Riku W Nikander

List of Publications by Year
in descending order

40	1,758	361045	301761
papers	citations	20 h-index	39 g-index

41	41	41	2054
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	Targeted exercise against osteoporosis: A systematic review and meta-analysis for optimising bone strength throughout life. BMC Medicine, 2010, 8, 47.	2.3	350
2	Femoral Neck Structure in Adult Female Athletes Subjected to Different Loading Modalities. Journal of Bone and Mineral Research, 2004, 20, 520-528.	3.1	211
3	Loading modalities and bone structures at nonweight-bearing upper extremity and weight-bearing lower extremity: A pQCT study of adult female athletes. Bone, 2006, 39, 886-894.	1.4	177
4	Targeted exercises against hip fragility. Osteoporosis International, 2009, 20, 1321-1328.	1.3	101
5	Cross-sectional geometry of weight-bearing tibia in female athletes subjected to different exercise loadings. Osteoporosis International, 2010, 21, 1687-1694.	1.3	99
6	Dose-Response Relationship of Specific Training to Reduce Chronic Neck Pain and Disability. Medicine and Science in Sports and Exercise, 2006, 38, 2068-2074.	0.2	69
7	Direction-Specific Diaphyseal Geometry and Mineral Mass Distribution of Tibia and Fibula: A pQCT Study of Female Athletes Representing Different Exercise Loading Types. Calcified Tissue International, 2010, 86, 447-454.	1.5	61
8	Effect of neck exercises on cervicogenic headache: A randomized controlled trial. Journal of Rehabilitation Medicine, 2010, 42, 344-349.	0.8	61
9	Effect of a vigorous aerobic regimen on physical performance in breast cancer patients â€" a randomized controlled pilot trial. Acta OncolÃ³gica, 2007, 46, 181-186.	0.8	58
10	Differential Effects of Exercise on Tibial Shaft Marrow Density in Young Female Athletes. Journal of Clinical Endocrinology and Metabolism, 2013, 98, 2037-2044.	1.8	52
11	Exercise loading and cortical bone distribution at the tibial shaft. Bone, 2011, 48, 786-791.	1.4	47
12	Effectiveness of a 12-month Exercise Intervention on Physical Activity and Quality of Life of Breast Cancer Survivors; Five-year Results of the BREX-study. In Vivo, 2019, 33, 881-888.	0.6	43
13	Frequent walking, but not total physical activity, is associated with increased fracture incidence: A 5-year follow-up of an Australian population-based prospective study (AusDiab). Journal of Bone and Mineral Research, 2011, 26, 1638-1647.	3.1	41
14	Physical Activity After a Hip Fracture: Effect of a Multicomponent Home-Based Rehabilitation Programâ€"A Secondary Analysis of a Randomized Controlled Trial. Archives of Physical Medicine and Rehabilitation, 2017, 98, 981-988.	0.5	35
15	MRI texture analysis of femoral neck: Detection of exercise loadâ€associated differences in trabecular bone. Journal of Magnetic Resonance Imaging, 2011, 34, 1359-1366.	1.9	29
16	Loadâ€specific differences in the structure of femoral neck and tibia between worldâ€class moguls skiers and slalom skiers. Scandinavian Journal of Medicine and Science in Sports, 2008, 18, 145-153.	1.3	28
17	Neuromuscular performance and body mass as indices of bone loading in premenopausal and postmenopausal women. Bone, 2010, 46, 964-969.	1.4	27
18	Perceived burden among spouse, adult child, and parent caregivers. Journal of Advanced Nursing, 2018, 74, 2340-2350.	1.5	25

#	Article	IF	Citations
19	The relationship between loading history and proximal femoral diaphysis crossâ€sectional geometry. American Journal of Human Biology, 2017, 29, e22965.	0.8	23
20	Recruitment of breast cancer survivors into a 12-month supervised exercise intervention is feasible. Contemporary Clinical Trials, 2009, 30, 457-463.	0.8	22
21	Effects of High-Impact Training and Detraining on Femoral Neck Structure in Premenopausal Women: A Hip Structural Analysis of an 18-Month Randomized Controlled Exercise Intervention with 3.5-Year Follow-Up. Physiotherapy Canada Physiotherapie Canada, 2012, 64, 98-105.	0.3	21
22	Exercise loading history and femoral neck strength in a sideways fall: A three-dimensional finite element modeling study. Bone, 2016, 92, 9-17.	1.4	21
23	Femoral neck crossâ€sectional geometry and exercise loading. Clinical Physiology and Functional Imaging, 2013, 33, 258-266.	0.5	17
24	Long-term health-related quality of life of breast cancer survivors remains impaired compared to the age-matched general population especially in young women. Results from the prospective controlled BREX exercise study. Breast, 2021, 59, 110-116.	0.9	17
25	Health-related Quality of Life of Breast Cancer Survivors Attending an Exercise Intervention Study: A Five-year Follow-up. In Vivo, 2020, 34, 667-674.	0.6	15
26	Supported Web-Based Acceptance and Commitment Therapy for Older Family Caregivers (CareACT) Compared to Usual Care. Clinical Gerontologist, 2022, 45, 939-955.	1.2	13
27	Effects of exercise frequency and training volume on bone changes following a multi-component exercise intervention in middle aged and older men: Secondary analysis of an 18-month randomized controlled trial. Bone, 2021, 148, 115944.	1.4	13
28	Influence of exercise loading on magnetic resonance image texture of thigh soft tissues. Clinical Physiology and Functional Imaging, 2014, 34, 370-376.	0.5	12
29	Impact loading history modulates hip fracture load and location: A finite element simulation study of the proximal femur in female athletes. Journal of Biomechanics, 2018, 76, 136-143.	0.9	12
30	Effects of an individually targeted multicomponent counseling and home-based rehabilitation program on physical activity and mobility in community-dwelling older people after discharge from hospital: a randomized controlled trial. Clinical Rehabilitation, 2020, 34, 491-503.	1.0	12
31	The cross-sectional area of the gluteus maximus muscle varies according to habitual exercise loading: Implications for activity-related and evolutionary studies. HOMO- Journal of Comparative Human Biology, 2016, 67, 125-137.	0.3	8
32	Isometric endurance test of the cervical flexor muscles â€“ Reliability and normative reference values. Journal of Bodywork and Movement Therapies, 2017, 21, 637-641.	0.5	7
33	Reliability and validity of the COPE Index among caregivers of disabled people. Applied Nursing Research, 2017, 33, 102-107.	1.0	7
34	Do bone geometric properties of the proximal femoral diaphysis reflect loading history, muscle properties, or body dimensions?. American Journal of Human Biology, 2019, 31, e23246.	0.8	7
35	Therapeutic Exercise Training to Reduce Chronic Headache in Working Women: Design of a Randomized Controlled Trial. Physical Therapy, 2016, 96, 631-640.	1.1	5
36	Ricci-flow based conformal mapping of the proximal femur to identify exercise loading effects. Scientific Reports, 2018, 8, 4823.	1.6	4

#	Article	IF	Citations
37	CareACT - internet-based intervention for enhancing the psychological well-being of elderly caregivers â€“ a study protocol of a controlled trial. BMC Geriatrics, 2019, 19, 72.	1.1	4
38	Effect of fall direction on the lower hip fracture risk in athletes with different loading histories: A finite element modeling study in multiple sideways fall configurations. Bone, 2022, 158, 116351.	1.4	2
39	Comment on â€œEffects of Elastic Resistance Band Exercise on Postural Balance, Estrogen, Bone Metabolism Index, and Muscle Strength of Perimenopausal Period Womenâ€. Journal of the American Geriatrics Society, 2017, 65, 880-881.	1.3	1
40	Conceptions of healthcare professionals about rehabiliteesâ€™ participation in goal setting in an acute hospital: A phenomenographic study. Physiotherapy Theory and Practice, 2023, 39, 1437-1448.	0.6	1