



## **Newtest Powertimer/Digitest "ErgoJump" research articles**

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

Oksa, J., Rintamäki, H. & Mäkinen, T.  
Ann. Physiol. Anthropol. 1993; 12(6): 335-339.

### **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.  
Quality and Audit in Occupational Health Services Conference, 22-24 November, Glasgow, 1995. ICOH Scientific Committee on Health Services Research and Evaluation in Occupational Health.

### **REPRODUCIBILITY OF NOVEL MEASUREMENT AND ANALYTIC METHOD FOR JUMP TESTING**

Sillanpää, J., Sievänen, H., Heinonen, A., Mänttari, A. & Viitasalo, J.  
XVth Congress of the International Society of Biomechanics, July 2-6, 1995 Jyväskylä, Finland.

### **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  
The Lancet, Volume 348, Issue 9038, 16 November 1996, Pages 1343-1347.

### **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  
Age and ageing, 25(1996)1(Jan), p. 29-38

### **MEASUREMENT OF MAXIMAL AND SUBMAXIMAL ANAEROBIC POWER**

Rusko, H. K. & Nummela, A. A. T.  
Int. J. Sports Med. Vol 17, July 1996: Suppl. 2, pp. S89-S130.

### **TÜRK OKÇULUK MILLI TAKIMLARININ KLIKER REAKSIYON ZAMANININ ATILAN PUANLAR ÜZERINE ETKİSİ VE GÖRSEL, İSİTSEL VE DOKUNSAK REAKSIYON ZAMANLARI ARASINDAKİ İLİSKİ (THE EFFECT OF CLICKER REACTION TIME ON SCORING POINTS AND THE RELATIONSHIP BETWEEN VISUAL, AUDITORY AND TACTILE REACTION TIMES ON TURKISH NATIONAL ARCHERY TEAM)**

ERTAN H., AÇIKADA C., AŞÇI A.  
Spor Bilimleri Dergisi. VII/3 1996/3. s. 12-20

### **LENTÄVÄN HENKILÖSTÖN LIHASVOIMATESTIEN VIITEARVOT**

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  
Journal of Applied Physiology, October 1997, Vol. 83, No. 4, pp. 1144-1151.



**ANTIOXIDANT STATUS AND LIPID PEROXIDATION AFTER SHORT-TERM MAXIMAL EXERCISE IN TRAINED AND UNTRAINED HUMANS**

N. Ortenblad, K. Madsen, and M. S. Djurhuus

Am J Physiol Regulatory Integrative Comp Physiol, Apr 1997; 272: R1258 - 1263.

**ÚČINKY DOPLNKU BOVINNÍHO KOLOSTRA NA SÉRUM IGF-I, IGG, HORMON A SALIVA IGA BEHEM TRÉNINKU.**

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**ANTIOXIDANT STATUS AND LIPID PEROXIDATION AFTER SHORT-TERM MAXIMAL EXERCISE IN TRAINED AND UNTRAINED HUMANS**

N. Ortenblad, K. Madsen, and M. S. Djurhuus

Am J Physiol Regulatory Integrative Comp Physiol, Apr 1997; 272: R1258 - 1263.

**THE PROFILE OF PHYSICAL PERFORMANCE AND PHYSICAL ACTIVITY AMONG PILOT CANDIDATES FOR THE FINNISH AIR FORCE**

Rintala, H. & Kuronen, P.

Aerospace Medical Association's 69th Annual Scientific Meeting. 17-21.5. 1998, Seattle, WA.

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

Semih S. Yigit and Fehmi Tuncel

The Journal of Strength and Conditioning Research. 1998, Vol. 12, No. 2, pp. 79–81.

**LONG-TERM RECREATIONAL GYMNASTICS, ESTROGEN USE, AND SELECTED RISK FACTORS FOR OSTEOPOROTIC FRACTURES**

Uusi-Rasi, Kirsti; Sievänen, Harri; Vuori, Ilkka; Heinonen, Ari; Kannus, Pekka; Pasanen, Matti; Rinne, Marjo; Oja, Pekka

JBMR, July 1999, Volume 14, Number 7; p. 1231

**FYYSINEN SELVIITYMINEN ILMAVOIMIEN LENTORESERVIUPSEERIKURSSILLA**

Rintala, H., Skyttä, J., Huhtala, L. & Sompinmäki, J.

Poster presented at Liikuntatieteen päivät 14.-15.10.1999. Helsinki, Finland

**EXPLOSIVE-STRENGTH TRAINING IMPROVES 5-KM RUNNING TIME IMPROVING RUNNING ECONOMY AND MUSCLE POWER**

Paavolainen, L., Häkkinen, K., Hämmäläinen, I., Nummela, A. & Rusko, H.

J Appl Physiol., 1999, Vol. 86, Issue 5, 1527-1533.

**NEUROMUSCULAR CHARACTERISTICS AND FATIGUE DURING 10KM RUNNING**

L. Paavolainen, A. Nummela, H. Rusko & K. Häkkinen

Int J Sports Med 1999; 20: 516-521.

**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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**ESTUDO COMPARATIVO, FISIOLÓGICO, ANTROPOMÉTRICO E MOTOR ENTRE FUTEBOLISTAS DE DIFFERENTE NIVEL COMPETITIVO**

José Augusto Rodrigues dos Santos

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**BIOMECHANICAL LOADING IN THE TRIPLE JUMP**

Perttunen, J., Kyröläinen, H, Komi, P. V. & Heinonen, A.

Journal of Sport Sciences, 2000, 18, 363-370.



**ASYMMETRY OF GAIT AFTER FREE SLAP RECONSTRUCTION OF SEVERE TIBIAL FRACTURE WITH EXTENSIVE SOFT TISSUE DAMAGE**

Perttunen, J. R., Nieminen, H., Tukiainen, E., Kuokkanen, H., Asko-Seljävaara, S. & Komi, P. V.  
Scand J Reconstr Hand Surg, 2000, 34: 237-243.

**COMPARISON OF PHYSIOLOGICAL STRAIN AND MUSCULAR PERFORMANCE OF ATHLETES DURING TWO INTERMITTENT RUNNING EXERCISES AT THE VELOCITY ASSOCIATED WITH VO<sub>2</sub>MAX**

T. Vuorimaa, T. Vasankari, & H. Rusko  
Int J Sports Med 2000; 21: 96-101.

**AN ACCURATE INEXPENSIVE SYSTEM FOR THE ASSESSMENT OF WALKING SPEED**

S. B. Mitchell, J. E. Sanders  
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**CREATINE SUPPLEMENTATION AND SPRINT PERFORMANCE IN SOCCER PLAYERS**

Inigo Mujika; Sabino Padilla; Javier Ibanez; Mikel Izquierdo; Esteban Gorostiaga  
Med Sci Sports Exerc., 2000;32:518

**ACCLIMATIZATION TO ALTITUDE AND NORMOXIC TRAINING IMPROVE 400-M RUNNING PERFORMANCE AT SEA LEVEL**

Ari Nummela; Heikki Rusko  
Journal of Sports Sciences, 2000 Vol. 18 No. 6: 411-419

**PHYSICAL AND PHYSIOLOGICAL CHARACTERISTICS OF ELITE SERBIAN SOCCER PLAYERS**

Ostojic, S. M.  
FACTA UNIVERSITATIS Series: Physical Education and Sport Vol. 1, No 7, 2000, pp. 23 – 29

**RELATIONSHIP OF THE STRETCH-SHORTENING CYCLE TO SPRINT PERFORMANCE IN TRAINED FEMALE ATHLETES**

Hennesy, Liam, James Kilty  
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**BIOMECHANICAL FACTORS AFFECTING RUNNING ECONOMY**

Heikki Kyröläinen; Alain Belli; Paavo V. Komi  
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**EMG ACTIVITIES AND PLANTAR PRESSURES DURING SKI JUMPING TAKE-OFF ON THREE DIFFERENT SIZED HILLS**

Mikko Virmavirta, Jarmo Perttunen and Paavo V. Komi.  
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**EVALUATION OF ANAEROBIC COMPONENTS: SPEED, EXPLOSIVE POWER OUTPUT AND REACTIVITY THROUGHOUT THE SOCCER SEASON**

F. Kempernaes, L. Buyse, G. Sterckx, B. Busschaert, G. De Schutter, R. Meeusen & K. De Meirleir  
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**THE EVALUATION OF REACTION TIME ON MENTALLY RETARDED CHILDREN**

Necmiye Un, Fatih Erbahceci  
Pediatric Rehabilitation. Volume 4, Number 1 / January 1, 2001, pages 17 – 20.

**ASSOCIATIONS OF CALCIUM INTAKE AND PHYSICAL ACTIVITY WITH BONE DENSITY AND SIZE IN PREMENOPAUSAL AND POSTMENOPAUSAL WOMEN: A PERIPHERAL QUANTITATIVE COMPUTED TOMOGRAPHY STUDY**

Uusi-Rasi, Kirsti; Sievänen, Harri; Pasanen, Matti; Oja, Pekka; Vuori, Ilkka  
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### **MOMENT AND POWER OF LOWER LIMB JOINTS IN RUNNING**

A. Belli, H. Kyröläinen & P. V. Komi  
Int J Sports Med 2002; 23: 136-141.

### **EFFECTS OF CREATINE SUPPLEMENTATION ON MUSCLE POWER, ENDURANCE, AND SPRINT PERFORMANCE**

Mikel Izquierdo; Javier Ibanez; Juan J. Gonzales-Badillo; Esteban Gorostiaga  
Med Sci Sports Exerc., 2002; 34: 332 – 343.

### **HERITABILITY OF EXPLOSIVE POWER AND ANAEROBIC CAPACITY IN HUMANS**

Mar Calvo, Gil Rodas, Miguel Vallejo, Asuncion Estruch, Antoni Arcas, Casimiro Javierre, Gines Viscor and Josep Lluís Ventura  
Eur J Appl Physiol (2002) 86: 218-225

### **OCCUPATIONAL FITNESS STANDARDS FOR FINNISH AIR FORCE AIRCREW**

H. Rintala  
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### **EVOLUTION DE LA PUISSANCE MAXIMALE ANAÉROBIE AU COURS DE LA CROISSANCE CHEZ LE FOOTBALLEUR**

F. Le Gall, J. Beillor, P Rochcongar  
Science & Sports, 2002, 17 (4): pp. 177-188.

### **EFFECTS OF CONCURRENT ENDURANCE AND STRENGTH TRAINING ON RUNNING ECONOMY AND O<sub>2</sub> KINETICS**

Gregoire P. Millet, Bernard Jaouen, Fabio Borrani & Robin Candau  
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### **EFFECT OF 4-MIN VERTICAL WHOLE BODY VIBRATION ON MUSCLE PERFORMANCE AND BODY BALANCE: A RANDOMIZED CROSS-OVER STUDY**

Torvinen, S.; Sievänen, H.; Järvinen, T. A. H.; Pasanen, M.; Kontulainen, S. & Kannus, P.  
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### **EFFECT OF VIBRATION EXPOSURE ON MUSCULAR PERFORMANCE AND BODY BALANCE. RANDOMIZED CROSS-OVER STUDY.**

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### **EFFECT OF FOUR-MONTH VERTICAL WHOLE BODY VIBRATION ON PERFORMANCE AND BALANCE**

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### **EFFECTS OF TRAINING ON THE EXERCISE-INDUCED CHANGES IN SERUM AMINO ACIDS AND HORMONES.**

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The Journal of Strength and Conditioning Research, 2002, Vol. 16, No. 3, pp. 390–398.

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Doctorate dissertation, Studies in Sports, Physical Education and Health 89. Jyväskylä, Finland: University of Jyväskylä, 2002



### **7.62 M (52 FT) WALK TEST – WITH OR WITHOUT ACCELERATION-DECELERATION PHASE?**

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Alper UGRAS, Hayri ÖZKAN & Seyfi SAVAS

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### **RECENT DECLINE IN HEAVY OUTDOOR WORK ACTIVITY PREDICTS OCCURRENCE OF FRACTURES AMONG THE HOME-DWELLING ELDERLY**

M. Herala, S.-L. Kivelä, R. Honkanen, K. Kosk, P. Laippala, H. Luukinen

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### **INTERRELATIONSHIPS BETWEEN MUSCLE STRUCTURE, MUSCLE STRENGTH, AND RUNNING ECONOMY**

Kyröläinen, H., Kivelä, R., Koskinen, S., McBride, J., Andersen, J. L., Takala, T., Sipilä, S. & Komi, P. V.

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### **EFFECT OF INTRAMEDULLARY GRADUAL ELONGATION OF THE SHORTER LIMB ON GAIT PATTERNS.**

Perttunen J, Anttila E, Södergård J, Merikanto J, and Komi PV

Pediatrics International 2003; 45: 324-332

### **INCIDENCE OF INJURY AND PHYSICAL PERFORMANCE ADAPTATIONS DURING MILITARY TRAINING**

Rosendal, Lars; Langberg, Henning; Skov-Jensen, Arne; Kjær, Michael

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### **EFFECT OF 8-MONTH VERTICAL WHOLE BODY VIBRATION ON BONE, MUSCLE PERFORMANCE, AND BODY BALANCE: A RANDOMIZED CONTROLLED STUDY.**

Saila Torvinen, Pekka Kannus, Harri Sievänen, Tero AH Järvinen, Matti Pasanen, Saija Kontilainen, Arja

Nenonen, Teppo LN Järvinen, Timo Paakkala, Markku Järvinen, Ilkka Vuori

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### **EFFECTS OF LONG- AND SHORT-TERM FATIGUING STRETCH-SHORTENING CYCLE EXERCISES ON REFLEX EMG AND FORCE OF THE TENDON-MUSCLE COMPLEX**

C. Nicol, S. Kuitunen, H. Kyröläinen, J. Avela and P. V. Komi

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### **LEUCINE SUPPLEMENTATION DOES NOT ENHANCE ACUTE STRENGTH OR RUNNING PERFORMANCE BUT AFFECTS SERUM AMINO ACID CONCENTRATION**

H. T. Pitkänen, S. S. Oja, H. Rusko, A. Nummela, P. V. Komi, P. Saransaari, T. Takala, A. A. Mero

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

A. Häkkinen 1\*, P. Hannonen 1, K. Nyman 1, T. Lyyski 2, K. Häkkinen

Arthritis Care & Research (2003), Volume 49, Issue 6, Pages 789 - 797

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

J Surakka, S Aunola, T Nordblad, S-L Karppi and E Alanen

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

K. Uusi-Rasi, P. Kannusa, S. Cheng, H. Sievänen, M. Pasanen, A. Heinonen, A. Nenonen, J. Halleene, T. Fuerst, H. Genant and I. Vuori  
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**YASLILARIN FIZIKSEL KAPASITELERININ VE YASAM KALITELERININ DEGERLENDIRILMESI (EVALUATION OF THE PHYSICAL CAPACITY AND THE QUALITY OF LIFE OF THE ELDERLY)**

Serap INAL, Feryal SUBASI, Serap MUNGAN-AY, Selda UZUN, Ufuk ALPKAYA, Osman HAYRAN, Vural AKARCA  
Geriatrici (Turkish Journal of Geriatrics) 6 (3): 95-99, 2003

**THE GROWTH HORMONE/INSULIN-LIKE GROWTH FACTOR-I AXIS HORMONES AND BONE MARKERS IN ELITE ATHLETES IN RESPONSE TO A MAXIMUM EXERCISE TEST**

C. Ehrnborg, K. H. W. Lange, R. Dall, J. S. Christiansen, P.-A. Lundberg, R. C. Baxter, M. A. Boroujerdi, B.-A. Bengtsson, M.-L. Healey, C. Pentecost, S. Longobardi, R. Napoli and T. Rosén on behalf of the GH-2000 Study Group  
The Journal of Clinical Endocrinology & Metabolism Vol. 88, No. 1 394-401.

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Ailanto P., Aunola S., Karppi S-L.  
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**GAIT ASYMMETRY IN PATIENTS WITH LIMB LENGTH DISCREPANCY.**

Perttunen, J. R., Anttila, E., Södergård, J., Merikanto, J. & Komi, P. V.  
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**ELITE AND NONELITE SOCCER PLAYERS: PRESEASONAL PHYSICAL AND PHYSIOLOGICAL CHARACTERISTICS**

Ostojic, S. M.  
Research in Sports Medicine: An International Vol. 12, No. 2. April-June 2004. pp 143-150.

**THE ACUTE EFFECTS OF A RESISTANCE TRAINING WARMUP ON SPRINT PERFORMANCE**

Martyn J. Matthews, Helen P. Matthews, Ben Snook  
Research in Sports Medicine: An International Vol. 12, No. 2. April-June 2004. pp 151-159.

**STRENGTH TRAINING EFFECTS ON PHYSICAL PERFORMANCE AND SERUM HORMONES IN YOUNG SOCCER PLAYERS**

E. M. Gorostiaga, M. Izquierdo, M. Ruesta, J. Iribarren, J. J. González-Badillo and J. Ibáñez  
Eur. J. Appl. Physiol. (2004), Volume 91, Numbers 5-6, Pages: 698 - 707

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

Abrantes, C., Maçãs, V. and Sampaio, J.  
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**PHYSIOLOGICAL RESPONSES AND MOOD STATES AFTER DAILY REPEATED PROLONGED EXERCISE**

Ilkka Väänänen  
Journal of Sports Science and Medicine (2004) Suppl. 6. pp. 1- 43

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

A. Romberg, A. Virtanen, J. Ruutiainen, S. Aunola, S.-L. Karppi, M. Vaara, J. Surakka, T. Pohjolainen, and A. Seppänen  
Neurology 2004; 63: 2034-2038



**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. *Journal of Strength and Conditioning Research*, 2004, 18(4), e352-372.

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

L. Mikkelsen, J. Kaprio, H. Kautiainen, U. M. Kujala, H. Nupponen  
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**PHYSIOLOGICAL ADAPTATIONS TO SOCCER SPECIFIC ENDURANCE TRAINING IN PROFESSIONAL YOUTH SOCCER PLAYERS**

K McMillan, J Helgerud, R Macdonald, and J Hoff.  
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**POWER-TYPE STRENGTH TRAINING IN MIDDLE-AGED MEN AND WOMEN**

Jukka Surakka  
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**DIFFERENCES IN PHYSICAL FITNESS AND THROWING VELOCITY AMONG ELITE AND AMATEUR MALE HANDBALL PLAYERS**

E. M. Gorostiaga, C. Granados, J. Ibáñez, M. Izquierdo  
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**PROTEIN INGESTION PRIOR TO STRENGTH EXERCISE AFFECTS BLOOD HORMONES AND METABOLISM**

Hulmi, J. J., Volek, J. S. 2; Selänne, H & Mero, A. A.  
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**POWER-TYPE STRENGTH TRAINING IN MIDDLE-AGED MEN AND WOMEN**

Jukka Surakka  
*Journal of Sports Science and Medicine* (2005) 4, Suppl.9, 1 - 36

**ADIPONECTIN IS ASSOCIATED WITH BONE MINERAL DENSITY IN PERIMENOPAUSAL WOMEN**

J. Jürimäe, K. Rembel, T. Jürimäe, M. Rehand  
*Horm Metab Res* 2005; 37: 297-302

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

Mindaugas Balciunas, Stanislovas Stonkus, Catarina Abrantes and Jaime Sampaio  
*Journal of Sports Science and Medicine* (2006) 5, 163 – 170

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