

Bergische Universität Wuppertal

Fakultät 2 – Human und Sozialwissenschaften

Institut für Sportwissenschaft

Arbeitsbereich Bewegungs- und Trainingswissenschaft



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Mitgliedschaften / Memberships

- The European College of Sport Science (ECSS)

Gutachtertätigkeiten / Reviewer

- Journal of Musculoskeletal and Neuronal Interactions
- Scientific Reports
- German Journal of Exercise and Sport Research

Preise / Awards

2023

Best poster award (2nd place): Nafisi, S., Mähler, D., Rappelt, L., **Heinke, L.**, Baumgart, C., Freiwald, J., Javanmardi, S. (2023). *Core exercises and neuromuscular activation: A randomized crossover trial.* dvs-Tagung Sektion Trainingswissenschaft, 09.-10.11., Köln.

Publikationsliste / Publications

Zeitschriftenartikel / Journal article (peer reviewed)

2025

Heinke, L., Javanmardi, S., Zemke, J., Rappelt, L., Freiwald, J., Baumgart, C., Niederer, D. (2025). A randomized crossover study on the impact of active and passive foam rolling on jump height and pain intensity. *PeerJ*. (under review)

Javanmardi, S., Rappelt, L., Zangenberg, S., **Heinke, L.**, Baumgart, C., Niederer, D., Freiwald, J. (2025). Effectiveness of workplace health promotion programs for industrial workers: a systematic review. *BMC Public Health*, 25(1), 168. [PubMed](#)

Javanmardi, S., Rappelt, L., Baumgart, C., Niederer, D., **Heinke, L.**, Freiwald, J. (2025). Work conditions and determinants of health status among industrial shift workers: a cross-sectional study. *Frontiers in Public Health*, 12. [doi](#)

2024

Heinke, L., Javanmardi, S., Rappelt, L., Konrad, A., Schleip, R., Knicker, A. J., Freiwald, J., Baumgart, C. (2024). Comparison of the effects of cold water immersion and percussive massage on the recovery after exhausting eccentric exercise: A three-armed randomized controlled trial. *Frontiers in Physiology*, 15, 1432009. [PubMed](#)

Javanmardi, S., Rappelt, L., **Heinke, L.**, Niederer, D., Zemke, J. A., Freiwald, J., Baumgart, C. (2024). Impact of work pace on cardiorespiratory outcomes, perceived effort and carried load in industrial workers: a randomised cross-over trial. *Occup Environ Med*, 81(9), 456–461. [PubMed](#)

2023

Baumgart, C., **Heinke, L.**, Javanmardi, S., Freiwald, J. (2023). Maximal and submaximal isometric strength properties of knee extensors and flexors and their relationship to kinesiophobia and subjective knee function in ACL-reconstructed patients. (in preparation)

Rappelt, L., Javanmardi, S., **Heinke, L.**, Baumgart, C., Freiwald, J. (2023). The multifaceted nature of recovery after exercise: A need for individualization. *Sport Orthop Sport Traumatol*, 39(4), 359-367. [doi](#)

2022

Heinke, L., Knicker, A.J., Albracht, K. (2022). Test-Retest Reliability of the Internal Shoulder Rotator Muscles' Stretch Reflex in Healthy Men. *Journal of electromyography and kinesiology*. 62, 102611. [doi](#)

2020

Heinke L, Knicker AJ, Albracht K. (2020) Increased shoulder muscle stretch reflex elicibility in supine subject posture. *Isokinetics and Exercise Science*;28(2):139-146. [doi](#)

2018

Heinke L, Knicker AJ, Albracht K. (2018) Evaluation of passively induced shoulder stretch reflex using an isokinetic dynamometer in male overhead athletes. *Isokinetics and Exercise Science*;26(4):265-274. [doi](#)

Behringer M, **Heinke L**, Leyendecker J, Mester J. (2018) Effects of blood flow restriction during moderate-intensity eccentric knee extensions. *The Journal of Physiological Sciences*;68(5):589-599. [doi](#)

Journal Artikel / Journal article

Heinke, L., & Konrad, A., (2024). Alternative Formen des Beweglichkeitstrainings: wissenschaftliche Erkenntnisse und Mythen im Fokus. *Sportphysio*. 12. 177-184. [doi](#)

Vorträge / Oral presentations (published abstracts)

2024

Heinke, L., Javanmardi, S., Zemke, J., Rappelt, L., Knicker, A., Freiwald, J., Niederer, D., Baumgart, C. (2024). *Pain without gain? Assessing pain perception and jump height after active and passive foam rolling: A crossover randomized controlled trial*. 29th Annual Congress of the European College of Sport Science (ECSS), 02.-05.07., Glasgow (Scotland).

2023

Javanmardi, S., Rappelt, L., **Heinke, L.**, Freiwald, J., Baumgart, C. (2023). *The impact of different work paces on energy demand in industrial workers: A randomized controlled trial*. dvs-Tagung Sektion Trainingswissenschaft, 09.-10.11., Köln.

Zemke, J., Rappelt, L., Javanmardi, S., **Heinke, L.**, Freiwald, J., Baumgart, C. (2023). *Der kardiale, metabolische, respiratorische und psychologische Einfluss von KN95-Masken sowie deren Einfluss auf die Ausdauerleistungsfähigkeit*. dvs-Tagung Sektion Trainingswissenschaft, 09.-10.11., Köln.

Heinke, L., Zivic, P., Javanmardi, S., Zemke, J., Rappelt, L., Freiwald, J., Baumgart, C. (2023). *Acute effects of active and passive foam rolling on pain perception and countermovement jump height: A crossover randomized controlled trial*. dvs-Tagung Sektion Trainingswissenschaft, 09.-10.11., Köln.

Heinke, L., Javanmardi, S., Rappelt, L., Konrad, A., Schleip, R., Knicker, A., Baumgart, C., Freiwald, J. (2023). *Comparison of the effects of cold-water immersson and percussive massage on the recovery after exhausting eccentric exersise: A three-armed randomized control trial*. 28th Annual Congress of the European College of Sport Science (ECSS), 04.-07.07., Paris (France).

Javanmardi, S., Rappelt, L., Baumgart, C., **Heinke, L.**, Freiwald, J. (2023). *Lokalisation, Häufigkeit und Schmerzintensität orthopädischer Beschwerden bei Industriearbeitern – Können wir aus dem Leistungssport lernen?* 38. Jahrestagung der Gesellschaft für Orthopädisch-Traumatologische Sportmedizin (GOTS), 15.-17.06., Luxemburg (Luxemburg).

Posterpräsentationen / Poster presentations (peer reviewed)

Javanmardi, S., Rappelt, L., **Heinke, L.**, Freiwald, J., Niederer, D., Baumgart, C. (2024). *The influence of work pace on energy expenditure and load in industrial workers: A randomized crossover trial*. 29th Annual Congress of the European College of Sport Science (ECSS), 02.-05.07., Glasgow (Scotland).

Nafisi, S., Mähler, D., Rappelt, L., **Heinke, L.**, Baumgart, C., Freiwald, J., Javanmardi, S. (2023). *Core exercises and neuromuscular activation: A randomized crossover trial*. dvs-Tagung Sektion Trainingswissenschaft, 09.-10.11., Köln.

Baumgart, C., Grim, C., **Heinke, L.**, Javanmardi, S., Rappelt, L., Freiwald, J., Hoppe, M. W. (2023). *Compensation strategies after a complete avulsion of the proximal rectus femoris muscle: A single case one-year follow-up*. 28th Annual Congress of the European College of Sport Science (ECSS), 04.-07.07., Paris (France).

Javanmardi, S., Rappelt, L., **Heinke, L.**, Baumgart, C., Freiwald, J. (2023). *Health status assessment of industrial workers in a mid-size company: A novel approach in*

workplace health promotion. 28th Annual Congress of the European College of Sport Science (ECSS), 04.-07.07., Paris (France).

- Schlotter, M., Terhorst, S., Baumgart, C., Rappelt, L., Javanmardi, S., Freiwald, J., **Heinke, L.** (2023). *Einfluss perkussiver Massage auf den Muskeldehnungsreflex bei plötzlicher Supination des Fußes.* 38. Jahrestagung der Gesellschaft für Orthopädisch-Traumatologische Sportmedizin (GOTS), 15.-17.06., Luxemburg (Luxemburg).
- Javanmardi, S., Rappelt, L., Baumgart, C., **Heinke, L.**, Freiwald, J. (2023). *Lokalisation, Häufigkeit und Schmerzintensität orthopädischer Beschwerden bei Industriearbeitern – Können wir aus dem Leistungssport lernen?* 38. Jahrestagung der Gesellschaft für Orthopädisch-Traumatologische Sportmedizin (GOTS), 15.-17.06., Luxemburg (Luxemburg).
- Javanmardi, S., Baumgart, C., **Heinke, L.**, Grim, C., Engelhardt, M., Freiwald, J. (2022). *Kasuistik nach traumatischer Patellaluxation mit MPFL-Plastik Versorgung - Funktionsdiagnostische Befunde.* 37. Jahrestagung der Gesellschaft für Orthopädisch-Traumatologische Sportmedizin (GOTS), 19.-20.05., Berlin.
- Heinke, L.**, Knicker, A., & Albracht, K. (2017). Evaluation of Passively Induced Shoulder Stretch Reflex Using an Isokinetic Dynamometer in Men. *35th Conference of the International Society of Biomechanics in Sports, Cologne.*
- Heinke, L.**, Knicker, A., & Albracht, K. (2016). Evaluation of Passively Induced Shoulder Stretch Reflex Using an Isokinetic Dynamometer in Men. *11th Conference of the International Shoulder Group, 2016., Winterthur.*