppo  
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**RELIABILITY OF PHYSICAL FUNCTIONING MEASURES IN AMBULATORY SUBJECTS WITH MS**

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**EFFECT OF EXERCISE ON EXTRASKELETAL RISK FACTORS FOR HIP FRACTURES IN ELDERLY WOMEN WITH LOW BONE MINERAL DENSITY - A POPULATION-BASED RANDOMIZED CONTROLLED TRIAL**

Raija Korpelainen, Sirkka Keinänen-Kiukaanniemi, Jorma Heikkinen, Kalervo Väänänen, Juha Korpelainen  
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