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Asist. Univ. dr. PANAET ELENA ADELINA
Lista lucrărilor / activităților reprezentative

A Teza de doctorat			
A1	Strategie de intervenție kinetoterapeutică pentru ameliorarea efectelor determinate de modificările structurale ale piciorului plat la copiii cu vârsta de 7-9 ani		
B Brevete / invenții			
B1	-	-	-
C Cărți și capitole în cărți			
C1	Piciorul plat: implicațiile biomecanice asupra aliniamentului postural la copii	Panaet, E.A.	Risoprint Cluj-Napoca, 2025 ISBN: 978-973-53-3380-5
D Articole în extenso, publicate în reviste din fluxul științific internațional principal			
D1	Effects of isolated or combined carbohydrate and caffeine supplementation on tennis training performance: single-blind randomized placebo-controlled crossover session.	Abdioglu, M., Mor, A., Alexe, D.I., Todor, R.M., Panaet, E.A., Alexe, C.I., Akca, F.	Front. Nutr. 12:1608893 https://doi.org/10.3389/fnut.2025.1608893 IF: 5.1/ 2024
D2	Exploring the Relationship Between Low Back Pain, Physical Activity, Posture, and Body Composition in Older Women.	Rosolek, B., Alexe, D.I., Gawlik, K., Panaet, E.A. , Mihai, I., Antohe, B.A., Zwierzchowska, A.	Healthcare 2025, 13, 1054 https://doi.org/10.3390/healthcare13091054 IF: 2.7/ 2024
D3	Myokinetic Stretching Exercise Versus Post-Isometric Relaxation Combined with Traction in Patients with Cervical Radiculopathy—A Randomized Clinical Trial.	Saleem, F., Arshad, M., Anwar, S., Panaet, E.A. , Tohănean, D.I., Alexe, C.-I., Alexe, D.I.	Life 2025, 15, 721 https://doi.org/10.3390/life15050721 IF: 3.4/ 2024
D4	Supplement Use Among Athletes: Insights from Gyms in Sarajevo.	Causevic, D., Alexe, C.I., Covic, N., Panaet, E.A. , Abazovic, E., Todor, R.M., Rani, B., Lupu, G., Alexe, D.I.	Appl.Sci. 2025, 15, 4747 https://doi.org/10.3390/app15094747 IF: 2.5/ 2024
D5	The impact of flatfoot on posture alignment in primary school students—a proposal for educational preventive strategies.	Panaet, E. A. , Antohe, B. A., Alexe, C. I., Oșean, V., Herlo, J. N., & Burchel, L. O.	Revista Românească pentru Educație Multidimensională, 17(1), 454-468. https://doi.org/10.18662/rrem/17.1/961
D6	Proactive personality and positional competition: exploring the impact on soccer players' performance and gender differences.	Çar, B., Kurtoğlu, A., Eken, Ö., Şufaru, C., Ciaccioni, S., Başkaya, G., Panaet, E.A. , Dragomir, L., Alexe, C.I., Bulzan, C.O.	<i>BMC Sports Sci Med Rehabil.</i> 2025 , 17, 26. Published: 26 February 2025 https://doi.org/10.1186/s13102-025-01086-6 IF: 2.1/ 2023

D7	The Relationship between DASH, SST and CMS Scores in Assessing Shoulder Function: A Comparative Study between VR and Traditional Treatment	Coja, D. M., Iconomescu, T. M., Panaet, E. A. , Anghel, M., Talaghir, L.-G. & Enache, S. I.	<i>Postmodern Openings</i> . 2024 , 15(1), 73-89. Published: 31 December 2024 https://doi.org/10.18662/po15.1/614
D8	The Effects of Proprioceptive Exercises on Postural Control in Handball Players with Chronic Ankle Instability-A Non-Randomized Control Trial	Antohe, B., Panaet, E.A.	<i>Sports</i> . 2024 , 12(5), 132; Published: 14 May 2024 https://doi.org/10.3390/sports12050132 IF: 2.2/ 2023
D9	Effect of myofascial release techniques on joint range of motion of athletes: a systematic review and meta-analysis of randomized controlled trials	Antohe, B., Alshana, O., Uysal H.S., Rață, M., Iacob, G. S., Panaet, E.A.	<i>Sports</i> . 2024 , 12, 132. Published: 14.05.2024 https://www.mdpi.com/2075-4663/12/5/132 IF: 2.2/ 2023
D10	Effect of combined feedback and verbal encouragement on anaerobic performance, technical and physiological aspect during small-sided basketball games for students girl	Mekni, R., Hammammi, A.M., Sahli, F., Selmi, O., Stanica, G., Panaet, E.A. , Alexe, C.I., Trabelsi, O., Ezzeddine, L.B.	<i>International Journal of Sport Studies for Health</i> . 2024 , 7(1), 1-10. E-ISSN: 2588-5782. Published: 01.01.2024 https://doi.org/10.61838/kman.intjssh.7.1.1
D11	Effects of 5-week Detraining Period on Body Composition of Professional Soccer Players	Causevic D, Mustafovic E, Rani B, Klacar S, Ibrahimovic M, Panaet AE , Hodzic A.	<i>Health, sport, rehabilitation</i> . 2024 , 10(2). Published: 18.06.2024 https://doi.org/10.58962/HSR.2024.10.2
D12	Distribution of plantar pressures under static conditions, invarious areas of the pediatric flatfoot in sensitive period of development – pilot study	Panaet E.A. , Alexe D.I., Zwierzchoska A., Rosolek B., Peyré-Tartaruga L.A., Alexe C.I.	<i>Balneo and PRM Research Journal</i> . 2023 , 14(4): 607. Published 20.12.2023 WOS:001167118000012 https://doi.org/10.12680/balneo.2023.607 https://www.webofscience.com/wos/woscc/full-record/WOS:001167118000012 IF= 1.5/ 2022
D13	The Relationship between Magnetic Resonance Imaging and Function Test Assessment in Patients with Lumbar Disk Hernia	Antohe, B.A.; Uysal, H. S.; Panaet, A.E. ; Iacob, G.S.; Rață, M.	<i>Healthcare</i> . 2023 , 11, 2669. Published: 01.10.2023 WOS:001084425400001 https://doi.org/10.3390/healthcare11112669 https://www.webofscience.com/wos/woscc/full-record/WOS:001084425400001 IF= 2.8/ 2022
D14	Training in Hypoxia at Alternating High Altitudes Is a Factor Favoring the Increase in Sports Performance	Dragos, O., Alexe, D.I., Ursu, E.V., Alexe, C.I., Voinea, N.L., Haisan, P.L., Panaet, E.A. , Albina, A.M., Monea, D.	<i>Healthcare</i> . 2022 , 10(11):2296. ISSN 2227-9032. Published: 16.11.2022 WOS:000910765400001 https://doi.org/10.3390/healthcare10112296 , https://www.mdpi.com/2227-9032/10/11/2296#cite https://www.webofscience.com/wos/woscc/full-record/WOS:000910765400001 IF = 3.16/ 2021

D15	The effects of pediatric flat foot on the frontal alignment of proximal segment	Panaet, E. A. , Alexe, C. I., Oana Ancuța Stângaciu, O. A., Hazar, F., Rață, G., Alexe, D.I., Hofmeister, M.	<i>Balneo and PRM Research Journal</i> . 2022 , 13(2):499. Published 27.06.2022. WOS:000822430700004 https://www.webofscience.com/wos/aldb/full-record/WOS:000822430700004 IF= 1.5/ 2022
D16	Effect of paediatric flat foot on the sagittal alignment of the pelvis and spine	Panaet, E. A. , Grigore, V., Man, C.M., Dolinschi, C.M., Alexe, D.I.	<i>Discobolul – Physical Education, Sports and Kinetotherapy Journal</i> . 2021 , 60(4). ISSN (online) 2286 – 3702, ISSN–L 1454 – 3907 https://discobolulunefs.ro/media/December2021.10.pdf , https://doi.org/10.35189/dpeskj.2021.60.4.10
D17	The Modifications of Haemoglobin, Erythropoietin Values and Running Performance While Training at Mountain vs. Hilltop vs. Seaside.	Man, M.C., Ganera, C., Bărbuleț, G.D., Krzysztofik M, Panaet A.E. , Cucui AI, Tohănean D.I, Alexe D.I.	<i>International Journal of Environmental Research and Public Health</i> . 2021 , 18(18): 9486. eISSN 1660-4601. Published: 8 September 2021. WOS:000699712800001 https://www.mdpi.com/1660-4601/18/18/9486/html https://www.webofscience.com/wos/woscc/full-record/WOS:000699712800001 IF = 4.614 / 2021
D18	Essay regarding the need for a standard framework of assessment and measurement of flat feet in children	Panaet, E.A. , Alexe, C.I., Marchis, C., Man C.M, Grigore, V.	<i>Bulletin of the Transilvania University of Brașov, Series IX: Sciences of Human Kinetics</i> . 2021 , 14(63) No. 1. ISSN (print) : 2344–2026. https://doi.org/10.31926/but.shk.2021.14.6.1.30 , http://webbut.unitbv.ro/index.php/Series_IX/article/view/411
E	Articole în extenso, publicate în volumele unor conferințe internaționale		
E1	The impact of structural modifications of flatfoot on children's posture	Panaet Elena-Adelina , Antohe Bogdan-Alexandru, Alexe Cristina-Ioana, Oșean Vasile, Herlo Julien-Narcis, Burchel Lucian-Ovidiu	10th International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy. 22-24 November, 2024 https://www.sportconference-icu.ro/
E2	The difference between the mulligan straight leg raise technique and slump stretching in patients with chronic low back pain and hamstring tightness	Rehmat Maheen, Saleem Arooj, Anwar Sahreen, Antohe Bogdan-Alexandru, Panaet Elena Adelina , Alexe Dan Iulian	9th International Scientific Conference „Achievements And Prospectives in the Field of Physical Education and Sports Within the Interdisciplinary European Education System” 17-19 October, 2024 https://fsmss60.ub.ro/9th-international-scientific-conferenc/
E3	Prevalence and association of low back pain in patients with knee osteoarthritis; a single city study	Perveen Wajida, Anwar Sahreen, Ilyas Umer Mashood Arif, Khawaja, Panaet Elena Adelina , Dan-Iulian Alexe	9th International Scientific Conference „Achievements And Prospectives in the Field of Physical Education and Sports Within the Interdisciplinary European Education System”. 17-19 October, 2024 https://fsmss60.ub.ro/9th-international-scientific-conferenc/

	E4	Distribution of plantar pressures under static conditions, in various areas of the pediatric flatfoot	Panaet, E.A., Rață, G., Man, M. C., Alexe, C. I.	International congress of education, health and human movement. 15-18 June 2022 . Hybrid
	E5	Essay regarding the need for a standard framework of assessment and measurement of flat feet in children	Panaet E.A., Alexe, C. I., Alexe, D. I., Grigore, V.	Youth in the perspective of the olympic movement march 19-20, 2021
F	Alte lucrări și contribuții științifice sau activități specifice domeniului			
	F1	-	-	-

Data
Octombrie 2025

Semnătura
PANAET ELENA ADELINA