

Dr. Kati Pasanen
Peer reviewed publications
Updated May 2023

10 most recent publications (Trainees underlined):

1. Alanen A-M, Gibson E, Critchley M, Benson L, Jordan M, Ferber R, **Pasanen K**. Differences in Situational Patterns During Change of Direction Movements Greater than 90° in Youth Male and Female Soccer Player. *J Human Kin 2023 (Accepted)*.
2. Critchley M, Bonfield S, Ferber R, **Pasanen K**, Kenny S. Risk factors for dance-related injury in pre-professional ballet dancers. *JOSPT 2023 (Accepted)*.
3. Kattilakoski O, Kauranen N, Leppänen M, Kannus P, **Pasanen K**, Vasankari T, Parkkari J. [Intra-rater reliability and analysis of learning effects in the Y balance test](https://doi.org/10.3390/mps6020041). *Methods Protoc 2023; 6(2): 41*. <https://doi.org/10.3390/mps6020041>
4. Alanen A-M, Benson LC, Jordan MJ, Ferber R, **Pasanen K**. [Effects of game specific demands on accelerations during change of direction movements: Analysis of Youth Female Soccer](#). *Biomech 2023; 3: 250-257*.
5. Alanen A-M, Bruce O, Benson L, Chin M, van den Berg C, Jordan M, Ferber R, **Pasanen K**. [Capturing in Season Change-of-Direction Movement Pattern Change in Youth Soccer Players with Inertial Measurement Units](#). *Biomech 2023; 3: 155–165*.
6. Tuominen J, Leppanen M, Jarske H, **Pasanen K**, Vasankari T, Parkkari J. [Test-retest reliability of isokinetic ankle, knee and hip strength in physically active adults using Biodex System 4 Pro](https://doi.org/10.3390/mps6020026). *Methods Protoc 2023; 6(2): 26*. <https://doi.org/10.3390/mps6020026>
7. Critchley M, Ferber R, **Pasanen K**, Kenny S. Pre-Season Screening Assessment: Normative data for pre-professional ballet dancers. *J Dance Med Sci 2023 (In Press)*.
8. Fortington LV, Handcock R, Derman WE, Emery CA, **Pasanen K**, Schwellnus M, Verhagen E, Finch CF. [The citation impact and reach of the IOC sport and exercise medicine consensus statements](#). *BMJ Open SEM 2023; 9: e001460*. doi: 10.1136/bmjsem-2022-001460
9. Fortington LV, Badenhorst M, Bolling C, Derman WE, Emery CA, **Pasanen K**, Schwellnus M, Verhagen E, Finch CF. [Are we levelling the playing field? A qualitative case study of the awareness, uptake and relevance of the IOC consensus statements on two countries](#). *BJSM 2023* doi: 10.1136/bjsports-2022-105984
10. Raisanen A, Galarneau J-M, van den Berg C, Eliason P, Benson L, Owweye OBA, **Pasanen K**, Hagel B, Emery CA. [Who does not respond to injury prevention warm-up programs? A secondary analysis of trial data from neuromuscular training programs in youth basketball, soccer, and physical education](#). *JOSPT 2023; 53: 94–102*.

Earlier publications (Trainees underlined):

11. Hietamo J, Rantala A, Parkkari J, Leppanen M, Rossi MT, Steffen K, **Pasanen K**. [Injury history and perceived knee function as risk factors for knee injury in youth team sports athletes](#). *Sports Health* **2023**; *15*: 26–35.
12. Critchley M, Ferber R, **Pasanen K**, Kenny S. [Injury epidemiology in pre-professional dancers: a 5-year prospective cohort study](#). *Phys Ther Sport* **2022**; *58*: 93–99.
13. Leppanen M, Uotila A, Tokola K, Forsman H, Kujala UM, Parkkari J, Kannus P, ***Pasanen K** & *Vasankari T. [Players with high physical fitness are at greater risk of injury in children’s football](#). *Scand J Med Sci Sports* **2022**; *32*: 1625–1638. * Shared Senior Authorship
14. Shill IJ, West SW, Sick S, Schneider K, Hagel BE, **Pasanen K**, Wiley JP, Emery CA, Black AM. [Injuries and Concussions in Female High School Rugby: Prevention is Worth a Try](#). *Clin J Sports Med* **2022**; *32*: 508–516.
15. Gibson E, Raisanen A, Cairo A, Kuntze C, Emery CA, **Pasanen K**. [Sport-related shoulder injuries among young individuals: Incidence, prevalence, mechanisms, risk factors, and prevention strategies. A systematic review](#). *TSM* **2022**: <https://doi.org/10.1155/2022/8791398>
16. Hannington M, Tait T, Cook J, Docking S, Owoeye OBA, Emery CA, **Pasanen K**, Bonello C, Vicendese D, Edwards S, Rio E. [Location of anterior knee pain affects load tolerance in isometric single leg knee extension](#). *JSAMS* **2022**; *25*: 569–573.
17. Lysdall FG, Wang HY, Delahunt E, Gehring D, Kosik KB, Krosshaug T, Li Y, Mok KM, **Pasanen K**, Remus A, Terada M, Fong DTP. [What have we learnt from quantitative case reports of lateral ankle sprains and episodes of “giving-way” of the ankle joint, and what shall we further investigate?](#) *Sports Biomech* **2022**; *21*: 359-379.
18. Emery CA, Owoeye OBA, Raisanen A, Befus K, Palacios-Derflinger L, **Pasanen K**. [The SHRed Injuries Basketball neuromuscular training warm-up program reduces ankle and knee injury rates by 36% in youth basketball](#). *JOSPT* **2022**; *52*: 40-48.
19. Hilska M, Leppänen M, Vasankari T, Aaltonen S, Raitanen J, Raisanen A, Steffen K, Forsman H, Konttinen N, Kujala U, **Pasanen K**. [Adherence to an injury prevention warm-up program in children’s soccer. A secondary analysis of a randomized controlled trial](#). *IJERPH* **2021**; *18* (24): 13134.
20. Hilska M, Leppänen M, Vasankari T, Clarsen B, Aaltonen S, Bahr R, Haapasalo H, Parkkari J, Kannus P, **Pasanen K**. [Neuromuscular training warm-up has no effect on the risk for overuse lower extremity injuries in children’s football: a cluster randomised controlled trial](#). *TSM* **2021**; *4*: 849-858.
21. Befus K, McDonough M, Raisanen AM, Owoeye OBA, **Pasanen K**, Emery CA. [Player adherence to SHRed Injuries Basketball neuromuscular training warm-up program: Can exercise fidelity be objectively measured?](#) *TSM* **2021** (In press).

22. Owoeye OBA, Palacios-Derflingher L, **Pasanen K**, HubkaRao T, Wiley JP, Emery CA. The Burden and [Risk Factors of Patellar and Achilles Tendinopathy in Youth Basketball: A Cohort Study](#). *IJERPH* **2021**, 18(18), 9480; <https://doi.org/10.3390/ijerph18189480>
23. Hannington M, Tait T, Docking S, Cook J, Owoeye O, Bonello C, Emery CA, **Pasanen K**, Edwards S, Rio E. [Prevalence and pain distribution of anterior knee pain in college basketball players](#). *J Athl Train* **2021** <https://doi.org/10.4085/1062-6050-0604.20>.
24. Shill IJ, Raisanen AM, Black AM, van den Berg C, McKay C, Barden C, **Pasanen K**, Hagel BE, Emery CA. [Canadian high school rugby coaches' readiness for an injury prevention strategy implementation: evaluating a train-the-coach workshop](#). *Frontiers Sports Act Liv* **2021**; **31 May**: <https://doi.org/10.3389/fspor.2021.672603>
25. Leppänen M, Parkkari J, Vasankari T, Ayramo S, Krosshaug T, Kannus P, Heinonen A, **Pasanen K**. [Change of Direction Technique in a 180-degree pivot turn and risk for non-contact knee injuries in youth basketball and floorball players](#). *Am J Sports Med* **2021**; **49**:2651–2658.
26. Alanen A, Raisanen A, Benson L, **Pasanen K**. [The use of inertial measurement units for analyzing change of direction movements in sports and physical activity. A scoping review](#). *Int J Sports Sci Coach* **2021**; **16**: 1332–1353.
27. Rossi MK, **Pasanen K**, Heinonen A, Ayramo S, Raisanen A, Leppanen M, Myklebust G, Vasankari T, Kannus P, Parkkari J. [The standing knee lift test is not a useful screening tool for time-loss LBP in youth basketball and floorball players](#). *Phys Ther Sport* **2021**; **49**:141-148.
28. Hilska M, Leppänen M, Vasankari T, Aaltonen S, Kannus P, Parkkari J, Steffen K, Kujala UM, Konttinen N, Raisanen A, **Pasanen K**. [Neuromuscular training warm-up prevents acute non-contact lower extremity injuries in children's soccer. A cluster randomized controlled trial](#). *Orthop J Sports Med* **2021** <https://doi.org/10.1177/23259671211005769>
29. Chin M, Leppänen M, Kulmala J-P, Parkkari J, Vasankari T, **Pasanen K**. [A 3D Motion Capture Analysis of an Accidental Lateral Ankle Sprain Injury during a 180-Degree Pivot Turn](#). *J Biomech* **2021**; **118**: 110318. <https://doi.org/10.1016/j.jbiomech.2021.110318>.
30. Raisanen A, Owoeye OBA, Befus K, van den Berg C, **Pasanen K**, Emery CA. [Warm-up practices and coaches' perceptions: Searching for clues to improve the knowledge translation activities on injury prevention in youth basketball](#). *Front Sports Act Living* **11 Feb 2021**. doi: 10.3389/fspor.2021.619291.
31. Jauhiainen S, Kauppi J-P, Leppanen M, **Pasanen K**, Parkkari J, Vasankari T, Kannus P, Ayramo S. [New machine learning approach for detection of injury risk factors in young team sport athletes](#). *Int J Sports Med* **2021**; **42**:175–182.
32. Hietamo J, **Pasanen K**, Leppanen M, Steffen K, Kannus P, Vasankari T, Heinonen A, Mattila VM, Parkkari J. [Association between muscular strength and acute ankle injuries in youth team sport athletes](#). *Phys Ther Sport* **2021**; **48**:188-195.
33. Sokka T, Hilska M, Vasankari T, Leppanen M, Kannus P, Parkkari J, Haapasalo H, Forsman H, Raitanen J, **Pasanen K**. [Females sustain more ankle injuries than males in youth football: A prospective cohort study](#). *Int J Sports Med* **2020**; **41**:1017-1023.

34. Owwoeye OBA, Ghali B, [Befus K](#), [Stilling C](#), Hogg A, [Choi J](#), Palacios-Derflingher L, **Pasanen K**, Emery CA. [Epidemiology of all-complaint injuries in youth basketball](#). *Scand J Med Sci Sports* 2020; 30: 2466-2476.
35. Owwoeye OBA, Emery CA, [Befus K](#), Palacios-Derflingher L, **Pasanen K**. [How much, how often, how well? Adherence to a neuromuscular training warm-up program in youth basketball](#). *J Sport Sci* 2020; 38: 2329-2337.
36. [Hietamo J](#), [Parkkari J](#), [Leppanen M](#), [Steffen K](#), [Vasankari T](#), [Kannus P](#), [Heinonen A](#), [Mattila V](#), **Pasanen K**. [Association between lower extremity muscle strength and acute knee injury](#). *Transl Sports Med* 2020;3:626-637.
37. [Benson L](#), [Raisanen A](#), [Volkova V](#), **Pasanen K**, Emery CA. [Workload a-WEAR-ness: Monitoring workload in team sports with wearable technology – A systematic review](#). *JOSPT* 2020;50:549-563.
38. [Rossi MK](#), **Pasanen K**, [Heinonen A](#), [Ayramo S](#), [Raisanen A](#), [Leppanen M](#), [Myklebust G](#), [Vasankari T](#), [Kannus P](#), [Parkkari J](#). [Performance in Dynamic Movement Tasks and Occurrence of Low Back Pain in Youth Floorball and Basketball Players](#). *BMC Musc Skel Disord* 2020; 21: 350.
39. [Leppänen M](#), [Rossi MT](#), [Parkkari J](#), [Heinonen A](#), [Äyrämö S](#), [Krosshaug T](#), [Vasankari T](#), [Kannus P](#), **Pasanen K**. [Altered hip control during a standing knee lift test is associated with increased risk of knee injuries](#). *Scand J Med Sci Sports* 2020;30:922-931.
40. [Raisanen A](#), [Kulmala T](#), [Parkkari J](#), [Vasankari T](#), [Kannus P](#), [Kujala UM](#), [Heinonen A](#), [Vesanto J](#), **Pasanen K**. [There is no relationship between lower extremity alignment during unilateral and bilateral drop jumps and the risk of knee or ankle injury: a prospective study](#). *JOSPT* 2020;50:267-274.
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42. [Benson L](#), [Tait T](#), [Befus K](#), [Choi J](#), [Hillson C](#), [Stilling C](#), [Grewal S](#), [MacDonald K](#), **Pasanen K**, Emery CA. [Validation of a commercially-available inertial measurement unit for recording jump load in youth basketball players](#). *J Sports Sci* 2020;38:928-936.
43. [Ghali BM](#), [Owwoeye OBA](#), [Stilling C](#), Palacios-Derflingher L, [Jordan M](#), **Pasanen K**, Emery CA. [Internal and external workload in youth basketball players who are symptomatic and asymptomatic for patellar tendinopathy](#). *J Orthop Sports Phys Ther* 2019;6:1-24.
44. Emery CA & **Pasanen K**. [Current trends in sport injury prevention](#). *Best Pract Clin Res Rheum* 2019;33:3-15.
45. [Sivertsen EA](#), [Foss Haug KB](#), [Kristianslund E](#), [Krosshaug T](#), [Troseid A-M](#), [Parkkari J](#), [Lehtimäki T](#), [Mononen N](#), **Pasanen K**, [Bahr R](#). [No association between risk of anterior cruciate ligament rupture and selected candidate collagen gene variants in female elite athletes in high risk team sports](#). *Am J Sports Med* 2019;47:52-58.

46. [Leppänen M, Pasanen K, Clarsen B, Kannus P, Bahr R, Parkkari J, Haapasalo H, Vasankari T. Overuse injuries are prevalent in children's competitive football: a prospective study using the OSTRC Overuse Injury Questionnaire. *Br J Sports Med* 2019;53:165-171.](#)
47. [Rossi MK, Pasanen K, Heinonen A, Myklebust G, Kannus P, Kujala U, Tokola K, Parkkari J. Incidence and risk factors for back pain in young floorball and basketball players: a prospective study. *Scand J Med Sci Sports* 2018;28:2407-2415.](#)
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49. [Raisanen AM, Kokko S, Pasanen K, Leppanen M, Rimpela A, Villberg J, Parkkari J. Prevalance of adolescent physical activity-related injuries in sports, leisure time, and school: the National Physical Activity Behaviour Study for Children and Adolescents. *BMC Musc Skel Disord* 2018;19:58.](#)
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57. [Leppänen M, Pasanen K, Kujala U, Vasankari T, Kannus P, Äyrämö S, Krosshaug T, Bahr R, Avela J, Perttunen J, Parkkari J. Stiff landings are associated with increased ACL injury risk in young female basketball and floorball players. *Am J Sports Med* 2017;45:386-393.](#)

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61. Parkkari J, **Pasanen K**, Kujala U, Kannus P. [Säären penikkatauti on yleinen rasitusvamma.](#) *Lääkärilehti* 2015;34:2077-2079. (in Finnish)
62. Leppänen M, **Pasanen K**, Kujala U, Parkkari J. [Overuse injuries in youth basketball and floorball.](#) *Open Access Journal of Sports Medicine* 2015;6:173-179.
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65. **Pasanen K**, Parkkari J, Pasanen M, Kannus P. [Effect of a neuromuscular warm-up programme on muscle power, balance, speed and agility – A randomised controlled study.](#) *Br J Sports Med* 2009;43:1073-1078.
66. **Pasanen K**, Parkkari J, Pasanen M, Hiilloskorpi H, Mäkinen T, Järvinen M, Kannus P. Neuromuscular training and the risk of leg injuries in female floorball players: cluster randomised controlled study. (abbreviated version of the BMJ paper, see below). *Br J Sports Med* 2008;42:502-505.
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68. Parkkari J, **Pasanen K**, Mattila V, Kannus P, Rimpelä A. [The risk for a cruciate ligament injury of the knee in adolescents and young adults: a population-based cohort study of 46 500 people with a 9 year follow-up.](#) *Br J Sports Med* 2008;42:422-426.
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