

Sarianna Sipilä

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Education

Ph.D. Physiotherapy (major), exercise physiology (minor), Department of Health Sciences, University of Jyväskylä, Jyväskylä, Finland.

Research Focus

Exercise, physical activity and aging; determinants of musculoskeletal characteristics with advancing age in disabled and non-disabled populations; determinants of mobility limitation among disabled high risk groups of older people; effects of exercise and training on musculoskeletal characteristics and other determinants of safe walking among disabled and non-disabled older populations.

Academic Appointments

Professor in Exercise Gerontology, Gerontology Research Center, Department of Health Sciences, University of Jyväskylä, Jyväskylä, Finland
Adjunct Professor in Exercise Gerontology, School of Public Health, University of Tampere, Tampere, Finland
Research Director, Gerontology Research Center, Department of Health Sciences, University of Jyväskylä, Jyväskylä, Finland (2007-2012)

Selected Professional Affiliations and Positions of Trust

Member of the Research Council for Health, Academy of Finland (2010-2015)
Member of the Advisory Board for Public Health, *Ministry of Social Affairs and Health*, 2012-2014
Chair of the Board of Directors, *the Foundation for Research and Development GeroCenter* years 2014-2015.
Member of the Advisory Board, *Peurunka - medical rehabilitation and physical exercise center*
Member of the Management Board, *Societas Gerontologica Fennica ry (SGF)*
Member of the Editorial Board of the Finnish peer-reviewed journal on aging, *Gerontologia* [Journal of Gerontology]
Chair of the Management Committee, *University of the Third Age*, University of Jyväskylä
Vice-Member of the Management Board, "*Voimaa ja tasapainoa vanhuuteen*" [Strength in Old Age Programme] – national project.

Select Publications

Salpakoski A, Törmäkangas T, Edgren J, Sihvonen SE, Pekkonen MM, Heinonen A, Pesola M, Kallinen M, Rantanen T, Sipilä S. Walking Recovery after A Hip Fracture-a prospective follow-

up study among community-dwelling over 60-years old men and women. *BioMed Res Int* 2013, in press.

Edgren J, Salpakoski A, Rantanen T, Heinonen A, Kallinen M, vonBonsdorff MB, Portegijs E, Sihvonen S, Sipilä S. Balance confidence and functional balance are associated with physical disability after hip fracture. *Gait Posture*. 2013;37:201-5.

Portegijs E, Edgren J, Salpakoski A, Kallinen M Rantanen T, Alen M, Kiviranta I, Sihvonen S, Sipilä S. Balance confidence was associated with mobility and balance performance in older people with fall-related hip fracture: a cross-sectional study *Arch Phys Med Rehabil* 2012;93:2340-6.

Edgren J, Rantanen T, Heinonen A, Portegijs E, Alén M, Kiviranta I, Kallinen M, Sipilä S. Effects of progressive resistance training on physical disability among older community-dwelling people with hip fracture history (ISRCTN34271567). *Aging Clin Exp Res* 2012;24:171-5.

Valtonen A, Pöyhönen T, Sipilä S, Heinonen A. Maintenance of aquatic training-induced benefits on mobility and lower extremity impairments among persons with unilateral knee replacement. *Arch Phys Med Rehabil* 2011;92:1944-50.

Finni T, Noorkoiv M, Pöllänen E, Ronkainen P, Puolakka J, Alén M, Kaprio J, Kovanen V, Sipilä S. Plantar flexor muscle torque, twitch characteristics and fatigability in monozygotic female twin pairs discordant for hormone replacement therapy. *Muscle Nerve* 2011;44:769-75.

Mikkola T, Heinonen A, Ankarberg-Lindgren K, Ronkainen P, Koskenvuo M, Kovanen V, Cheng S, Kujala U, Suominen H, Alén M, Puolakka J, Kaprio J, Rantanen T, Sipilä S. Influence of Long-Term Postmenopausal Hormone Replacement Therapy on Structural Bone Strength : A Study in Discordant Monozygotic Twins. *J Bone Miner Res*. 26:546-52, 2011.

Pöllänen E, Sipilä S, Alen M, Ronkainen P, Ankarberg-Lindgren C, Puolakka J, Suominen H, Hämäläinen H, Turpeinen U, Konttinen YT, Kovanen V. Differential influence of peripheral and systemic sex steroids on skeletal muscle quality in pre- and postmenopausal women. *Aging Cell*, 2011;10:650-660.

Ronkainen P, Pöllänen E, Alén M, Pitkänen R, Puolakka J, Kujala U, Kaprio J, Sipilä S, Kovanen V. Global Gene Expression Profiles in Skeletal Muscle of Monozygotic Female Twins discordant for Hormone Replacement Therapy. *Aging Cell*. 2010;9:1098-110.

Portegijs E, Rantanen T, Kallinen M, Heinonen A, Alen M, Kiviranta I, Sipilä S. Determinants of asymmetrical strength deficit in the lower limbs after hip fracture. *J Bone Joint Sur* 2009;91:1720-28.

Mikkola T, Sipilä S, Rantanen T, Sievänen H, Suominen H, Tiainen K, Kaprio J, Koskenvuo M, Kauppinen M, Heinonen A. Muscle cross-sectional area and structural bone strength share genetic and environmental effects in older women. *J Bone Miner Res*. 2009;24:338-345.