

# Kari Bo

## List of Publications by Year in descending order

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111  
papers

5,935  
citations

81900

39  
h-index

76900

74  
g-index

116  
all docs

116  
docs citations

116  
times ranked

3084  
citing authors

#	ARTICLE	IF	CITATIONS
1	Standardization of terminology of pelvic floor muscle function and dysfunction: Report from the pelvic floor clinical assessment group of the International Continence Society. <i>Neurourology and Urodynamics</i> , 2005, 24, 374-380.	1.5	433
2	Evaluation of Female Pelvic-Floor Muscle Function and Strength. <i>Physical Therapy</i> , 2005, 85, 269-282.	2.4	417
3	Pelvic floor muscle training is effective in treatment of female stress urinary incontinence, but how does it work?. <i>International Urogynecology Journal</i> , 2004, 15, 76-84.	1.4	363
4	Urinary Incontinence, Pelvic Floor Dysfunction, Exercise and Sport. <i>Sports Medicine</i> , 2004, 34, 451-464.	6.5	262
5	An International Urogynecological Association (IUGA)/International Continence Society (ICS) joint report on the terminology for the conservative and nonpharmacological management of female pelvic floor dysfunction. <i>International Urogynecology Journal</i> , 2017, 28, 191-213.	1.4	233
6	An International Urogynecological Association (IUGA)/International Continence Society (ICS) joint report on the terminology for the conservative and nonpharmacological management of female pelvic floor dysfunction. <i>Neurourology and Urodynamics</i> , 2017, 36, 221-244.	1.5	190
7	Vaginal palpation of pelvic floor muscle strength: inter-test reproducibility and comparison between palpation and vaginal squeeze pressure. <i>Acta Obstetrica Et Gynecologica Scandinavica</i> , 2001, 80, 883-887.	2.8	182
8	Reliability of pelvic floor muscle strength assessment using different test positions and tools. <i>Neurourology and Urodynamics</i> , 2006, 25, 236-242.	1.5	179
9	Pelvic floor muscle training in treatment of female stress urinary incontinence, pelvic organ prolapse and sexual dysfunction. <i>World Journal of Urology</i> , 2012, 30, 437-443.	2.2	158
10	Analysis of quality of interventions in systematic reviews. <i>BMJ: British Medical Journal</i> , 2005, 331, 507-509.	2.3	139
11	Evaluation of female pelvic-floor muscle function and strength. <i>Physical Therapy</i> , 2005, 85, 269-82.	2.4	135
12	Morphological Changes After Pelvic Floor Muscle Training Measured by 3-Dimensional Ultrasonography. <i>Obstetrics and Gynecology</i> , 2010, 115, 317-324.	2.4	133
13	Lower Urinary Tract Symptoms and Pelvic Floor Muscle Exercise Adherence After 15 Years. <i>Obstetrics and Gynecology</i> , 2005, 105, 999-1005.	2.4	129
14	Transabdominal ultrasound measurement of pelvic floor muscle activity when activated directly or via a transversus abdominis muscle contraction. <i>Neurourology and Urodynamics</i> , 2003, 22, 582-588.	1.5	127
15	Pelvic floor muscle strength and response to pelvic floor muscle training for stress urinary incontinence. <i>Neurourology and Urodynamics</i> , 2003, 22, 654-658.	1.5	119
16	There is not yet strong evidence that exercise regimens other than pelvic floor muscle training can reduce stress urinary incontinence in women: a systematic review. <i>Journal of Physiotherapy</i> , 2013, 59, 159-168.	1.7	106
17	An International Continence Society (ICS) report on the terminology for pelvic floor muscle assessment. <i>Neurourology and Urodynamics</i> , 2021, 40, 1217-1260.	1.5	98
18	Does it work in the long term?â€”A systematic review on pelvic floor muscle training for female stress urinary incontinence. <i>Neurourology and Urodynamics</i> , 2013, 32, 215-223.	1.5	93

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19	Is Physical Activity Good or Bad for the Female Pelvic Floor? A Narrative Review. <i>Sports Medicine</i> , 2020, 50, 471-484.	6.5	92
20	European Association of Urology Guidelines on the Diagnosis and Management of Female Non-neurogenic Lower Urinary Tract Symptoms. Part 1: Diagnostics, Overactive Bladder, Stress Urinary Incontinence, and Mixed Urinary Incontinence. <i>European Urology</i> , 2022, 82, 49-59.	1.9	87
21	Evidence for benefit of transversus abdominis training alone or in combination with pelvic floor muscle training to treat female urinary incontinence: A systematic review. <i>Neurourology and Urodynamics</i> , 2009, 28, 368-373.	1.5	86
22	2014 consensus statement on improving pelvic floor muscle training adherence: International Continence Society 2011 State-of-the-Art Science Seminar. <i>Neurourology and Urodynamics</i> , 2015, 34, 600-605.	1.5	85
23	Exercise and pregnancy in recreational and elite athletes: 2016/17 evidence summary from the IOC Expert Group Meeting, Lausanne. Part 3 "exercise in the postpartum period. <i>British Journal of Sports Medicine</i> , 2017, 51, 1516-1525.	6.7	85
24	Muscular fatigue in the pelvic floor muscles after strenuous physical activity. <i>Acta Obstetrica Et Gynecologica Scandinavica</i> , 2007, 86, 870-876.	2.8	81
25	Is there any difference in measurement of pelvic floor muscle strength in supine and standing position?. <i>Acta Obstetrica Et Gynecologica Scandinavica</i> , 2003, 82, 1120-1124.	2.8	74
26	Effect of a Postpartum Training Program on the Prevalence of Diastasis Recti Abdominis in Postpartum Primiparous Women: A Randomized Controlled Trial. <i>Physical Therapy</i> , 2018, 98, 260-268.	2.4	71
27	Is pelvic floor muscle training effective when taught in a general fitness class in pregnancy? A randomised controlled trial. <i>Physiotherapy</i> , 2011, 97, 190-195.	0.4	68
28	Exercise and pregnancy in recreational and elite athletes: 2016 evidence summary from the IOC expert group meeting, Lausanne. Part 2 "the effect of exercise on the fetus, labour and birth: Table 1. <i>British Journal of Sports Medicine</i> , 2016, 50, 1297-1305.	6.7	68
29	Exercise and pregnancy in recreational and elite athletes: 2016/2017 evidence summary from the IOC expert group meeting, Lausanne. Part 5. Recommendations for health professionals and active women. <i>British Journal of Sports Medicine</i> , 2018, 52, 1080-1085.	6.7	68
30	Can pelvic floor muscle training prevent and treat pelvic organ prolapse?. <i>Acta Obstetrica Et Gynecologica Scandinavica</i> , 2006, 85, 263-268.	2.8	65
31	Pelvic floor muscle training to improve urinary incontinence in young, nulliparous sport students: a pilot study. <i>International Urogynecology Journal</i> , 2012, 23, 1069-1073.	1.4	58
32	Pelvic floor muscle function, pelvic floor dysfunction and diastasis recti abdominis: Prospective cohort study. <i>Neurourology and Urodynamics</i> , 2017, 36, 716-721.	1.5	58
33	Normal width of the inter-recti distance in pregnant and postpartum primiparous women. <i>Musculoskeletal Science and Practice</i> , 2018, 35, 34-37.	1.3	54
34	Postpartum pelvic floor muscle training and pelvic organ prolapse "a randomized trial of primiparous women. <i>American Journal of Obstetrics and Gynecology</i> , 2015, 212, 38.e1-38.e7.	1.3	53
35	What is the effect of regular group exercise on maternal psychological outcomes and common pregnancy complaints? An assessor blinded RCT. <i>Midwifery</i> , 2016, 32, 81-86.	2.3	51
36	Performing high-level sport is strongly associated with urinary incontinence in elite athletes: a comparative study of 372 elite female athletes and 372 controls. <i>British Journal of Sports Medicine</i> , 2018, 52, 1586-1590.	6.7	48

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37	Effect of Antenatal Pelvic Floor Muscle Training on Labor and Birth. <i>Obstetrics and Gynecology</i> , 2009, 113, 1279-1284.	2.4	47
38	Can postpartum pelvic floor muscle training reduce urinary and anal incontinence?. <i>American Journal of Obstetrics and Gynecology</i> , 2020, 222, 247.e1-247.e8.	1.3	46
39	Urinary incontinence among group fitness instructors including yoga and pilates teachers. <i>Neurourology and Urodynamics</i> , 2011, 30, 370-373.	1.5	44
40	Pelvic Floor Muscle Training Adherence: Tools, Measurements and Strategies” <i>2011 ICS State of the Science Seminar Research Paper II of IV</i>. <i>Neurourology and Urodynamics</i> , 2015, 34, 615-621.	1.5	44
41	High level rhythmic gymnasts and urinary incontinence: Prevalence, risk factors, and influence on performance. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020, 30, 159-165.	2.9	42
42	An education program about pelvic floor muscles improved women’s knowledge but not pelvic floor muscle function, urinary incontinence or sexual function: a randomised trial. <i>Journal of Physiotherapy</i> , 2018, 64, 91-96.	1.7	39
43	Constriction of the levator hiatus during instruction of pelvic floor or transversus abdominis contraction: a 4D ultrasound study. <i>International Urogynecology Journal</i> , 2009, 20, 27-32.	1.4	37
44	When and how should new therapies become routine clinical practice?. <i>Physiotherapy</i> , 2009, 95, 51-57.	0.4	36
45	Levator hiatus dimensions in late pregnancy and the process of labor: a 3- and 4-dimensional transperineal ultrasound study. <i>American Journal of Obstetrics and Gynecology</i> , 2014, 210, 484.e1-484.e7.	1.3	36
46	Exercise during pregnancy and risk of cesarean delivery in nulliparous women: a large population-based cohort study. <i>American Journal of Obstetrics and Gynecology</i> , 2016, 215, 791.e1-791.e13.	1.3	32
47	Ultrasonographic Evaluation of Pelvic Organ Support During Pregnancy. <i>Obstetrics and Gynecology</i> , 2013, 122, 329-336.	2.4	31
48	Pelvic floor muscle function in women with provoked vestibulodynia and asymptomatic controls. <i>International Urogynecology Journal</i> , 2015, 26, 1467-1473.	1.4	30
49	What is the evidence for abdominal and pelvic floor muscle training to treat diastasis recti abdominis postpartum? A systematic review with meta-analysis. <i>Brazilian Journal of Physical Therapy</i> , 2021, 25, 664-675.	2.5	30
50	An intra- and interrater reliability and agreement study of vaginal resting pressure, pelvic floor muscle strength, and muscular endurance using a manometer. <i>International Urogynecology Journal</i> , 2017, 28, 1507-1514.	1.4	29
51	Relationship between pelvic floor muscle strength and sexual dysfunction in postmenopausal women: a cross-sectional study. <i>International Urogynecology Journal</i> , 2017, 28, 931-936.	1.4	29
52	i-CONTENT tool for assessing therapeutic quality of exercise programs employed in randomised clinical trials. <i>British Journal of Sports Medicine</i> , 2021, 55, 1153-1160.	6.7	29
53	Urinary incontinence and disordered eating in female elite athletes. <i>Journal of Science and Medicine in Sport</i> , 2019, 22, 140-144.	1.3	27
54	Influence of voluntary pelvic floor muscle contraction and pelvic floor muscle training on urethral closure pressures: a systematic literature review. <i>International Urogynecology Journal</i> , 2016, 27, 687-696.	1.4	26

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55	Effects of BodyPump and resistance training with and without a personal trainer on muscle strength and body composition in overweight and obese womenâ€”A randomised controlled trial. <i>Obesity Research and Clinical Practice</i> , 2017, 11, 728-739.	1.8	26
56	Physiotherapy management of urinary incontinence in females. <i>Journal of Physiotherapy</i> , 2020, 66, 147-154.	1.7	26
57	Does the size of the vaginal probe affect measurement of pelvic floor muscle strength?. <i>Acta Obstetrica Et Gynecologica Scandinavica</i> , 2005, 84, 129-133.	2.8	24
58	The Pad Test for urinary incontinence in women. <i>Journal of Physiotherapy</i> , 2015, 61, 98.	1.7	23
59	The Influence of Early Exercise Postpartum on Pelvic Floor Muscle Function and Prevalence of Pelvic Floor Dysfunction 12Months Postpartum. <i>Physical Therapy</i> , 2020, 100, 1681-1689.	2.4	22
60	Which women do pelvic floor muscle exercises six monthsâ€™ postpartum?. <i>American Journal of Obstetrics and Gynecology</i> , 2007, 197, 49.e1-49.e5.	1.3	21
61	Do pregnant women exercise their pelvic floor muscles?. <i>International Urogynecology Journal</i> , 2007, 18, 733-736.	1.4	21
62	Can maximal voluntary pelvic floor muscle contraction reduce vaginal resting pressure and resting EMG activity?. <i>International Urogynecology Journal</i> , 2018, 29, 1623-1627.	1.4	21
63	Regular exercisers have stronger pelvic floor muscles than nonregular exercisers at midpregnancy. <i>American Journal of Obstetrics and Gynecology</i> , 2018, 218, 427.e1-427.e5.	1.3	19
64	Injuries and illnesses among competitive Norwegian rhythmic gymnasts during preseason: a prospective cohort study of prevalence, incidence and risk factors. <i>British Journal of Sports Medicine</i> , 2021, 55, 231-236.	6.7	18
65	ACOG Committee Opinion No. 804: Physical Activity and Exercise During Pregnancy and the Postpartum Period. <i>Obstetrics and Gynecology</i> , 2021, 137, 376-376.	2.4	17
66	Does general exercise training before and during pregnancy influence the pelvic floor â€œopeningâ€•and delivery outcome? A 3D/4D ultrasound study following nulliparous pregnant women from mid-pregnancy to childbirth. <i>British Journal of Sports Medicine</i> , 2015, 49, 196-199.	6.7	16
67	Can you train the pelvic floor muscles by contracting other related muscles?. <i>Neurourology and Urodynamics</i> , 2019, 38, 677-683.	1.5	16
68	Reliability, validity and responsiveness of pelvic floor muscle surface electromyography and manometry. <i>International Urogynecology Journal</i> , 2021, 32, 3267-3274.	1.4	16
69	Prevalence of Pelvic Floor Dysfunction, Bother, and Risk Factors and Knowledge of the Pelvic Floor Muscles in Norwegian Male and Female Powerlifters and Olympic Weightlifters. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 2800-2807.	2.1	16
70	Too tight to give birth? Assessment of pelvic floor muscle function in 277 nulliparous pregnant women. <i>International Urogynecology Journal</i> , 2013, 24, 2065-2070.	1.4	15
71	Association Between Physical Activity Level and Pelvic Floor Muscle Variables in Women. <i>International Journal of Sports Medicine</i> , 2018, 39, 995-1000.	1.7	15
72	Pelvic floor muscle knowledge and relationship with muscle strength in Brazilian women: a cross-sectional study. <i>International Urogynecology Journal</i> , 2019, 30, 1903-1909.	1.4	14

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73	Pelvic floor muscle variables and levator hiatus dimensions: a 3/4D transperineal ultrasound cross-sectional study on 300 nulliparous pregnant women. <i>International Urogynecology Journal</i> , 2014, 25, 1357-1361.	1.4	13
74	Mobile health technologies for the management of urinary incontinence: A systematic review of online stores in Brazil. <i>Brazilian Journal of Physical Therapy</i> , 2021, 25, 387-395.	2.5	13
75	European Association of Urology Guidelines on the Management of Female Non-neurogenic Lower Urinary Tract Symptoms. Part 2: Underactive Bladder, Bladder Outlet Obstruction, and Nocturia. <i>European Urology</i> , 2022, 82, 60-70.	1.9	12
76	Can the Paula method facilitate co-contraction of the pelvic floor muscles? A 4D ultrasound study. <i>International Urogynecology Journal</i> , 2011, 22, 671-676.	1.4	11
77	Pelvic floor muscle training increases pelvic floor muscle strength more in post-menopausal women who are not using hormone therapy than in women who are using hormone therapy: a randomised trial. <i>Journal of Physiotherapy</i> , 2018, 64, 166-171.	1.7	10
78	Do women have an accurate perception of their pelvic floor muscle contraction? A cross-sectional study. <i>Neurourology and Urodynamics</i> , 2020, 39, 361-366.	1.5	10
79	Urinary and anal incontinence among female gymnasts and cheerleaders—bother and associated factors. A cross-sectional study. <i>International Urogynecology Journal</i> , 2022, 33, 955-964.	1.4	10
80	Does episiotomy influence vaginal resting pressure, pelvic floor muscle strength and endurance, and prevalence of urinary incontinence 6 weeks postpartum?. <i>Neurourology and Urodynamics</i> , 2017, 36, 683-686.	1.5	9
81	Exercise in pregnancy: an association with placental weight?. <i>American Journal of Obstetrics and Gynecology</i> , 2017, 216, 168.e1-168.e9.	1.3	9
82	The marathon of labour—Does regular exercise training influence course of labour and mode of delivery?. <i>European Journal of Obstetrics, Gynecology and Reproductive Biology</i> , 2020, 251, 8-13.	1.1	9
83	Diagnostic Tests for Female Bladder Outlet Obstruction: A Systematic Review from the European Association of Urology Non-neurogenic Female LUTS Guidelines Panel. <i>European Urology Focus</i> , 2022, 8, 1015-1030.	3.1	8
84	Urinary incontinence in a fitness club setting—is it a workout problem?. <i>International Urogynecology Journal</i> , 2020, 31, 1795-1802.	1.4	7
85	Change in prevalence of major levator ani muscle defects from 6 weeks to 1 year postpartum, and maternal and obstetric risk factors: A longitudinal ultrasound study. <i>Acta Obstetrica Et Gynecologica Scandinavica</i> , 2020, 99, 1403-1410.	2.8	7
86	The weight of motherhood: Identifying obesity, gestational weight gain and physical activity level of Italian pregnant women. <i>Women's Health</i> , 2021, 17, 174550652110161.	1.5	7
87	Reflex contraction of pelvic floor muscles during cough cannot be measured with vaginal pressure devices. <i>Neurourology and Urodynamics</i> , 2011, 30, 1404-1404.	1.5	5
88	Association between vaginal bulge and anatomical pelvic organ prolapse during pregnancy and postpartum: an observational study. <i>International Urogynecology Journal</i> , 2018, 29, 441-448.	1.4	5
89	Mobile health technologies for the monitoring of menstrual cycle: A systematic review of online stores in Brazil. <i>Journal of Obstetrics and Gynaecology Research</i> , 2022, 48, 5-14.	1.3	5
90	Fitness and physical activity in Norwegian adults. <i>Advances in Physiotherapy</i> , 2007, 9, 89-96.	0.2	4

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91	Does pelvic floor muscle training prevent and treat urinary and fecal incontinence in pregnancy?. <i>Nature Reviews Urology</i> , 2009, 6, 122-123.	3.8	4
92	Does a ring pessary in situ influence the pelvic floor muscle function of women with pelvic organ prolapse when tested in supine?. <i>International Urogynecology Journal</i> , 2012, 23, 573-577.	1.4	4
93	Surface electromyography and ultrasound evaluation of pelvic floor muscles in hyperandrogenic women. <i>International Urogynecology Journal</i> , 2016, 27, 587-591.	1.4	4
94	Are visual inspection and digital palpation reliable methods to assess ability to perform a pelvic floor muscle contraction? An intrauterine study. <i>Neurourology and Urodynamics</i> , 2021, 40, 680-687.	1.5	4
95	Intravaginal electrical stimulation increases voluntarily pelvic floor muscle contractions in women who are unable to voluntarily contract their pelvic floor muscles: a randomised trial. <i>Journal of Physiotherapy</i> , 2022, 68, 37-42.	1.7	4
96	Comment on SchiÅtz et al.: Ten-year follow-up after conservative treatment of stress urinary incontinence. <i>International Urogynecology Journal</i> , 2009, 20, 265-265.	1.4	3
97	Pelvic floor dysfunction, prevention and treatment in elite athletes. , 2015, , 397-407.		3
98	Electrical stimulation with non-implanted devices for stress urinary incontinence in women. <i>The Cochrane Library</i> , 2016, , .	2.8	3
99	Motor Function and Perception of Health in Women with Provoked Vestibulodynia. <i>Journal of Sexual Medicine</i> , 2019, 16, 1060-1067.	0.6	3
100	Long-term effects of participation in a prenatal exercise intervention on body weight, body mass index, and physical activity level: a 6-year follow-up study of a randomized controlled trial. <i>Journal of Maternal-Fetal and Neonatal Medicine</i> , 2021, 34, 1347-1355.	1.5	3
101	Does regular strength training cause urinary incontinence in overweight inactive women? A randomized controlled trial. <i>International Urogynecology Journal</i> , 2021, 32, 2827-2834.	1.4	3
102	Musculoskeletal fitness in a norwegian population. <i>Advances in Physiotherapy</i> , 2004, 6, 182-190.	0.2	2
103	Is there any association between abdominal strength training before and during pregnancy and delivery outcome? The Norwegian Mother and Child Cohort Study. <i>Brazilian Journal of Physical Therapy</i> , 2019, 23, 108-115.	2.5	2
104	Benefits and Harms of Conservative, Pharmacological, and Surgical Management Options for Women with Bladder Outlet Obstruction: A Systematic Review from the European Association of Urology Non-neurogenic Female LUTS Guidelines Panel. <i>European Urology Focus</i> , 2022, 8, 1340-1361.	3.1	2
105	The Paula method and the pelvic floor: reply by the authors 1. <i>International Urogynecology Journal</i> , 2011, 22, 683-684.	1.4	1
106	Response to comment on the IUGA/ICS joint report on the terminology for the conservative and nonpharmacological management of female pelvic floor dysfunction. <i>International Urogynecology Journal</i> , 2017, 28, 1269-1270.	1.4	1
107	Response to comment on the <scp>IUGA/ICS</scp> joint report on the terminology for the conservative and nonpharmacological management of female pelvic floor dysfunction. <i>Neurourology and Urodynamics</i> , 2018, 37, 877-878.	1.5	1
108	Similar Energy Expenditure During BodyPump and Heavy Load Resistance Exercise in Overweight Women. <i>Frontiers in Physiology</i> , 2020, 11, 570.	2.8	1

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109	Reply to the Editor. International Urogynecology Journal, 2016, 27, 1945-1945.	1.4	0
110	Correspondence: Author response to Ariie. Journal of Physiotherapy, 2019, 65, 117.	1.7	0
111	Comment and Questions to Mottola et al. (2018): 2018 Canadian Guideline for Physical Activity Throughout Pregnancy. Journal of Obstetrics and Gynaecology Canada, 2019, 41, 1404-1405.	0.7	0