



Newtest Powertimer/Digitest “ErgoJump” research articles

PHYSICAL CHARACTERISTICS AND DECREMENT IN MUSCULAR PERFORMANCE AFTER WHOLE BODY COOLING

Oksa, J., Rintamäki, H. & Mäkinen, T.
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GAIT PATTERNS AFTER FREE SLAP RECONSTRUCTION OF THE FOOT SOLE

Perttunen, J., Rautio, J. & Komi, P. V.
Scand J Plast Reconstr Hand Surg. 1995, 29: 271-278.

A THROWING GATE TEST AS A POSSIBLE TOOL FOR OCCUPATIONAL HEALTH CARE TO EVALUATE THE FUNCTIONAL CAPACITY OF UPPER BODY AND ARMS.

Oksa, J., Jämsén, A. & Rintamäki, H.
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REPRODUCIBILITY OF NOVEL MEASUREMENT AND ANALYTIC METHOD FOR JUMP TESTING

Sillanpää, J., Sievänen, H., Heinonen, A., Mänttari, A. & Viitasalo, J.
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RANDOMISED CONTROLLED TRIAL OF EFFECT OF HIGH-IMPACT EXERCISE ON SELECTED RISK FACTORS FOR OSTEOPOROTIC FRACTURES

Ari Heinonen, Pekka Kannus, Harri Sievänen, Pekka Oja, Matti Pasanen, Marjo Rinne, Kirsti Uusi-Rasi and Ilkka Vuori
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PHYSIOLOGICAL FACTORS AND MEDICATIONS AS PREDICTORS OF INJURIOUS FALLS BY ELDERLY PEOPLE: A PROSPECTIVE POPULATION-BASED STUDY

Keijo Koski, Heikki Luukinen, Pekka Laippala, & Sirkka-Liisa Kivela
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MEASUREMENT OF MAXIMAL AND SUBMAXIMAL ANAEROBIC POWER

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Int. J. Sports Med. Vol 17, July 1996: Suppl. 2, pp. S89-S130.

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(THE EFFECT OF CLICKER REACTION TIME ON SCORING POINTS AND THE RELATIONSHIP BETWEEN VISUAL, AUDITORY AND TACTILE REACTION TIMES ON TURKISH NATIONAL ARCHERY TEAM)

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Oksa, J., Rintala, H. & Kuronen, P.
Ann. Med. Milit. Fenn. 1997; 72; 165-169.

STRENGTH CHARACTERISTICS OF FIGHTER PILOTS IN FINNISH AIR FORCE

Kauhanen, H. & Rintala, H.
Poster presented at the 9th European Congress on Sports Medicine. 23 – 26.9.1997.



EFFECTS OF BOVINE COLOSTRUM SUPPLEMENTATION ON SERUM IGF-I, IGG, HORMONE, AND SALIVA IGA DURING TRAINING

Antti Mero, Heidi Miikkulainen, Jarmo Riski, Raimo Pakkanen, Jouni Aalto, and Timo Takala
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ANTIOXIDANT STATUS AND LIPID PEROXIDATION AFTER SHORT-TERM MAXIMAL EXERCISE IN TRAINED AND UNTRAINED HUMANS

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A COMPARISON OF THE ENDURANCE TRAINING RESPONSES TO ROAD AND SAND RUNNING IN HIGH SCHOOL AND COLLEGE STUDENTS

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L. Paavolainen, A. Nummela, H. Rusko & K. Häkkinen
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EFFECTS OF HEAVY RESISTANCE TRAINING ON MAXIMAL AND EXPLOSIVE FORCE PRODUCTION, ENDURANCE AND SERUM HORMONES IN ADOLESCENT HANDBALL PLAYERS

Gorostiaga, E. M., Izquierdo, M, Iturralde, P., Ruesta, M. & Ibanez, J.
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Inigo Mujika; Sabino Padilla; Javier Ibanez; Mikel Izquierdo; Esteban Gorostiaga
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**ACCLIMATIZATION TO ALTITUDE AND NORMOXIC TRAINING IMPROVE 400-M RUNNING
PERFORMANCE AT SEA LEVEL**

Ari Nummela; Heikki Rusko
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Necmiye Un, Fatih Erbahceci
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ASSOCIATIONS OF CALCIUM INTAKE AND PHYSICAL ACTIVITY WITH BONE DENSITY AND SIZE IN PREMENOPAUSAL AND POSTMENOPAUSAL WOMEN: A PERIPHERAL QUANTITATIVE COMPUTED TOMOGRAPHY STUDY

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EFFECTS OF CONCURRENT STRENGTH AND ENDURANCE TRAINING IN WOMEN WITH EARLY OR LONGSTANDING RHEUMATOID ARTHRITIS: COMPARISON WITH HEALTHY SUBJECTS

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FEASIBILITY OF POWER-TYPE STRENGTH TRAINING FOR MIDDLE AGED MEN AND WOMEN: SELF PERCEPTION, MUSCULOSKELETAL SYMPTOMS, AND INJURY RATES

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EFFECT OF ALENDRONATE AND EXERCISE ON BONE AND PHYSICAL PERFORMANCE OF POSTMENOPAUSAL WOMEN: A RANDOMIZED CONTROLLED TRIAL*1

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THE ACUTE EFFECTS OF A RESISTANCE TRAINING WARMUP ON SPRINT PERFORMANCE

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VARIATION IN FOOTBALL PLAYERS' SPRINT TEST PERFORMANCE ACROSS DIFFERENT AGES AND LEVELS OF COMPETITION

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Ilkka Väänänen

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EFFECTS OF A 6-MONTH EXERCISE PROGRAM ON PATIENTS WITH MULTIPLE SCLEROSIS. A RANDOMIZED STUDY

A. Romberg, A. Virtanen, J. Ruutinen, S. Aunola, S.-L. Karppi, M. Vaara, J. Surakka, T. Pohjolainen, and A. Seppänen

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COMPARISON OF LOWER EXTREMITY POWER IN MALE AND FEMALE JUNIOR AND SENIOR NATIONAL TEAM GYMNASTS

J.R. McNeal, W.A. Sands, M.H. Stone, P. Cormie, R. Mason, and M. Jemni.

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ASSOCIATIONS BETWEEN SELF-ESTIMATED AND MEASURED PHYSICAL FITNESS AMONG 40-YEAR-OLD MEN AND WOMEN

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PROTEIN INGESTION PRIOR TO STRENGTH EXERCISE AFFECTS BLOOD HORMONES AND METABOLISM

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POWER-TYPE STRENGTH TRAINING IN MIDDLE-AGED MEN AND WOMEN

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ADIPONECTIN IS ASSOCIATED WITH BONE MINERAL DENSITY IN PERIMENOPAUSAL WOMEN

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LONG TERM EFFECTS OF DIFFERENT TRAINING MODALITIES ON POWER, SPEED, SKILL AND ANAEROBIC CAPACITY IN YOUNG MALE BASKETBALL PLAYERS

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TRAMPOLINE EXERCISE VS. STRENGTH TRAINING TO REDUCE NECK STRAIN IN FIGHTER PILOTS

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