

1. Literatuur F.I.T. juli 2021
2. Abate M, Salini V, Andia I. How obesity affects tendons? In Ackermann, Hart DA ed. Metabolic influences on risk for tendon disorders. Springer Verlag. 2016 Ch 15, pg 167-178.
3. Abdelhamid RE, Sluka KA. [ASICs Mediate Pain and Inflammation in Musculoskeletal Diseases](#). Physiology (Bethesda). 2015 Nov;30(6):449-59. doi: 10.1152/physiol.00030.2015.PMID: 26525344
4. Ackermann PW, Salo P, Hart DA. Tendon innervation. In Ackermann, Hart DA ed. Metabolic influences on risk for tendon disorders. Springer Verlag. 2016 Ch 4, pg 35-2-52.
5. Adamczyk LA, Gordon K, et al; Lymph vessels: the forgotten second circulation in health and disease; Archiv für Pathologische Anatomie und Physiologie und für Klinische Medizin 2016
6. Aeles, J., Lichtwark, G., Peeters, D., Delecluse, C., Jonkers, I., & Vanwanseele, B. (2018). Effect of a prehop on the muscle-tendon interaction during vertical jumps. Journal of Applied Physiology, 124(5), 1203–1211. doi:10.1152/jappphysiol.00462.2017.
7. Aerts P, D'Août K, Thorpe S, Berillon G, Vereecke E. The gibbon's Achilles tendon revisited: consequences for the evolution of the great apes? Proc Biol Sci. 2018;285(1880).
8. Affaitati G, Costantini R, Fabrizio A, Lapenna D, Tafuri E, Giamberardino MA. Effects of treatment of peripheral pain generators in fibromyalgia patients. European Journal of Pain 15 (2011) 61–69
9. Ai JW, et al; The effectiveness of pressure therapy (15-25mmHG) for hypertrophic burn scars: A systematic review and meta-analysis; www.nature.com/Scientific reports 2017
10. Alawna M, Amro M, Mohamed AA. Aerobic exercises recommendations and specifications for patients with COVID-19: a systematic review. Eur Rev Med Pharmacol Sci. 2020
11. Alkhatib B, Rosenzweig DH, Krock E, Roughley PJ, Beckman L, Steffen T, Weber MH, Ouellet JA, Haglund L. [Acute mechanical injury of the human intervertebral disc: link to degeneration and pain](#). Eur Cell Mater. 2014 Sep 12;28:98-110; discussion 110-1. doi: 10.22203/ecm.v028a08.PMID: 25214017
12. Allaz A-F, Cedraschi C. Emotional aspects of chronic pain. In: Pain, emotions and cognition, Pickering G, Gibson S ed. Springer International Publishing Switzerland, 2015.
13. Amir A, Kim S, Stecco A, Jankowski MP, Raghavan P. Hyaluronan homeostasis and its role in pain and muscle Stiffness. American Academy of Physical Medicine and Rehabilitation. PM&R. 2022;14:1490–1496.
14. Anderson RU, Wise D, Sawyer T, Chan C. Integration of myofascial trigger point release and paradoxical relaxation training treatment of chronic pelvic pain in men. J Urol. 2005 Jul;174(1):155-60
15. Anderson RU, Wise D, Sawyer T, Glowe P, Orenberg EK. 6-day intensive treatment protocol for refractory chronic prostatitis/chronic pelvic pain syndrome using myofascial release and paradoxical relaxation training. J Urol. 2011 Apr;185(4):1294-9. doi: 10.1016/j.juro.2010.11.076. Epub 2011 Feb 22.
16. Anderson RU. Evaluation and pelvic floor management of urologic chronic pelvic pain syndromes. in Chaitow L, Lovegrove Jones R. Chronic pelvic pain and dysfunction. Elsevier Churchill Livingstone, 2012. Ch 12, pg 291 – 310.
17. Andriolo L, Altamura SA, Reale D, Candrian C, Zaffagnini S, Filardo G. Nonsurgical Treatments of Patellar Tendinopathy: Multiple Injections of Platelet-Rich Plasma Are a Suitable Option: A Systematic Review and Meta-analysis. Am J Sports Med. 2019
18. Anthony N, CSCS; Jeffreys, I..The Stretch-Shortening Cycle: Proposed Mechanisms and Methods for Enhancement Turner, Strength and Conditioning Journal: August 2010 - Volume 32 - Issue 4 - p 87-99 doi: 10.1519/SSC.0b013e3181e928f9
19. Apkarian AV, Sosa Y, Sonty S, Levy, Harden RN, Parrish TB, Gitelman DR. Chronic Back Pain Is Associated with Decreased Prefrontal and Thalamic Gray Matter Density. 10410 • The Journal of Neuroscience, November 17, 2004 • 24(46):10410–10415
20. Arendt-Nielsen L, Graven-Nielsen T. Muscle pain: sensory implications and interaction with motor control. Clin J Pain. 2008 May;24(4):291-8. doi: 10.1097/AJP.0b013e31815b608f.PMID: 18427227

21. Arendt-Nielsen L, Morlion B, Perrot S, Dahan A, Dickenson A, Kress H, Wells C, Bouhassira D, Drewes M. Assessment and manifestation of central sensitisation across different chronic pain conditions. *Eur J Pain* (2017)
22. Arent SM, Pellegrino JK, Williams CA, Difabio DA, Greenwood JC. [Nutritional supplementation, performance, and oxidative stress in college soccer players.](#) *J Strength Cond Res.* 2010 Apr;24(4):1117-24. doi: 10.1519/JSC.0b013e3181cb70b8. PMID: 20300015
23. Ashar YK et al. Effect of Pain Reprocessing Therapy vs Placebo and Usual Care for Patients With Chronic Back Pain A Randomized Clinical Trial. *JAMA Psychiatry* January 2022 Volume 79, Number 1
24. Aston J. Aston Kinetics. In Dalton E (ed.). *Dynamic body, exploring form, expanding function* page 28-53. Freedom from pain institute, 2012.
25. Attia M, Scott A, Duchesnay A, Carpentier G, Soslowsky LJ, Huynh MB, Van Kuppevelt TH, Gossard C, Courty J, Tassoni MC, Martelly I. [Alterations of overused supraspinatus tendon: a possible role of glycosaminoglycans and HARP/pleiotrophin in early tendon pathology.](#) *J Orthop Res.* 2012 Jan;30(1):61-71. doi: 10.1002/jor.21479. Epub 2011 Jun 17. PMID: 2168831
26. Avenoso, A.; Bruschetta, G.; D'Ascola, A.; Scuruchi, M.; Mandraffino, G.; Saitta, A.; Campo, S.; Campo, G.M. Hyaluronan Fragmentation During Inflammatory Pathologies: A Signal that Empowers Tissue Damage. *Mini Rev. Med. Chem.* 2020, 20, 54–65.
27. Avila Gonzalez CA, Driscoll M, Schleip R, Wearing S, Jacobson E, Findley T, Klingler W. [Frontiers in fascia research.](#) *J Bodyw Mov Ther.* 2018 Oct;22(4):873-880. doi: 10.1016/j.jbmt.2018.09.077. Epub 2018 Sep 13.
28. Avison JS. *Yoga, fascia, anatomy and movement.* Handspring Publishing, Edinburgh, 2015.
29. Bäckryd E, Tanum L, Lind AL, Larsson A, Gordh T. [Evidence of both systemic inflammation and neuroinflammation in fibromyalgia patients, as assessed by a multiplex protein panel applied to the cerebrospinal fluid and to plasma.](#) *J Pain Res.* 2017 Mar 3;10:515-525. doi: 10.2147/JPR.S128508. eCollection 2017. PMID: 28424559
30. Balagué, F.; Mannion, A.F.; Pellisé, F.; Cedraschi, C. Non-Specific Low Back Pain. *Lancet* 2012, 379, 482–491.
31. Ballyns JJ, Shah JP, Hammond J, Gebreab T, Gerber LH, Sikdar S. [Objective sonographic measures for characterizing myofascial trigger points associated with cervical pain.](#) *J Ultrasound Med.* 2011 Oct;30(10):1331-40. doi: 10.7863/jum.2011.30.10.1331. PMID: 21968483
32. Band PA, Heeter J, Wisniewski HG, Liublinska V, Pattanayak CW, Karia RJ, Stabler T, Balazs EA, Kraus VB. [Hyaluronan molecular weight distribution is associated with the risk of knee osteoarthritis progression.](#) *Osteoarthritis Cartilage.* 2015 Jan;23(1):70-6. doi: 10.1016/j.joca.2014.09.017. Epub 2014 Oct 7. PMID: 25266961
33. Bandeira, P. M., Reis, F. J. J., Muniz, F. D. N., Chaves, A. C. S., Fernandes, O., Jr., & Arruda-Sanchez, T. (2021). Heart Rate Variability and Pain Sensitivity in Chronic Low Back Pain Patients Exposed to Passive Viewing of Photographs of Daily Activities. *Clin J Pain*, 37(8), 591-597. doi:10.1097/AJP.0000000000000953
34. Barbosa M, Trajano S, Dantas A, Silva R, Brita H (2018) Chronic Effects of Static and Dynamic Stretching on Hamstrings Eccentric Strength and Functional Performance: A Randomized Controlled Trial. *J Strength Cond Res.*
35. Baron R, Hans G, Dickenson A. Peripheral input and its importance for central sensitization. *Annals of Neurology* 2013, doi: 10.1002/ana.24017
36. Barreto R, Braman J, Ludewig P, Ribeiro L, Camargo P (2019) Bilateral magnetic resonance imaging findings in individuals with unilateral shoulder pain. *J Shoulder Elb Surg*, 1-8. doi:10.1016/j.jse.2019.04.001
37. Barrett S. *Total foam rolling techniques.* Bloomsbury, 2014.
38. Baumbach SF, Braunstein M, Seeliger F, Borgmann L, Böcker W, Polzer H. Ankle dorsiflexion: what is normal? Development of a decision pathway for diagnosing impaired ankle dorsiflexion and M. gastrocnemius tightness. *Arch Orthop Trauma Surg.* 2016;
39. Bee P. *Non-stop fitness.* Forte uitgevers B.V. 2009

40. Beer, G.M., Varga, Z., Budi, S., Seifert, B., Meyer, V.E., 2002. Incidence of the superficial fascia and its relevance in skin-sparing mastectomy. *Cancer* 94 (6), 1619-1625.
41. Behm D, Wilke J (2019) Do Self-Myofascial Release Devices Release Myofascia? Rolling Mechanisms: A Narrative Review. *Sport Med*, 1-9, doi:10.1007/s40279-019-01149-y
42. Belgrado JP, Vandermeeren L, et al; Near-infrared Fluorescence lymphatic imaging to reconsider occlusion pressure of superficial lymphatic collectors in upper extremities of healthy volunteers; Lymphatic research and biology 2016
43. Belgrado JP, Vandermeeren L et al; Lympho-fluoroscopy in cancer-related secondary lymphedema: from imaging tot daily practice. Oral presentation, International Lymphoedema Framework Glasgow <http://tinyurl.com/onzjmb1>
44. Benjamin M, Kaiser E, and Milz S. PMID: 18304204 Structure-function relationships in tendons: a review. *J Anat.* 2008 Mar; 212(3): 211–228. doi: 10.1111/j.1469-7580.2008.00864.x PMCID: PMC2408985.
45. Benetazzo L, Bizzego A, De Caro R, Frigo G, Guidolin D, Stecco C. 3D reconstruction of the crural and thoracolumbar fasciae. *Surg Radiol Anat* DOI 10.1007/s00276-010-0757-7
46. Bennett R. Myofascial pain syndromes and their evaluation. *Best Pract Res Clin Rheumatol.* 2007 jun;21(3):427-45.
47. Bennett R. Injury prevention and rehabilitation in sport. The Crowood Press Ltd. 2015.
48. Berg F van den (2010) *Angewandte physiologie - Band 1: Das bindegewebe des bewegungsapparates;verstehen und beeinflussen [Applied physiology, vol. 1, The connective tissue of the locomotor apparatus; understanding and influencing]*. Stuttgart, Thieme Verlag.
49. Berg F van den. Histology of fascia. In *Fascia in the osteopathic Field*, Liem T, Tozzi P, Chila A. (ed). Handspring Publishing, 2017 Ch 5, pg 35-46
50. Berg F van den. Physiology of fascia. In *Fascia in the osteopathic Field*, Liem T, Tozzi P, Chila A. (ed). Handspring Publishing, 2017 Ch 6, pg 49-58
51. Berg Fvd. Pathophysiology of fascia. In *Fascia in the osteopathic field*. Liem T, Tozzi P, Chila AG (ed). Handspring Publishing, 2017, Edinburgh. Chapter 9, pg 77-86.
52. Bernard PL, G. Tallon, G. Ninot, A. Jaussent, S. Ramdani, O. Coste, et al. Influence of a brisk walking program on isokinetic muscular capacities of knee in sedentary older women. *Aging Clin Exp Res* 2016 Vol. 28 Issue 6 Pages 1219-1226
53. Berardo A, Bonaldi L, Stecco C, Fontanella CG. Biomechanical properties of the human superficial fascia: Site-specific variability and anisotropy of abdominal and thoracic regions. *Journal of the mechanical behavior of biomedical materials* 157 (2024) 106637. <https://doi.org/10.1016/j.jmbbm.2024.106637>
54. Besson JM, Guilbaud G, Ollat H in Besson JM, Guilbaud G, Ollat H ed. *Peripheral neurons in nociception*. John Libbey Eurotext, 1994, preface
55. Bettini EA, Moore K, Wang Y, Hinds PS, Finkel JC. Association between Pain Sensitivity, Central Sensitization, and Functional Disability in Adolescents With Joint Hypermobility. *J Pediatr Nurs.* 2018 Sep-Oct;42:34-38. doi: 10.1016/j.pedn.2018.06.007. Epub 2018 Jun 29. PMID: 30219297
56. Beurskens, C.H.G., Van Uden, C.J.T., Strobbe, L.J.A., Oostendorp, R.A.B., Wobbles, T. The efficacy of physiotherapy upon shoulder function following axillary dissection in breast cancer, a randomized controlled study. *BMC Cancer.* 2007;7:166
57. Birch HL, Peffers MJ, Clegg PD. Influence of Ageing on Tendon Homeostasis. In Ackermann, Hart DA ed. *Metabolic influences on risk for tendon disorders*. Springer Verlag. 2016 Ch 24, pg 247-262.
58. Blain M, Bedretdinova D, Bellin MF, Rocher L, Gagey O, Soubeyrand M, et al. Influence of thoracolumbar fascia stretching on lumbar back muscle stiffness: A supersonic shear wave elastography approach. *Clin Anat.* 2019;32(1):73-
59. Blom M-J. Pilates and fascia: The art of working in. In *Fascia, the tensional network of the human body*. Schleip R, Findley TW, Chaitow L, Huijing PA (red). Churchill Livingstone Elsevier, 2011 p 449-456.

60. Blostein, D., Simulation of abstract models of structural homeostasis, *Journal of Bodywork & Movement Therapies* (2016), <http://dx.doi.org/10.1016/j.jbmt.2015.12.011>
61. Bobbert MF, Huijing PA, van Ingen Schenau GJ. An estimation of power output and work done by the human triceps surae muscle-tendon complex in jumping. *J Biomech.* 1986;19(11):899-906
62. de Boer MJ, Versteegen GJ, Vermeulen KM, Sanderma R, Struys MM. [A randomized controlled trial of an Internet-based cognitive-behavioural intervention for non-specific chronic pain: an effectiveness and cost-effectiveness study.](#) *Eur J Pain.* 2014 Nov;18(10):1440-51. doi: 10.1002/ejp.509. Epub 2014 Apr 29. PMID: 24777973
63. Bond M. The new rules of posture. Healing Arts Press, Rochester, Vermont, 2007.
64. Bonet IJM, Araldi A, Khomula EV, Bogen O, Green PG, Levine JD. Mechanisms Mediating High-Molecular-Weight Hyaluronan-Induced Antihyperalgesia. *J Neurosci.* 2020 Aug 19;40(34):6477-6488. doi: 10.1523/JNEUROSCI.0166-20.2020. Epub 2020 Jul 14.
65. Borde R, Hortobagyi T, Granacher U. Dose-Response Relationships of Resistance Training in Healthy Old Adults: A Systematic Review and Meta-Analysis. *Sports Med.* 2015;45(12):1693-720.
66. Bordoni B, Zanier E; Skin, fascias and scars: symptoms and systemic connections; *Journal of Multidisciplinary Healthcare* 2014 Borg-Stein J. Management of peripheral pain generators in fibromyalgia. *Rheum Dis Clin N Am* 28 (2002) 305–317
67. Borgini, E.; Antonio, S.; Julie Ann, D.; Stecco, C. How much time is required to modify a fascial fibrosis? *J. Bodyw. Mov. Ther.* 2010, 14, 318–325.
68. Bosch F. Krachttraining en Coördinatie. 2010 Uitgevers, 2012.
69. Bouffard NA, Cutroneo KR, Badger GJ, White SL, Buttolph TR, Ehrlich HP, Stevens-Tuttle D, Langevin HM. [Tissue stretch decreases soluble TGF-beta1 and type-1 procollagen in mouse subcutaneous connective tissue: evidence from ex vivo and in vivo models.](#) *J Cell Physiol.* 2008 Feb;214(2):389-95. doi: 10.1002/jcp.21209. PMID: 17654495
70. Bove GM, Delany SP, Hobson L, Cruz LE, Harris MY, Amin M, Chapelle SL, Barbe MF. Manual therapy prevents onset of nociceptor activity, sensorimotor dysfunction, and neural fibrosis induced by a volitional repetitive task. *PAIN Publish Ahead of Print.* DOI: 10.1097/j.pain.0000000000001443
71. Box, R.C., Reul-Hirche, H.M., Bullock-Saxton, J.E., Furnival, C.M. Shoulder movement after breast cancer surgery: results of a randomized controlled study of postoperative physiotherapy. *Breast Cancer Res Treat.* 2002;75:35–50
72. Branchini M, Lopopolo F, Andreoli E, Loreti I, M Marchand A, Stecco A. Fascial Manipulation® for chronic aspecific low back pain: a single blinded randomized controlled trial. Version 2. *F1000 Research.* 2015; 4: 1208. doi: 10.12688/f1000research.6890.2.
73. Brandl, A.; Egner, C.; Reer, R.; Schmidt, T.; Schleip, R. Immediate Effects of Myofascial Release. Treatment on Lumbar Microcirculation: A Randomized, Placebo-Controlled Trial. *J. Clin. Med.* 2023, 12, 1248. <https://doi.org/10.3390/jcm12041248>
74. Brandl A, Wilke J, Egner C, Schmidt T, Schilder A, Schleip R. Pain quality patterns in delayed onset muscle soreness of the lower back suggest sensitization of fascia rather than muscle afferents: a secondary analysis study. *Pflügers Archiv - European Journal of Physiology* (2024) 476:395–405 <https://doi.org/10.1007/s00424-023-02896-8>
75. Braver RT, Chronic Exertional Compartment Syndrome. *Clin Podiatr Med Surg* 33 (2016) 219–233 <http://dx.doi.org/10.1016/j.cpm.2015.12.002>
76. Brenner E, Human Body Preservation - Old and New Techniques, 2014 Jan 18, *J Anat*
77. Brice G, Child A, et al; Milroy disease and the VEGFR-3 mutation phenotype; *J Med Genet* 2005
78. Bridgeman R, Hout M vd. Start vandaag met ademen. *Ankhhermes*, 2016

79. Brigatto FA, JBB DEC, WF DEU, Germano MD, Marchetti PH, Aoki MS, et al. Multi-joint vs. Single-joint Resistance Exercises Induce a Similar Strength Increase in Trained Men: A Randomized Longitudinal Crossover Study. *Int J Exerc Sci*. 2020;
80. Briggs Boedtkjer & al; Identification of interstitial Cajal-like cells in the human thoracic duct; *Cells Tissues Organs* 2013
81. Brinkman RJ, Hage JJ. Andreas Vesalius' 500th anniversary: the initiation of hand and forearm myology. *J Hand Surg Eur Vol*. 2015;40(9):987-94.
82. British Lymphology Society; Consensus document on the management of cellulitis in Lymphoedema; British Lymphology Society 2013 www.thebls.com/concensus.php
83. British Lymphology Society; Strategy for Lymphoedema care; 2007
84. Brodal P. A neurobiologist's attempt to understand persistent pain. *Scand J Pain* (2017), <http://dx.doi.org/10.1016/j.sjpain.2017.03.001>
85. Bron C, Franssen J, Wensing M, Oostendorp RA. Interrater reliability of palpation of myofascial trigger points in three shoulder muscles. *J Man Manip Ther*. 2007;15(4):203-15. doi: 10.1179/106698107790819477.PMID: 19066669
86. Bruin de M, Smeulders MJ, Kreulen M, Huijij PA, Jaspers RT. Intramuscular connective tissue differences in spastic and control muscle: a mechanical and histological study. *PLoS One*. 2014;9(6):e101038.
87. Buijs M. Een mechanobiologische kijk op bindweefsel. *Physios special*, 2020
88. Bullo V, Gobbo S, Vendramin B, Duregon F, Cugusi L, Di Blasio A, et al. Nordic Walking Can Be Incorporated in the Exercise Prescription to Increase Aerobic Capacity, Strength, and Quality of Life for Elderly: A Systematic Review and Meta-Analysis. *Rejuvenation Res*. 2018
89. Bullmore E. The inflamed mind. Short Books Ltd. 2019
90. Burla F, Dussi S, Martinez-Torres C, Tauber J, van der Gucht J, Koenderink GH. [Connectivity and plasticity determine collagen network fracture](#). *Proc Natl Acad Sci U S A*. 2020 Apr 14;117(15):8326-8334. doi: 10.1073/pnas.1920062117. Epub 2020 Apr 1.PMID: 32238564
91. Buttagat V, Taepa N, Suwannived N, Rattanachan N. Effects of scapular stabilization exercise on pain related parameters in patients with scapulocostal syndrome: A randomized controlled trial. *J Bodyw Mov Ther*. 2016 Jan;20(1):115-22. doi: 10.1016/j.jbmt.2015.07.036
92. Cailliet R. Whiplash-Associated diseases. American Medical Association, 2006.
93. Caires R, Luis E, Taberner FJ, Fernandez-Ballester G, Ferrer-Montiel A, Balazs EA, Gomis A, Belmonte C, de la Peña E. [Hyaluronan modulates TRPV1 channel opening, reducing peripheral nociceptor activity and pain](#). *Nat Commun*. 2015 Aug 27;6:8095. doi: 10.1038/ncomms9095.PMID: 26311398
94. Calsius J. Werken met een lichaam dat moeilijk doet. Acco Leuven, Den Haag, 2017.
95. Calsius 2018, cursus psychosomatiek
96. Camerota AJ, Aziz F; The case for Intermittent Pneumatic Compression; *J Lymphoedema* 2009
97. Cantu RI, Grodin AJ, Stanborough RW. Myofascial manipulation, theory and clinical application. Pro-ed, Austin, Texas, USA, 2012.
98. Cao TV, Hicks MR, Campbell D, Standley PR, PhDd. Dosed myofascial release in three-dimensional bioengineered tendons: effects on human fibroblast hyperplasia, hypertrophy, and cytokine secretion. *Journal of Manipulative and Physiological Therapeutics* Volume 36, Number 8
99. Capel P. The emotional DNA. K.PI Education. 2019
100. Capila, I.; Sasisekharan, R. Chapter 2—Methods for Analysis of Hyaluronan and Its Fragments. In *Chemistry and Biology of Hyaluronan*; Hari, G.G., Charles, A.H., Eds.; Elsevier Press: Amsterdam, The Netherlands, 2004; pp. 21–40.
101. Carda S, Invernizzi M, Bavikatte G, Bensmaïl D, Bianchi F, Deltombe T, et al. COVID-19 pandemic. What should Physical and Rehabilitation Medicine specialists do? A clinician's perspective. *Eur J Phys Rehabil Med*. 2020;

102. Carpenter, J.S., Andrykovski, M.A., Sloan, P., Cunningham, L., Cordova, M.J., Studts, J.L. et al, Postmastectomy/postlumpectomy pain in breast cancer survivors. *J Clin Epidemiol.* 1998;51:1285–1292
103. Carvalhais VO, Ocarino Jde M, Araújo VL, Souza TR, Silva PL, Fonseca ST. Myofascial force transmission between the latissimus dorsi and gluteus maximus muscles: an in vivo experiment. *J Biomech.* 2013
104. Casley-Smith, J; The Casley-Smith Method of Treatment for Lymphoedema; British Lymphology Society Newsletter 2001
105. Castaldo M, Catena A, Chiarotto A, Villafañe JH, Fernández-de-Las-Peñas C, Arendt-Nielsen L. Association between Clinical and Neurophysiological Outcomes in Patients with Mechanical Neck Pain and Whiplash-associated Disorders. *Clin J Pain.* 2017 Jul 3.
106. Castien RF, van der Windt DA, Grooten A, Dekker J. Effectiveness of manual therapy for chronic tension-type headache; a pragmatic, randomized, clinical trial. *Cephalalgia* 2011; 31: 133-43
107. Cathcart E, McSweeney T, Johnston R, Young H, Edwards DJ. [Immediate biomechanical, systemic, and interoceptive effects of myofascial release on the thoracic spine: A randomised controlled trial.](#) *J Bodyw Mov Ther.* 2019 Jan;23(1):74-81. doi: 10.1016/j.jbmt.2018.10.006. Epub 2018 Oct 24.
108. Cenaj O, Allison DHR, Imam R, Zeck B, Drohan LM, Chiriboga L, Llewellyn J, Liu CZ, Park YN, Wells RG, Theise ND. Interstitial spaces are continuous across tissue and organ boundaries in humans. *bioRxiv preprint* doi: <https://doi.org/10.1101/2020.08.07.239806>.
109. Chaabene H, Behm DG, Negra Y, Granacher U. Acute Effects of Static Stretching on Muscle Strength and Power: An Attempt to Clarify Previous Caveats. *Front Physiol.* 2019;10:1468.
110. Cerezo-Téllez E, Torres-Lacomba M, Mayoral-Del Moral O, Sánchez-Sánchez B, Dommerholt J, Gutiérrez-Ortega C. [Prevalence of Myofascial Pain Syndrome in Chronic Non-Specific Neck Pain: A Population-Based Cross-Sectional Descriptive Study.](#) *Pain Med.* 2016 Dec;17(12):2369-2377. doi: 10.1093/pm/pnw114. Epub 2016 Jun 20.
111. Chaitow L. A massage therapist's guide to understanding locating and treating myofascial trigger points. Elsevier Health Sciences. 2006.
112. Chaitow, L., 2007. Chronic pelvic pain: Pelvic floor problems, sacroiliac dysfunction and the trigger point connections. *J. Bodyw. Mov. Ther.* 11 (4), 327-339.
113. Chaitow L. Positional Release Techniques, 3e ed. Edinburgh: Elsevier Health Sciences, 2007.
114. Chaitow L, DeLany J. Clinical application of Neuromuscular techniques, vol. 2. Churchill Livingstone Elsevier, 2011
115. Chaitow L, Lovegrove Jones R. Chronic pelvic pain and dysfunction. Elsevier Churchill Livingstone, 2012 H11
116. Chaitow L, Bradley D, Gilbert C. Recognizing and treating breathing disorders. Elsevier Churchill Livingstone, 2014
117. Chaitow L. The clinical relevance of the functions of fascia: translating the science. In: Chaitow L. Fascial Dysfunction, manual therapy approaches. Handspring Publishing, Edinburgh, 2014, Chapter 1 pg 3-26.
118. Chaitow L. Removing obstacles to recovery: therapeutic mechanisms and fascia. In: Chaitow L. Fascial Dysfunction, manual therapy approaches. Handspring Publishing, Edinburgh, 2014, Chapter 5 pg 83-100.
119. Chaitow L. Palpating for changes in muscle structure. In Chaitow L (ed) Palpation and assessment in Manual Therapy. Handspring Publishing 2017, Chapter 5, pg 97-146.
120. Chaitow, L., Fascial well-being: Mechanotransduction in manual and movement therapies, *Journal of Bodywork & Movement Therapies* (2017), <https://doi.org/10.1016/j.jbmt.2017.11.011>
121. [Chang J et al.](#) Circadian control of the secretory pathway maintains collagen homeostasis. [Nature Cell Biology](#) volume 22, pages74–86(2020)

122. Chapman N, Whitting J, Broadbent S, Crowley-McHattan Z, Meir R. Residual Force Enhancement in Humans: A Systematic Review. *J Appl Biomech.* 2018;34(3):240-8.
123. Chaudhry H, Huang C-Y, Schleip R, Ji Z, Bukiet B, Findley T. Viscoelastic behavior of human fasciae under extension in manual therapy. *Journal of Bodywork and Movement Therapies* (2007) 11, 159–167
124. Chaudhry H, Schleip R, Ji Z, Bukiet B, Maney M, Findley T. Three-dimensional mathematical model for deformation of human fasciae in manual therapy. *J Am Osteopath Assoc.* 2008 Aug;108(8):379-90.
125. Chaudhry H, Bukiet B,*, Roman M, Stecco A, Findley T. Squeeze film lubrication for non-Newtonian fluids with application to manual medicine. *Biorheology* 50 (2013) 191–202 191, DOI 10.3233/BIR-130631
126. Chaudhuri, O.; Cooper-White, J.; Janmey, P.A.; Mooney, D.J.; Shenoy, V.B. Effects of Extracellular Matrix Viscoelasticity on Cellular Behaviour. *Nature* 2020, 584, 535–546. [CrossRef]
127. Cheatham SW, Baker R, Kreiswirth E. Instrument assisted soft-tissue mobilisation: a commentary on clinical practise guidelines for rehabilitation professionals. *Int J Sports Phys Ther.* 2019 Jul;14(4):670-682.
128. Chen Q, Basford J, An KN. Ability of magnetic resonance elastography to assess taut bands. *Clin Biomech (Bristol Avon).* 2008;23:623-629.
129. Chen Z, Baker N (2020) Effectiveness of eccentric strengthening in the treatment of lateral elbow tendinopathy: A systematic review with meta-analysis. *J Hand Ther.* doi:10.1016/j.jht.2020.02.002
130. Chenot JF, Greitemann B, Kladny B, Petzke F, Pflingsten M, Schorr SG: Clinical practice guideline: Non-specific low back pain. *Dtsch Arztebl Int* 2017; 114: 883–90. DOI: 10.3238/arztebl.2017.0883
131. Cherkin DC, Sherman KJ, Balderson BH, Cook AJ, Anderson ML, Hawkes RJ, Hansen KE, Turner. [Effect of Mindfulness-Based Stress Reduction vs Cognitive Behavioral Therapy or Usual Care on Back Pain and Functional Limitations in Adults With Chronic Low Back Pain: A Randomized Clinical Trial.](#) *JA.JAMA.* 2016 Mar 22-29;315(12):1240-9. doi: 10.1001/jama.2016.2323.PMID: 27002445
132. Cheville, A.L., Tchou, J. Barriers to rehabilitation following surgery for primary breast cancer. *J Surg Oncol.* 2007;95:409–418
133. Chiquet M, Gelman L, Lutz R, Maier S. [From mechanotransduction to extracellular matrix gene expression in fibroblasts.](#) *Biochim Biophys Acta.* 2009 May;1793(5):911-20. doi: 10.1016/j.bbamcr.2009.01.012. Epub 2009 Jan 31.PMID: 19339214
134. Choi JW, Lee CJ, Lee SM, Shin BS, Jun B, Sim WS. Effect of Hyaluronidase Addition to Lidocaine for Trigger Point Injection in Myofascial Pain Syndrome. *Pain Pract.* 2016 Nov;16(8):1019-1026. doi: 10.1111/papr.12362. Epub 2015 Oct 7.
135. Comerford M, Mottram S. *Kinetic Control.* Churchill, Livingstone, Elsevier, Edinburgh, 2013.
136. Connel F, Brice G, Mortimer P; Phenotypic Characterization of Primary Lymphedema; *Annals of the New York Academy of Sciences* 2008
137. Connel F, et al; The classification and diagnostic algorithm for primary lymphatic dysplasia: an update from 2010 to include molecular findings 2013
138. Cook CE et al. Developing Manual Therapy Frameworks for Dedicated Pain Mechanisms. *Journal of Orthopaedic & Sports Physical Therapy®* Downloaded from www.jospt.org at on September 27, 2023.
139. Cook G. *Athletic Body in Balance.* Human Kinetics, 2003
140. Cook J - 2017 - <https://www.youtube.com/watch?v=-kKzoi8Zrik>
141. Coombes BK, Bisset L, Vicenzino B.J [Management of Lateral Elbow Tendinopathy: One Size Does Not Fit All.](#) *Orthop Sports Phys Ther.* 2015 Nov;45(11):938-49. doi: 10.2519/jospt.2015.5841. Epub 2015 Sep 17.
142. Cooper G; Compression therapy in chronic oedema and Lymphoedema; *Nursing & Residential Care;* 2013
143. Corey SM, Vizzard MA, Bouffard NA, Badger GJ, Langevin HM. Stretching of the back improves gait, mechanical sensitivity and connective tissue inflammation in a rodent model. *PLoS One.* 2012; ;7(1):e29831. doi: 10.1371/journal.pone.0029831. Epub 2012 Jan 6

144. Corey SM, Epel E, Schembri M, Pawlowsky SB, Cole RJ, Araneta MR, Barrett-Connor E, Kanaya AM. [Effect of restorative yoga vs. stretching on diurnal cortisol dynamics and psychosocial outcomes in individuals with the metabolic syndrome: the PRYSMS randomized controlled trial.](#) Psychoneuroendocrinology. 2014 Nov;49:260-71. doi: 10.1016/j.psyneuen.2014.07.012. Epub 2014 Jul 21. PMID: 25127084
145. Couppé, C., Svensson, R. B., Silbernagel, K. G., Langberg, H., & Magnusson, S. P. (2015). Eccentric or Concentric Exercises for the Treatment of Tendinopathies? Journal of Orthopaedic & Sports Physical Therapy, 45(11), 853–863. doi:10.2519/jospt.2015.5910.
146. Cowman MK, Matsuoka S. [Experimental approaches to hyaluronan structure.](#) Carbohydr Res. 2005 Apr 11;340(5):791-809. doi: 10.1016/j.carres.2005.01.022. PMID: 15780246
147. Cowman MK, Spagnoli C, Kudasheva D, Li M, Dyal A, Kanai S, Balazs EA. Extended, relaxed, and condensed conformations of hyaluronan observed by atomic force microscopy. Biophys J. 2005 Jan;88(1):590-602. doi: 10.1529/biophysj.104.049361. Epub 2004 Oct 15. PMID: 15489305
148. Cowman MK, Schmidt TA, Raghavan P, Stecco A. [Viscoelastic Properties of Hyaluronan in Physiological Conditions.](#) F1000Res. 2015 Aug 25;4:622. doi: 10.12688/f1000research.6885.1. eCollection 2015. PMID: 26594344
149. Cowman MK, Lee HG, Schwertfeger KL, McCarthy JB, Turley EA. [The Content and Size of Hyaluronan in Biological Fluids and Tissues.](#) Front Immunol. 2015 Jun 2;6:261. doi: 10.3389/fimmu.2015.00261. eCollection 2015. PMID: 26082778
150. Cowman MK. Hyaluronan and Hyaluronan Fragments. Adv Carbohydr Chem Biochem. 2017;74:1-59. doi: 10.1016/bs.accb.2017.10.001. Epub 2017 Nov 13. PMID: 29173725
151. Cowman MK, Shortt C, Arora S, Fu Y, Villavieja J, Rathore J, Huang X, Rakshit T, Jung GI, Kirsch T. [Role of Hyaluronan in Inflammatory Effects on Human Articular Chondrocytes.](#) Inflammation. 2019 Oct;42(5):1808-1820. doi: 10.1007/s10753-019-01043-9. PMID: 31243649
152. Cozacov, R.; Minerbi, A.; Haddad, M.; Vulfsons, S. Differential Sensitization of Muscle versus Fascia in Individuals with Low Back Pain. Bioengineering 2022, 9, 440. <https://doi.org/10.3390/Bioengineering9090440>
153. Craig AD. [How do you feel? Interoception: the sense of the physiological condition of the body.](#) Nat Rev Neurosci. 2002 Aug;3(8):655-66. doi: 10.1038/nrn894.
154. Craig A.D. (Bud). A new view of pain as a homeostatic Emotion. TRENDS in Neurosciences Vol.26 No.6 June 2003 (a)
155. Craig AD. How do you feel — now? The anterior insula and human awareness. Nature reviews | Neuroscience Volume 10 | January 2009
156. Craig AD. How do you feel? Princeton University Press, Princeton and Oxford, 2015.
157. Crosson T et al. Profiling of how nociceptor neurons detect danger; new and old foes. Prof. Sebastien Talbot (Orcid ID : 0000-0001-9932-7174). doi: 10.1111/joim.12957.
158. Cuatrecasas G, Alegre C, Fernandez-Solà J, Gonzalez MJ, Garcia-Fructuoso F, Poca-Dias V, Nadal A, Cuatrecasas G, Navarro F, Mera A, Lage M, Peinó R, Casanueva F, Liñan C, Sesmiolo G, Coves MJ, Izquierdo JP, Alvarez I, Granados E, Puig-Domingo M. Growth hormone treatment for sustained pain reduction and improvement in quality of life in severe fibromyalgia. Pain. 2012 Jul;153(7):1382-9. doi: 10.1016/j.pain.2012.02.012. Epub 2012 Mar 31.
159. Dalton E (ed.). Dynamic body, exploring form, expanding function. Freedom from pain institute, 2012.
160. Dalton E, Weakness in the knees. in Dalton E (ed.). Dynamic body, exploring form, expanding function. Freedom from pain institute, 2012.

161. van Dam EP, Giubertoni G, Burla F, Koenderink GH, Bakker HJ. [Hyaluronan biopolymers release water upon pH-induced gelation](#). Phys Chem Chem Phys. 2020 Apr 29;22(16):8667-8671. doi: 10.1039/d0cp00215a.PMID: 32270833
162. Dan B. Contributions to the understanding of gait control. Med J. 2014 Apr;61(4):B4823.
163. Dankel SJ, Mattocks KT, Jessee MB, Buckner SL, Mouser JG, Loenneke JP. Do metabolites that are produced during resistance exercise enhance muscle hypertrophy? Eur J Appl Physiol. 2017;117(11):2125-3.
164. Dao, T.L., Patel, J. Modified radical mastectomy. in: Mastery of surgery. Vol. I. Brown and Company, Boston/Toronto; 1984
165. Damasio A. The self comes to mind. Vintage Books, London, 2012.
166. Dantzer R, O'Connor JC, Freund GG, Johnson RW, Kelley KW. From inflammation to sickness and depression: when the immune system subjugates the brain. Nat Rev Neurosci. 2008 Jan;9(1):46-56. Review.
167. Dantzer R. Cytokine, sickness behavior, and depression. Immunol Allergy Clin North Am. 2009 May;29(2):247-64. doi: 10.1016/j.iac.2009.02.002.
168. Daruna JH. Introduction to Psychoneuroimmunology. Amsterdam: Academic Press, 2004.
169. Davidovic M, Starck G, Olausson H. Processing of affective and emotionally neutral tactile stimuli in the insular cortex. Dev Cogn Neurosci 2019;35:94-103. doi: 10.1016/j.dcn.2017.12.006
170. Davidovic, M., Developmental Cognitive Neuroscience (2017), <https://doi.org/10.1016/j.dcn.2017.12.006>
171. Davidson CJ, Ganion LR, Gehlsen GM, Verhoestra B, Roepke JE, Sevier TL. Rat tendon morphologic and functional changes resulting from soft tissue mobilization. Med Sci Sports Exerc. 1997 Mar;29(3):313-9.
172. Davin S. et al. Variability in the relationship between sleep and pain in patients undergoing interdisciplinary rehabilitation for chronic pain. Pain Med. 2014 Jun
173. Davis GD. Mechanisms of chronic pain from whiplash injury. Journal of Forensic and Legal Medicine, 2013, 74-85.
174. Davis KD, Moayed M. Central Mechanisms of Pain Revealed Through Functional and Structural MRI. J Neuroimmune Pharmacol. 2012.
175. Davis KL, Panksepp J. The emotional foundations of personality. W.W. Norton and company, New York, London, 2018.
176. Day JA, Stecco C, Stecco A. Application of Fascial Manipulation & technique in chronic shoulder pain—Anatomical basis and clinical implications. Journal of Bodywork and Movement Therapies (2009) 13, 128–135
177. Dean BJF, Gwilym SE, Carr AJ. Why does my shoulder hurt? A review of the neuroanatomical and biochemical basis of shoulder pain. Br J Sports Med 2013;47:1095–1104. doi: 10.1136/bjsports-2012-091492
178. Dean BJF, Carr AJ. The Effects of Glucocorticoid on Tendon and Tendon Derived Cells. In Ackermann, Hart DA ed. Metabolic influences on risk for tendon disorders. Springer Verlag. 2016 Ch 23, pg 239-246.
179. Dean E, Gormsen Hansen R. Prescribing optimal nutrition and physical activity as "first-line" interventions for best practice management of chronic low-grade inflammation associated with osteoarthritis: evidence synthesis. Arthritis. 2012;2012:560634. doi: 10.1155/2012/560634. Epub 2012 Dec 31.
180. Deising S, Weinkauff B, Blunk J, Obreja O, Schmelz M, Rukwied . NGF-evoked sensitization of muscle fascia nociceptors in humans. PAIN_ 153 (2012) 1673–1679
181. Dejaco B, Habets B, van Loon C, van Grinsven S, van Cingel R. Eccentric versus conventional exercise therapy in patients with rotator cuff tendinopathy: a randomized, single blinded, clinical trial. Knee Surg Sports Traumatol Arthrosc. 2017 Jul;25(7):2051-2059. doi: 10.1007/s00167-016-4223-x. Epub 2016 Jun 28.
182. Demeco A, Marotta N, Barletta M, Pino I, Marinaro C, Petraroli A, et al. Rehabilitation of patients post-COVID-19 infection: a literature review. J Int Med Res. 2020;

183. Dennison BS. Mechanical neck pain. In: neck and arm pain syndromes, editors: Fernandez de las Penas C, Cleland J, Huijbregts P. Churchill Livingstone Elsevier, 2015. Chapter 7, pg 94-111.
184. Dereppe H, et al; Répercussions hémodynamiques de la pressothérapie; Journal des Maladies Vasculaires; 1990
185. Devantéry, K.; Morin, M.; Grimard, J.; Gaudreault, N. Effects of a Myofascial Technique on the
186. Stiffness and Thickness of the Thoracolumbar Fascia and Lumbar Erector Spinae Muscles in Adults with Chronic Low Back Pain: A Randomized before-and-after Experimental Study. Bioengineering 2023, 10, 332. [https://doi.org/ 10.3390/bioengineering10030332](https://doi.org/10.3390/bioengineering10030332)
187. Dimon T. The body in motion, North Atlantic Books Berkely California, USA, 2011.
188. Dines JS et.al . Tennis injuries: epidemiology, pathophysiology, and treatment. J Am Acad Orthop Surg. 2015
189. Distefano, et al.; Effects of exercise and aging on skeletal muscle; Cold Spring Harbor Perspectives in Medicine; 2017.
190. Dix J, Marsh S, Dingenen B, Malliaras P. The relationship between hip muscle strength and dynamic knee valgus in asymptomatic females: A systematic review. Phys Ther Sport. 2019
191. Dixhoorn J van, Folgering H. The Nijmegen Questionnaire and dysfunctional breathing. ERJ Open Res. 2015 May 15;1(1).
192. Does Wvd. Zo ben ik nu eenmaal. Scriptum psychologie, 2013.
193. Dommerholt J. Dry needling — peripheral and central considerations. Journal of Manual and Manipulative Therapy 2011 VOL. 19 NO. 4
194. Dommerholt J. Trigger Point Therapy. In Fascia, the tensional network of the human body. Schleip R, Findley TW, Chaitow L, Huijing PA (red). Churchill Livingstone Elsevier, 2012 p 297-302.
195. Dommerholt J. Pain sciences and myofascial pain. In Donnelly JM ed. Myofascial pain and dysfunction. Wolters Kluwer. 2019. Ch 1.
196. Dommerholt J, Mayberry N. Hypo- and hypermobility. In Fascia in Sport and Movement, ed Schleip R, Wilke J. Handspring Publishing 2021 sec. ed. Chapter 7, pg 77-96
197. Dones V, Dalusong MT, Chiong-Maya A, Vergel O. The difference in the upper trapezius deep fascia slides between individuals with and without myofascial pain syndrome: A case-control study. Journal of Bodywork & Movement Therapies 38 (2024) 375–383
198. Donnelly JM ed. Myofascial pain and dysfunction. Wolters Kluwer. 2019.
199. Dos Santos Franco YR, Miyamoto GC, Franco KFM, de Oliveira RR, Cabral CMN. Exercise therapy in the treatment of tendinopathies of the lower limbs: a protocol of a systematic review. Syst Rev. 2019;8(1):142.
200. Douglas, et al.; Chronic adaptations to eccentric training: a systematic review; Sports Medicine; 2016.
201. Dray A. Chemical activation and sensitization of nociceptors. In Besson JM, Guilbaud G, Ollat H ed. Peripheral neurons in nociception. John Libbey Eurotext, 1994, Ch 5 pg 49-70-22
202. Driller M, Mackay K, Mills B, Tavares F. Tissue flossing on ankle range of motion, jump and sprint performance: A follow-up study. Phys Ther Sport. 2017;28:29-33.
203. Duarte FCK, Hurtig M, Clark A, Brown S, Simpson J, Srbely [Experimentally induced spine osteoarthritis in rats leads to neurogenic inflammation within neurosegmentally linked myotomes](#). J.Exp Gerontol. 2021 Jul 1;149:111311. doi: 10.1016/j.exger.2021.111311. Epub 2021 Mar 17. PMID: 33744392
204. Duncan R. Myofasial release. Human Kinetics, 2014
205. Duncan R. <https://www.hfe.co.uk/blog/myofascial-release-and-foam-rolling-part-1/>
206. Dunn WR, Kuhn JE, Sanders R, An Q, Baumgarten KM, Bishop JY, Brophy RH, Carey JL, Holloway GB, Jones GL, Ma CB, Marx RG, McCarty EC, Poddar SK, Smith MV, Spencer EE, Vidal AF, Wolf BR, Wright RW. [Symptoms of pain do not correlate with rotator cuff tear severity: a cross-sectional study of 393 patients](#)

- [with a symptomatic atraumatic full-thickness rotator cuff tear.](#) J Bone Joint Surg Am. 2014 May 21;96(10):793-800. doi: 10.2106/JBJS.L.01304.
207. Dwyer A, Aprill C, Bogduk N. [Cervical zygapophyseal joint pain patterns. I: A study in normal volunteers.](#) Spine (Phila Pa 1976). 1990 Jun;15(6):453-7. doi: 10.1097/00007632-199006000-00004.PMID: 2402682
 208. Dye, S.F., Campagna-Pinto, D., Dye, C.C., Shifflett, S., Eiman, T., 2003. Soft-tissue anatomy anterior to the human patella. J.Bone Joint Surg. Am. 85-A (6), 1012-1017.
 209. Earls J, Myers T. Fascial Release For Structural Balance. Chichester: Lotus Publishing, 2017.
 210. Earls J. Walking: the benefit of being on two legs. In Fascia in Sport and Movement, ed Schleip R, Wilke J. Handspring Publishing 2021 sec. ed. Chapter 30, pg 339-352
 211. Edwards D, Stewart B. Paleo fitness. Ulysses Press, 2013
 212. Egmond DL, Schuitemaker R. Extremiteten. Bohn Stafleu van Loghum, 2009.
 213. Egoscue P. Pain Free. Bantam Books, 1998.
 214. Egoscue P, Gittines R. Pain free living. Sterling Publishing Co Inc, 9781402786433, 2011
 215. Elkin BS, Elliott JM, Siegmund GP. Whiplash Injury or Concussion? A Possible Biomechanical Explanation for Concussion Symptoms in Some Individuals Following a Rear-End Collision. J Orthop Sports Phys Ther 2016;46(10):874-885 <https://doi.org/10.2519/jospt.2016.7049>
 216. Elliott JM, Dewald JP, Hornby TG, Walton DM, Parrish TB. Mechanisms underlying chronic whiplash: Contributions from an incomplete spinal cord injury? Pain Med 2014;15(11):1938-1944.
 217. Elliott JM, Dayanidhi S, Hazle C, Hoggarth MA, McPherson J, Sparks CL, Weber II KA. Advancements in Imaging Technology: Do They (or Will They) Equate to Advancements in Our Knowledge of Recovery in Whiplash? J Orthop Sports Phys Ther 2016;46(10):862-873, A1-A2 <https://doi.org/10.2519/jospt.2016.6735>
 218. Elliot JM, Walton DM. How Do We Meet the Challenge of Whiplash? J Orthop Sports Phys Ther 2017;47(7):444-446 <https://doi.org/10.2519/jospt.2017.0106>
 219. Elphinston J. Stability, Sport and Performance Movement. Lotus Publishing, Chichester, England, 2008.
 220. Engström-Laurent A. [Hyaluronan in joint disease.](#) J Intern Med. 1997 Jul;242(1):57-60. doi: 10.1046/j.1365-2796.1997.00174.x.PMID: 9260567
 221. Epstein M, Wong M, Herzog W. Should tendon and aponeurosis be considered in series? J Biomech. 2006;39(11):2020-5. Epub 2005 Aug 8.
 222. Ercole B, Stecco, Day JA, Stecco C. How much time is required to modify a fascial fibrosis? Journal of Bodywork & Movement Therapies (2010) 14, 318e325
 223. Esser Y. Ruimer ademen, vrijer leven. Uitgeverij Akasha. 2015
 224. Ettlin T et al. A Distinct Pattern of Myofascial Findings in Patients After Whiplash Injury. Arch Phys Med Rehabil Vol 89, July 2008
 225. Evanko S, Extracellular matrix and the manipulation of cells and tissues IASI yearbook 2009
 226. Evanko SP, Chan CK, Johnson PY, Frevert CW, Wight TN. [The biochemistry and immunohistochemistry of versican.](#) Methods Cell Biol. 2018;143:261-279. doi: 10.1016/bs.mcb.2017.08.015. Epub 2017 Nov 26.PMID: 29310782
 227. Falsiroli L and Rafanelli M (2019) Manual Therapy and Quality of Life in People with Headache: Systematic Review and Meta-analysis of Randomized Controlled Trials. Current Pain and Headache Reports, 23(10).
 228. Faltus J, Boggess B, Bruzga R. The use of diagnostic musculoskeletal ultrasound to document soft tissue treatment mobilization of a quadriceps femoris muscle tear: a case report. Int J Sports Phys Ther. 2012 Jun;7(3):342-9.

229. Fantoni, I.; Biz, C.; Fan, C.; Pirri, C.; Fede, C.; Petrelli, L.; Ruggieri, P.; De Caro, R.; Stecco, C. Fascia Lata Alterations in Hip Osteoarthritis: An Observational Cross-Sectional Study. *Life* 2021, 11, 1136. <https://doi.org/10.3390/life11111136>
230. Farmer MA, Baliki MN, Apkarian AV. A dynamic network perspective of chronic pain. *Neurosci Lett*. 2012 Jun 29;520(2):197-203. doi: 10.1016/j.neulet.2012.05.001. Epub 2012 May 8.
231. Farooq, M.N., et al., The effects of neck mobilization in patients with chronic neck pain: A randomized controlled trial, *Journal of Bodywork & Movement Therapies* (2017), <http://dx.doi.org/10.1016/j.jbmt.2017.03.007>
232. Fede C, Angelini A, Stern R, Macchi V, Porzionato A, Ruggieri P, De Caro R, Stecco C.J [Quantification of hyaluronan in human fasciae: variations with function and anatomical site](#). *Anat*. 2018 Oct;233(4):552-556. doi: 10.1111/joa.12866. Epub 2018 Jul 24.PMID: 30040133
233. Fede C, Porzionato A, Petrelli L, Fan C, Pirri C, Biz C, De Caro R, Stecco C. [Fascia and soft tissues innervation in the human hip and their possible role in post-surgical pain](#). *J Orthop Res*. 2020 Mar 17. doi: 10.1002/jor.24665. Online ahead of print.PMID: 32181900
234. Fede C, Petrelli L, Guidolin D, Porzionato A, Pirri C, Fan C, De Caro R, Stecco C. Evidence of a new hidden neural network into deep fasciae. *Scientific Reports* | 2021 <https://doi.org/10.1038/s41598-021-92194-z>
235. Fede C, Petrelli L, Pirri C, Neuhuber W, Tiengo C, Biz C, De Caro R, Schleip R and Stecco C (2022) Innervation of human superficial fascia. *Front. Neuroanat*. 16:981426. doi: 10.3389/fnana.2022.981426
236. Fehmi L, Robbins J. Dissolving pain. Shambhala Publications Inc, 2010.
237. Feldman Barrett L. How emotions are made, the secret life of the brain, 2018. Mariner Books. EAN: 9781509837526
238. Ferguson LW and Gerwin R. Clinical Mastery in the Treatment of Myofascial Pain. Lippincot Williams & Wilkins, 2006
239. Fernandez-Carnero J, Fernandez-de-las-Penas C, de la Llave-Rinco AI et al. Widespread Mechanical Pain Hypersensitivity as Sign of Central Sensitization in Unilateral Epicondylalgia A Blinded, Controlled Study. *Clin J Pain* _ Volume 25, Number 7, September 2009.
240. Fernandez-de-las-Penas C, Fernando Galan-del-Ri'ó, Josue' Fernandez-Carnero, Jorge Pesquera, Lars Arendt-Nielsen, and Peter Svensson. Bilateral Widespread Mechanical Pain Sensitivity in Women With Myofascial Temporomandibular Disorder: Evidence of Impairment in Central Nociceptive Processing. *The Journal of Pain*, Vol 10, No 11 (November), 2009: pp 1170-1178
241. Fernandez-de-las-Penas C, Pilat A. Soft tissue manipulation approaches to chronic pelvic pain. In Chaitow L, Jones RL (ed.) *Chronic pelvic pain and dysfunction*, Churchill Livingstone Elsevier, 2012 Ch. 11.1, pg 247-274.
242. Fernández-de-las-Peñas C, Dommerholt J. Myofascial trigger points: peripheral or central phenomenon? *Curr Rheumatol Rep*. 2014 Jan;16(1):395. doi: 10.1007/s11926-013-0395-2. Review. *J Bodyw Mov Ther*. 2015 Jan;19(1):119-23. doi: 10.1016/j.jbmt.2014.08.010.
243. Fernández-de-Las-Peñas C, Fernández-Muñoz JJ, Palacios-Ceña M, et al. Sleep disturbances in tension-type headache and migraine. *Therapeutic Advances in Neurological Disorders*. 2018 ;11:1756285617745444. DOI: 10.1177/1756285617745444.
244. Ferrari LF, Araldi D, Bogen O, Levine JD. Extracellular Matrix Hyaluronan Signals Via its CD44 Receptor in the Increased Responsiveness to Mechanical Stimulation. published in final edited form as: *Neuroscience*. 2016 June 02; 324: 390–398. doi:10.1016/j.neuroscience.2016.03.032.
245. Ferrari A, Rustichelli C & Baraldi C (2017) Glutamate receptor antagonists with the potential for migraine treatment, *Expert Opinion on Investigational Drugs*, 26:12, 1321-1330, DOI: [10.1080/13543784.2017.1395411](https://doi.org/10.1080/13543784.2017.1395411)

246. Ferrell WR, Tennant N, Baxendale RH, Kusel M, Sturrock RD. Musculoskeletal reflex function in the joint hypermobility syndrome. *Arthritis Rheum.* 2007 Oct 15;57(7):1329-33
247. Fessel G, Gerber C, Snedeker JG. Potential of collagen cross-linking therapies to mediate tendon mechanical properties. *J Shoulder Elbow Surg.* 2012;21(2):209-17.
248. [Fidut-Wrońska J](#), [Chołuj K](#), [Chmiel J](#), [Pikto-Pitkiewicz K](#), [Majcher P](#) Observation using thermography of post-operative reaction after fascial manipulation®. *Ann Agric Environ Med.* 2019 Sep 19;26(3):468-471. doi: 10.26444/aaem/103456. Epub 2019 Feb 25.
249. Findley TW. Fascia-related disorders: An introduction. In *Fascia, the tensional network of the human body.* Schleip R, Findley TW, Chaitow L, Huijing PA (red). Churchill Livingstone Elsevier, 2012 p 187-190.
250. Findley TW, Shalwala M, "Fascia research congress evidence from the 100 year perspective of Andrew Taylor still," *Journal of Bodywork and Movement Therapies*, vol. 17, no. 3, pp. 356–364, 2013.
251. Fitzgerald, M.P., Anderson, R.U., Potts, J., et al., 2009. Randomised multicenter feasibility trial of myofascial physical therapy for the treatment of urological chronic pelvic pain syndromes. *J. Urol.* 182, 570-580.
252. Fitzgordon J. Psoas release party, Yoga Center of Brooklyn, 2013
253. Fleming A, Vollebregt J. Pijn & het brein. Prometheus, Amsterdam, 2017.
254. Flor H, Turk DC. *Chronic Pain: An Integrated Biobehavioral Approach.* Seattle, IASP Press, 2011 .
255. Flynn-Evans EE, Tabandeh H, Skene DJ, Lockley SW. Circadian Rhythm Disorders and Melatonin Production in 127 Blind Women with and without Light Perception. *J Biol Rhythms.* 2014 Jun
256. Fonoberova M, Mezić I, Buckman JF, Fonoberov VA, Mezić A, Vaschillo EG, Mun EY, Vaschillo B, Bates ME. [A computational physiology approach to personalized treatment models: the beneficial effects of slow breathing on the human cardiovascular system.](#) *Am J Physiol Heart Circ Physiol.* 2014 Oct 1;307(7):H1073-91. doi: 10.1152/ajpheart.01011.2013. Epub
257. Fourie WJ; Considering wider myofascial involvement as a possible contributor to upper extremity dysfunction following treatment for primary breast cancer; *Journal of Bodywork and Movement Therapies* 2008
258. Fourie WJ, Robb KA, et al: Physiotherapy management of axillary web syndrome following breast cancer treatment: discussing the use of soft tissue techniques; *Pubmed* 2009
259. Fourie W. Surgery and scarring. In *Fascia, the tensional network of the human body.* Schleip R, Findley TW, Chaitow L, Huijing PA (red). Churchill Livingstone Elsevier, 2012 p 411-421. H7.17
260. Franchi MV, Reeves ND, Narici MV. Skeletal Muscle Remodeling in Response to Eccentric vs. Concentric Loading: Morphological, Molecular, and Metabolic Adaptations. *Front Physiol.* 2017;8:447.
261. Franklin E. Dynamic alignment through imagery. *Human kinetics*, 2012 Frederick A, Frederick C. Fascial stretch therapy. Handspring Publishing, Edinburgh, 2014.
262. Franklin S, Michael J Grey 1, Nicola Heneghan 1, Laura Bowen 1, François-Xavier Li. Barefoot vs common footwear: A systematic review of the kinematic, kinetic and muscle activity differences during walking. PMID: 26220400 DOI: 10.1016/j.gaitpost.2015.05.019
263. Fraser JR, Laurent TC, Laurent UB. [Hyaluronan: its nature, distribution, functions and turnover.](#) *J Intern Med.* 1997 Jul;242(1):27-33. doi: 10.1046/j.1365-2796.1997.00170.x.PMID: 9260563
264. Frederick A, Frederick C. Fascial stretch therapy. Handspring Publishing, Edinburgh, 2014.
265. Freeman MD, Nystrom A, Centeno C. Chronic whiplash and central sensitization; an evaluation of the role of a myofascial trigger points in pain modulation. *J Brachial Plex Peripher Nerve Inj* 2009;4:2.
266. Frenzel P., Schleip R., Geyer A. Responsiveness of the plantar fascia to vibration and/or stretch. Publication unknown.
267. Fritz J. Toward Improving Outcomes in Whiplash: Implementing New Directions of Care. *J Orthop Sports Phys Ther* 2017;47(7):447-448 <https://doi.org/10.2519/jospt.2017.0107>
268. Fritz S (2013) Mosby's Fundamentals of therapeutic massage, 5th edn. St louis, Elsevier, p 45.

269. Fryer G, Morris T, Gibbons P, Briggs A. The electromyographic activity of thoracic paraspinal muscles identified as abnormal with palpation. *J Manipulative Physiol Ther.* 2006; 29: 437-447
270. Fu et al. *MRI T2 mapping and shear wave elastography for identifying main pain generator in delayed-onset muscle soreness: muscle or fascia? Insights into Imaging (2024) 15:67*
<https://doi.org/10.1186/s13244-024-01619-6>
271. Fukutani A, Herzog W. Current Understanding of Residual Force Enhancement: Cross-Bridge Component and Non-Cross-Bridge Component. *Int J Mol Sci.* 2019;20(21).
272. Fulton B. The placebo effect in manual therapy. Handspring Publishing, Edinburgh, 2015.
273. Furnival-Doran J; To determine the use of 'lymph-Assit' (hydroven12) on patients with different types of lymphoedema; Presented at the BLS conference 2012
274. Gachon and Mesquida, Stretching single collagen fibrils reveals nonlinear mechanical behavior, *biophysical journal.* 2020. <http://doi.org/10.1016/j.bpj.2020.01.038>
275. Ganesh, G.S., et al., Effect of cervical mobilization and ischemic compression therapy on contralateral cervical side flexion and pressure pain threshold in latent upper trapezius trigger points, *Journal of Bodywork & Movement Therapies.* (2015), <http://dx.doi.org/10.1016/j.jbmt.2015.11.010>
276. Garantziotis S, Savani RC. [Hyaluronan biology: A complex balancing act of structure, function, location and context.](#) *Matrix Biol.* 2019 May;78-79:1-10. doi: 10.1016/j.matbio.2019.02.002. Epub 2019 Feb 23. PMID: 30802498
277. Garcia-Larrea L, Jackson PL, Pain and the conscious brain. Lippincott Williams and Wilkins (IASP), 2016
278. Gatej, I; Popa, M; Rinaudo, M. Role of the pH on Hyaluronan behavior in Aqueous Solution. *Biomacromolecules* 2005, 6, 61-67
279. Gatterman MI. Whiplash, a patient-centered approach to management. Elsevier, Mosby, 2012.
280. Gattie E, Cleland J, Snodgrass S (2017) The effectiveness of trigger point dry needling for musculoskeletal conditions by physical therapists. A systematic review and meta-analysis. *Journal of Orthopaedic and Sports Physical Therapy.* 47(3), 133-150.
281. Gautschi R. Manual Trigger Point Therapy, Recognizing, Understanding, and Treating Myofascial Pain and Dysfunction. Thieme Verlag, 2019.
282. Ge Hy, Arendt-Nielsen L, Madeleine P. Myofascial trigger points: spontaneous electrical activity and its consequences for pain induction and propagation. *Chin Med.* 2011 Mar 25;6:13. doi: 10.1186/1749-8546-6-13.
283. Ge HY et al. Reproduction of overall spontaneous pain pattern by manual stimulation of active myofascial trigger points in fibromyalgia patients. *Arthritis Research & Therapy* 2011
284. Ge H-Y, Arendt-Nielsen L, Madeleine P, Accelerated Muscle Fatigability of Latent Myofascial Trigger Points in Humans. *Pain Medicine* 2012; 13: 957–964. Wiley Periodicals, Inc.
285. Gebel A, Lesinski M, Behm DG, Granacher U. Effects and Dose-Response Relationship of Balance Training on Balance Performance in Youth: A Systematic Review and Meta-Analysis. *Sports Med.* 2018
286. Gehlsen CM, Canion LR, Helfst R 1999 Fibroblast response to variation in soft tissue mobilization pressure. *Medicine and Science in Sports and Exercise* 31 (4), 531-535
287. Gendlin E. Focussen - Gevoel en je lijf. Toorts B.V. 2008.
288. Geneen LJ, Moore RA, Clarke C, Martin D, Colvin LA, Smith BH. Physical activity and exercise for chronic pain in adults: an overview of Cochrane Reviews. *Cochrane Database Syst Rev.* 2017;
289. Gentil P, Soares S, Bottaro M. Single vs. Multi-Joint Resistance Exercises: Effects on Muscle Strength and Hypertrophy. *Asian J Sports Med.* 2015;
290. Gerdle B, Söderberg K, Salvador Puigvert L, Rosendal L, Larsson B. [Increased interstitial concentrations of pyruvate and lactate in the trapezius muscle of patients with fibromyalgia: a microdialysis study.](#) *J Rehabil Med.* 2010 Jul;42(7):679-87. doi: 10.2340/16501977-0581. PMID: 20603699 Gerdle B,

- Ghafouri B, Ernberg M, Larsson B. Chronic musculoskeletal pain: review of mechanisms and biochemical biomarkers as assessed by the microdialysis technique. *Journal of Pain Research* 2014;7 313–326
291. Gerdle B, Ghafouri B, Ernberg M, Larsson B. Chronic musculoskeletal pain: review of mechanisms and biochemical biomarkers as assessed by the microdialysis technique. *Journal of Pain Research* 2014;7 313–326
 292. Gerdle B, Ghafouri B, Lund E, Bengtsson A, Lundberg P, Ettinger-Veenstra HV, Leinhard OD, Forsgren MF. [Evidence of Mitochondrial Dysfunction in Fibromyalgia: Deviating Muscle Energy Metabolism Detected Using Microdialysis and Magnetic Resonance](#). *J Clin Med*. 2020 Oct 31;9(11):3527. doi: 10.3390/jcm9113527.PMID: 33142767
 293. Gerwin RD, Dommerholt J, Shah JP. An expansion of Simons' integrated hypothesis of trigger point formation. *Curr Pain Headache Rep*. 2004;8:468-475.
 294. Gerwin RD. A review of myofascial pain and fibromyalgia—factors that promote their persistence. *Acupunct Med*. 2005;23(3):121-134.
 295. Gerwin R. Are Peripheral Pain Generators Important in Fibromyalgia and Chronic Widespread Pain? *Pain Medicine* 2013; 14: 777–778
 296. Ghasemi M, Mosaffa F, Hoseini B, Behnaz F. *Anesth Pain Med*. Comparison of the Effect of Bicarbonate, Hyaluronidase, and Lidocaine Injection on Myofascial Pain Syndrome. 2020 Jun 23;10(3):e101037. doi: 10.5812/aapm.101037. eCollection 2020 Jun.PMID: 32944559
 297. Gibson W, Arendt-Nielsen L, Taguchi T, Mizumura K, Graven-Nielsen T. Increased pain from muscle fascia following eccentric exercise: animal and human findings. *Exp Brain Res*. 2009 Apr;194(2):299-308. doi: 10.1007/s00221-008-1699-8. Epub 2009 Jan 21.
 298. Gilbert C, Glazer H. Psychophysiology and pelvic pain. In Chaitow L, Jones RL (ed.) *Chronic pelvic pain and dysfunction*, Churchill Livingstone Elsevier, 2012 Ch. 4, pg 53-68.
 299. Giles L, Webster KE, McClelland J, Cook JL. Quadriceps strengthening with and without blood flow restriction in the treatment of patellofemoral pain: a double-blind randomised trial. *Br J Sports Med*. 2017;51(23):1688-94
 300. Girish G, Lobo LG, Jacobson JA, Morag Y, Miller B, Jamadar DA. [Ultrasound of the shoulder: asymptomatic findings in men](#). *AJR Am J Roentgenol*. 2011 Oct;197(4):W713-9. doi: 10.2214/AJR.11.6971.PMID: 21940544
 301. Giubertoni G, Burla F, Martinez-Torres C, Dutta B, Pletikapic G, Pelan E, Rezus YLA, Koenderink GH, Bakker HJ. [Molecular Origin of the Elastic State of Aqueous Hyaluronic Acid](#). *J Phys Chem B*. 2019 Apr 11;123(14):3043-3049. doi: 10.1021/acs.jpcb.9b00982. Epub 2019 Mar 28.PMID: 30888176
 302. Godinho MSC, Thorpe CT, Greenwald SE, Screen HRC. Elastin is Localised to the Interfascicular Matrix of Energy Storing Tendons and Becomes Increasingly Disorganised With Ageing. *Sci Rep*. 2017 Aug 30;7(1):9713. doi: 10.1038/s41598-017-09995-4.PMID: 28855560
 303. Gold MS, Gebhart GF. Nociceptor sensitization in pain pathogenesis. *Nat Med*. 2010 Nov;16(11):1248-57. doi: 10.1038/nm.2235. Epub 2010 Oct 14
 304. Goldman N, Hablitz LM, Mori Y, Nedergaard M. The Glymphatic System and Pain. *Medical Acupuncture*. Volume 32, Number 6, 2020 # Mary Ann Liebert, Inc. DOI: 10.1089/acu.2020. 1489
 305. Gómez-Hernández M, Gallego-Izquierdo T, Martínez-Merino P, Pecos-Martín D, Ferragut-Garcías A, Hita-Contreras F, Martínez-Amat A, Montañez-Aguilera FJ, Achalandabaso Ochoa A. [Benefits of adding stretching to a moderate-intensity aerobic exercise programme in women with fibromyalgia: a randomized controlled trial](#). *Clin Rehabil*. 2020 Feb;34(2):242-251. doi: 10.1177/0269215519893107. Epub 2019 Dec 18
 306. Gonçalves WA, Rezende BM, de Oliveira MPE, Ribeiro LS, Fattori V, da Silva WN, Prazeres PHDM, Queiroz-Junior CM, Santana KTO, Costa WC, Beltrami VA, Costa VV, Birbrair A, Verri WA Jr, Lopes F, Cunha TM, Teixeira MM, Amaral FA, Pinho V. [Sensory Ganglia-Specific TNF Expression Is Associated With Persistent](#)

[Nociception After Resolution of Inflammation](#). Front Immunol. 2020 Jan 20;10:3120. doi: 10.3389/fimmu.2019.03120. eCollection 2019.

307. Gordon A. The Way Out: A Revolutionary, Scientifically Proven Approach to Healing Chronic Pain. Avery Penguin Random House, 2022
308. Gordon C, Frenzel P, Schleip R. Assessment technologies. In Schleip R, Baker A. (ed). Fascia in sport and movement. Handspring Publishing, Edinburgh 2015 p 241-252.
309. Gracely RH, Petzke F, Wolf JM et al. Functional magnetic resonance imaging evidence of augmented pain processing in fibromyalgia. Arthritis Rheum. 2002 May;46(5):1333-43.
310. Gracely RH, Ambrose KR. Neuroimaging of fibromyalgia. Best Practice & Research Clinical Rheumatology 25 (2011) 271–284
311. Gracovetsky S. Can fascia's characteristics be influenced by manual therapy? J Bodyw Mov Ther. 2016 Oct;20(4):893-897. doi: 10.1016/j.jbmt.2016.08.011.
312. Grant JA, Mindfulness meditation modulates the conscious experience of pain: a neuroscientific account. In: Pain and the conscious brain. Garcia-Larrea L, Jackson PL (ed) IASP, Wolters Kluwer, 2016. Chapter 8, pg 105-120.
313. Grgic J, Schoenfeld BJ, Skrepnik M, Davies TB, Mikulic P. Effects of Rest Interval Duration in Resistance Training on Measures of Muscular Strength: A Systematic Review. Sports Med. 2018;48(1):137-51.
314. Grgic J, Schoenfeld, BJ Mikulic P. Effects of plyometric vs. resistance training on skeletal muscle hypertrophy: A review. J Sport Health Sci 2020
315. Griffin A, Leaver A, Moloney N. General Exercise Does Not Improve Long-Term Pain and Disability in Individuals With Whiplash-Associated Disorders: A Systematic Review. J Orthop Sports Phys Ther 2017;47(7):472-480, B1-B2. Epub June 16, 2017 <https://doi.org/10.2519/jospt.2017.7081>
316. Grigg, P., Schaible, H.G., Schmidt, R.F., 1986. Mechanical sensitivity of group III and IV afferents from posterior articular nerve in normal and inflamed cat knee. Journal of Neurophysiology 55, 635e643
317. Groeber M, Reinhart L, Kornfeind P, Baca A. The Contraction Modalities in a Stretch-Shortening Cycle in Animals and Single Joint Movements in Humans: A Systematic Review. J Sports Sci Med. 2019;18(4):604-14.
318. Guimberteau JC, Delage P, McGrouther DA, Wong JKF. The microvacuolar system: how connective tissue sliding works. Journal of Hand Surgery (European Volume, 2010) 35E: 8: 614–622
319. Guimberteau JC. The subcutaneous and epitendinous behavior of the multivacuolar sliding system. In Fascia, the tensional network of the human body. Schleip R, Findley TW, Chaitow L, Huijing PA (red). Churchill Livingstone Elsevier, 2012 p. 143-148. H3.6
320. Guimberteau JC, Armstrong C. Architecture of Human living fascia. Handspring publishing Edinburgh, 2015.
321. Gwilym SE, Filippini N, Douaud G, Carr AJ, Tracey I. Thalamic atrophy associated with painful osteoarthritis of the hip is reversible after arthroplasty: a longitudinal voxel-based morphometric study. Arthritis Rheum. 2010 Oct;62(10):2930-40.
322. Haase, L., Stewart, J.L., Youssef, B., May, A.C., Isakovic, S., Simmons, A.N., Johnson, D.C., Potterat, E.G., Paulus, M.P. (2016). When the brain does not adequately feel the body: Links between low resilience and interoception. Biological psychology, 113, 37-45.
323. Häbler H-J, Wasner G, Jänig W. Interaction of sympathetic vasoconstriction and antidromic vasodilatation in the control of skin blood flow. Exp Brain Res. (1997) 113:402–10. doi: 10.1007/PL00005594
324. Hakim A, Keer RJ. Hypermobility, Fibromyalgia And Chronic Pain. Ediburgh: Elsevier Health Sciences, 2010.
325. Hammer, W.I., 2007. Functional Soft-Tissue Examination and Treatment by manuel Methods, third ed. Jones& Bartlett, Sudbury, M.A, pp. 163-211.

326. Hammer WI. Graston technique. In *Fascia, the tensional network of the human body*. Schleip R, Findley TW, Chaitow L, Huijing PA (red). Churchill Livingstone Elsevier, 2012 p 391-396. H7.14
327. Hammer WI. Instrument-assisted soft tissue mobilisation. In: Chaitow L. *Fascial Dysfunction, manual therapy approaches*. Handspring Publishing, Edinburgh, 2014, Chapter 12 pg 161-168.
328. Handwerker HO, Reeh PW. Nociceptors in animals. In Besson JM, Guilbaud G, Ollat H ed. *Peripheral neurons in nociception*. John Libbey Eurotext, 1994, Ch 1 pg 1-12
329. Hankinson MT, Hankinson EA. Nutritional model to reduce inflammation in musculoskeletal and joint disease. In *Fascia, the tensional network of the human body*. Schleip R, Findley TW, Chaitow L, Huijing PA (red). Churchill Livingstone Elsevier, 2012 p 457-464. H 7.23
330. Hanna T. *Somatics*. Da Capo, 1988.
331. Hanssen M. Sex hormonal effects on tendon and ligaments. In *Fascia in Sport and Movement*, ed Schleip R, Wilke J. Handspring Publishing 2021 sec. ed. Chapter 3, pg 31-44
332. Hardy, M.A. Preserving function in the inflamed and acutely injured hand. *Clin Phys Ther*. 1986;9:1–15
333. Harper B, Steinbeck L, Aron A. [Fascial manipulation vs. standard physical therapy practice for low back pain diagnoses: A pragmatic study](#). *J Bodyw Mov Ther*. 2019 Jan;23(1):115-121. doi: 10.1016/j.jbmt.2018.10.007. Epub 2018 Nov 3. PMID: 30691738
334. van den Haspel J. Master Thesis, Faculty of Behavioral and Social Sciences, Experimental and Work Psychology, University of Groningen, Netherlands, 2009. Thesis in Dutch.
335. Hauck, G., Castenholz, A., 1992. Contribution of prelymphatic structures to lymph drainage. *Z. Lymphol*. 16(1), 6-9. (Review, German).
336. Head J, Mallows A, Debenham J, Travers MJ, Allen L. The efficacy of loading programmes for improving patient-reported outcomes in chronic midportion Achilles tendinopathy: A systematic review. *Musculoskeletal Care*. 2019;17(4):283-99.
337. Healy SE, Rai BP, Biyani CS, Eisma R, Soames RW, Nabi G. Thiel embalming method for cadaver preservation: a review of new training model for urologic skills training. *Urology*. 2015;85(3):499-504.
338. Hedley G. Reconsidering “the fuzz”. In Dalton E (ed.). *Dynamic body, exploring form, expanding function* page 62-73. Freedom from pain institute, 2012.
339. Hedley G. Fascial nomenclature. *J Bodyw Mov Ther*. 2016 Jan;20(1):141-3. doi: 10.1016/j.jbmt.2015.10.001.
340. Heiduk R. Basic principles of plyometric training. In *Fascia in Sport and Movement*, ed Schleip R, Wilke J. Handspring Publishing 2021 sec. ed. Chapter 25, pg 281-290
341. [Heinemeier KM](#), [Schjerling P](#), [Øhlenschläger TE](#), [Eismark C](#), [Olsen J](#), [Kjær M](#). Carbon-14 bomb pulse dating shows that tendinopathy is preceded by years of abnormally high collagen turnover. [FASEB J](#). 2018 Sep;32(9):4763-4775. doi: 10.1096/fj.201701569R. Epub 2018 Mar 23.
342. Hendricks S et al. Effects of foam rolling on performance and recovery: A systematic review of the literature to guide practitioners on the use of foam rolling. *Journal of Bodywork & Movement Therapies* 24 (2020) 151-174
343. Henry, G., Garner, W.L. Inflammatory mediators in wound healing. *Surg Clin N Am*. 2003;83:483–507
344. Herda, T.J.; Cramer, J.T.; Ryan, E.D.; McHugh, M.P.; Stout, J.R. Acute effects of static versus dynamic stretching on isometric peak torque, electromyography, and mechanomyography of the biceps femoris muscle. *J. Strength Cond. Res*. 2008, 22, 809–817.
345. Hertling D, Kessler RM (2006) *Management of common musculoskeletal disorders: physical therapy principles and methods*. Philadelphia: Lippincott Williams & Wilkins.
346. Hessel AL, Lindstedt SL, Nishikawa KC. Physiological Mechanisms of Eccentric Contraction and Its Applications: A Role for the Giant Titin Protein. *Physiol*. 2017 Feb 9;8:70. doi: 10.3389/fphys.2017.00070. eCollection 2017.

347. Hillary P, Jonathan S, Federico P, Rini V, and Lori M (2017) Observational Scapular Dyskinesis: Known-Groups Validity in Patients With and Without Shoulder Pain, *Journal of Orthopaedic & Sports Physical Therapy*, 47(8), 530-537.
348. Hitzmann, S. *The MELT Method*. Harper One, 2013.
349. Hochreiter B, Hess S, Moser L, Hirschmann M, Amsler F and Behrend H (2019) Healthy knees have a highly variable patellofemoral alignment: a systematic review. *Knee Surgery, Sports Traumatology, Arthroscopy*
350. Hodges PW, Danneels LJ *Orthop Sports Phys Ther*. 2019 Jun;49(6):464-476. doi: 10.2519/jospt.2019.8827.PMID: 31151377 [Changes in Structure and Function of the Back Muscles in Low Back Pain: Different Time Points, Observations, and Mechanisms](#). *J Orthop Sports Phys Ther* 2019;49(6):464-476. doi:10.2519/jospt.2019.8827....
351. Hoheisel U, Taguchi T, Treede R-D, Mense S. Nociceptive input from the rat thoracolumbar fascia to lumbar dorsal horn neurones. *European Journal of Pain* 15 (2011) 810–815
352. Hoheisel U et al. Innervation changes induced by inflammation of the rat thoracolumbar fascia. *Neuroscience* (2015), <http://dx.doi.org/10.1016/j.neuroscience.2015.05.034>
353. Holden S, Lyng K, Graven-Nielsen T, Riel H, Olesen JL, Larsen LH, Rathleff MS. Isometric exercise and pain in patellar tendinopathy: A randomized crossover trial. *J Sci Med Sport*. 2020 Mar;23(3):208-214. doi: 10.1016/j.jsams.2019.09.015. Epub 2019 Oct 10. PMID: 31735531.
354. Holland, A.J., McGrouther, D.A., 1997. Dupuytren's disease and the relationship between the transverse and longitudinal fibers of the palmar fascia; A dissection study. *Clin. Anat.* 10 (2), 97-103.
355. Hollander K, Christoph Heidt, Babette C VAN DER Zwaard, Klaus-Michael Braumann, Astrid Zech. Long-Term Effects of Habitual Barefoot Running and Walking: A Systematic Review. *Med Sci Sports Exerc*. 2017 Apr;49(4):752-762. doi: 10.1249/MSS.0000000000001141.
356. Hopeler H. *Eccentric Exercise*. Routledge, Taylor and Francis Group. 2015.
357. Hopen S (August 27, 2022) Intrafasciomembranal Fluid Pressure: A Novel Approach to the Etiology of Myalgias. *Cureus* 14(8): e28475. doi:10.7759/cureus.28475.
358. Hopen S (February 19, 2023) Intrafasciomembranal Fluid Pressure: A Novel Approach to the Etiology of Myalgias, Part II. *Cureus* 15(2): e35163.. DOI 10.7759/cureus.35163
359. Hotta G, Gomes de Assis Couto A, Cools A, McQuade K and Siriani de Oliveira A (2020) Effects Of Adding Scapular Stabilization Exercises To A Periscapular Strengthening Exercise Program In Patients With Subacromial Pain Syndrome: A Randomized Controlled Trial. *Musculoskeletal Science and Practice*, 49.
360. Houtveen J. *De dokter kan niets vinden*. Uitgeverij Bert Bakker, Amsterdam, 2009.
361. Hoyle JA, Marras WS, Sheedy JE, Hart DE. Effects of postural and visual stressors on myofascial trigger point development and motor unit rotation during computer work. *Journal of Electromyography and Kinesiology* 21 (2011) 41–48
362. Hsu MC, Harris RE, Sundgren PC, Welsh RC, Fernandes CR, Clauw DJ, Williams DA. No consistent difference in gray matter volume between individuals with fibromyalgia and age-matched healthy subjects when controlling for affective disorder. *Pain*. 2009 Jun;143(3):262-7. doi: 10.1016/j.pain.2009.03.017. Epub 2009 Apr 16.
363. Hucho T, Levine JD. Signaling pathways in sensitization: toward a nociceptor cell biology. *Neuron*. 2007; 55:365–376.
364. Hughes L, Paton B, Rosenblatt B, Gissane C, Patterson SD. Blood flow restriction training in clinical musculoskeletal rehabilitation: a systematic review and meta-analysis. *Br J Sports Med*. 2017;51(13):1003-11.
365. Hughes EJ, McDermott K, Funk MF. Evaluation of hyaluronan content in areas of densification compared to adjacent areas of fascia. *Journal of Bodywork & Movement Therapies* 23 (2019) 324e328

366. Huijing PA. [Epimuscular myofascial force transmission between antagonistic and synergistic muscles can explain movement limitation in spastic paresis](#). J Electromyogr Kinesiol. 2007 Dec;17(6):708-24. doi: 10.1016/j.jelekin.2007.02.003. Epub 2007 Mar 26.
367. Imoto AM, Peccin S, Almeida GJ, Saconato H, Atallah Á N. Effectiveness of electrical stimulation on rehabilitation after ligament and meniscal injuries: a systematic review. Sao Paulo Med J. 2011;129(6):414-23.
368. Ingber DE (1997) Tensegrity: the architectural basis of cellular mechanotransduction. Annual Review of Physiology 59(1): 575-599.
369. Ingber D. The architecture of life. Scientific American 1998;1:48-57.
370. Ingber DE. Mechanobiology and diseases of mechanotransduction. Ann Med. 2003;35(8):564-77. doi: 10.1080/07853890310016333.PMID: 14708967
371. Ingber DE. Mechanosensation through integrins: Cells act locally but think globally. PNAS February 18, 2003 vol. 100 no. 4. www.pnas.org/cgi/doi/10.1073/pnas.0530201100
372. Ingber DE. Tensegrity and Mechanotransduction. J Bodyw Mov Ther. 2008 July ; 12(3): 198–200. doi:10.1016/j.jbmt.2008.04.038.
373. International Society of Lymphology; The Diagnosis and treatment of peripheral Lymphoedema; Consensus document of the international society of lymphology; Lymphology 2017
374. Iozzo RV, Gubbiotti MA, Extracellular matrix: the driving force of mammalian diseases, Matrix Biol. 71-72 (2018) 1–9.
375. Irnich D. Myofascial trigger points. Comprehensive diagnosis and treatment. Edinburgh: Churchill Livingstone; 2013
376. Ishida, H., et al., Correlation between deep cervical flexor muscle thickness at rest and sternocleidomastoid activity during the craniocervical flexion test, Journal of Bodywork & Movement Therapies (2015), <http://dx.doi.org/10.1016/j.jbmt.2015.06.005>.
377. Jacobetz MA et al 1 Hyaluronan impairs vascular function and drug delivery in a mouse model of pancreatic cancer. Gut. 2013 Jan;62(1):112-20. doi: 10.1136/gutjnl-2012-302529. Epub 2012 Mar 30.
378. Jafari, M., et al., Effect of ischemic compression for cervicogenic headache and elastic behavior of active trigger point in the sternocleidomastoid muscle using ultrasound imaging, Journal of Bodywork & Movement Therapies (2017), <http://dx.doi.org/10.1016/j.jbmt.2017.01.001>
379. [Jafarnezhadgero](#) AA, [Ghorbanloo](#) F, [Fatollahi](#) A, [Dionisio](#) VC, [Granacher](#) U. Effects of an elastic resistance band exercise program on kinetics and muscle activities during walking in young adults with genu valgus: A double-blinded randomized controlled trial. Clin Biomech (Bristol, Avon). 2021 Jan;81:105215. doi: 10.1016/j.clinbiomech.2020.105215. Epub 2020 Nov 11.
380. Jänig W, Neuhuber WL. Nociception and pain of fascia. In Fascia in the osteopathic field. Liem T, Tozzi P, Chila AG (ed). Handspring Publishing, Edinburgh, 2017. Chapter 28, pg 263-284.
381. Järvinen TA, Józsa L, Kannus P, Järvinen TL, Järvinen M. Organization and distribution of intramuscular connective tissue in normal and immobilized skeletal muscles. An immunohistochemical, polarization and scanning electron microscopic study. J Muscle Res Cell Motil. 2002; 23(3): 245–54.
382. [Jb F](#), [Lesley T](#), [J H](#), [Dj C](#), [Jt H](#). Whole-body vibration and stretching enhances dorsiflexion range of motion in individuals with chronic ankle instability. [Phys Ther Sport](#). 2020 Apr 13;44:1-7. doi: 10.1016/j.ptsp.2020.04.001
383. Jensen GS, Attridge VL, Lenninger MR, Benson KF. [Oral intake of a liquid high-molecular-weight hyaluronan associated with relief of chronic pain and reduced use of pain medication: results of a randomized, placebo-controlled double-blind pilot study](#). J Med Food. 2015 Jan;18(1):95-101. doi: 10.1089/jmf.2013.0174.PMID: 25415767
384. Jeske NA, Patwardhan AM, Henry MA, Milam SB. Fibronectin stimulates TRPV1 translocation in primary sensory neurons. J Neurochem. 2009; 108:591–600.

385. Jespersen A, Amris K, Graven-Nielsen T, Arendt-Nielsen L, Bartels EM, Torp-Pedersen S, Bliddal H, Danneskiold-Samsøe B. Assessment of pressure-pain thresholds and central sensitization of pain in lateral epicondylalgia. *Pain Med.* 2013
386. Jiang D, Liang J, Noble PW. Hyaluronan in tissue injury and repair. *Annu Rev Cell Dev Biol.* 2007;23:435-61. doi: 10.1146/annurev.cellbio.23.090506.123337.
387. Johansson, K., Ingvar, C., Albertsson, M., Ekdahl, C. Arm lymphoedema, shoulder mobility and muscle strength after breast cancer treatment—a prospective 2-year study. *Adv Phys Ther.* 2001;3:55–66
388. Johnson, S., Musa, I. Preparation of the breast cancer patient for radiotherapy planning. *Physiotherapy.* 2004;90:195–203
389. Jong K de, Bakker B. Verademing. Carrera Amsterdam, 2011.
390. Jordan KP, Sim J, Croft P, Blyth F. Pain that does not interfere with daily life-a new focus for population epidemiology and public health? *Pain.* 2019 Feb;160(2):281-285. doi: 10.1097/j.pain.0000000000001374. PMID: 30130301
391. Joshi SD, Yogesh AS, Mittal PS, Joshi SS. Morphology of the bicipital aponeurosis: a cadaveric study. *Folia Morphol (Warsz).* 2014;73(1):79-83.
392. Juel C. Muscle pH regulation: role of training. *Acta Physiol Scand* 1998, 162, 359±366
393. Juel C. Regulation of pH in human skeletal muscle: adaptations to physical activity. *Acta Physiol* 2008, 193, 17–24
394. Juhan D. Job's body – a handbook for bodywork. Station Hill of Barrytown, 2003.
395. Jull G, Sterling M, Falla D, Trealeaven J, O'Leary S. Whiplash, headache and neck pain. Churchill, Livingstone, Elsevier, Edinburgh, 2008.
396. Jull G, O'Leary S, Falla D. Clinical assessment of the deep cervical flexor muscles: the craniocervical flexion test. *J Manipulative Physiol Ther* 2008;31:525-533)
397. Jull G., Falla D, O'Leary S, McCarthy C. Cervical spine: idiopathic neck pain. In: Grieve's modern musculoskeletal physiotherapy. Jull G et al (ed) Elsevier 2015. Chapter 41, 410-422
398. Jull G. Whiplash Continues Its Challenge. *J Orthop Sports Phys Ther* 2016;46(10):815-817 <https://doi.org/10.2519/jospt.2016.0112>
399. Jung, B.F., Ahrendt, G.M., Oaklander, A.L., Dworkin, R.H. Neuropathic pain following breast cancer surgery: proposed classification and research update. *Pain.* 2003;104:1–13
400. Kadetoff D, Lampa J, Westman M, Andersson M, Kosek E. Evidence of central inflammation in fibromyalgia-increased cerebrospinal fluid interleukin-8 levels. *J Neuroimmunol.* 2012 Jan 18;242(1-2):33-8. doi: 10.1016/j.jneuroim.2011.10.013. Epub 2011 Nov 29.
401. Kalamir A, Polard H, Viteillo A, Bonello R. Intra-oral myofascial therapy versus education and self-care in the treatment of chronic, myogenous temporomandibular disorder: a randomized, controlled pilot study. *J. Man Manip Ther.* 2010 Sep; 18(3): 139-146.
402. Kalamir A, Bonello R, Graham P, Vitiello AL, Pollard H. Intraoral Myofascial Therapy for Chronic Myogenous Temporomandibular Disorder: A Randomized Controlled Trial. *Journal of Manipulative and Physiological Therapeutics.* 2012 Jun; 35: 26-37.
403. Kalamir A, Graham PL, Vitiello AL, Bonello R, Pollard R. Intra-oral myofascial therapy versus education and self-care in the treatment of chronic, myogenous temporomandibular disorder: a randomized, clinical trial. *Chiropr Man Therap.* 2013; 21: 17.
404. de Kanter RJAM. Proefschriften 25 jaar na ato 45. Prevalentie en etiologie van craniomandibulaire disfunctie in Nederland. *Nederlands Tijdschrift voor Tandheelkunde.* 3 2016.
405. Kaparo RF. Awakening somatic intelligence. North Atlantic Books, Berkely, California, 2012.
406. Kärki, A., Simonen, R., Mälikä, E., Selfe, J. Impairments, activity limitations and participation restrictions 6 and 12 months after breast cancer operation. *J Rehabil Med.* 2005;37:180–188

407. Karamanos NK, Theocharis AD, Neill T, Iozzo RV. Matrix modeling and remodeling: a biological interplay regulating tissue homeostasis and diseases, *Matrix Biol.* 75-76 (2019) 1–11. [PubMed: 30130584]
408. Karamanos NK. Extracellular matrix: key structural and functional meshwork in health and disease. *FEBS J.* 2019 Aug;286(15):2826-2829. doi: 10.1111/febs.14992. PMID: 31379113
409. Karrash N. Freeing emotions and energy through myofascial release. Singing Dragon, London, 2012.
410. Karwacinska J, et al; Effectiveness of kinesio taping on hypertrophic scars, keloids and scar contractures; Elsevier 2012
411. Kawanishi K, Kudo S. Quantitative analysis of gliding between subcutaneous tissue and the
412. vastus lateralis e Influence of the dense connective tissue of the myofascia. *Journal of Bodywork & Movement Therapies* 24 (2020) 316e320
413. Keller JL, Housh TJ, Smith CM, Hill EC, Schmidt RJ, Johnson GO. Sex-Related Differences in the Accuracy of Estimating Target Force Using Percentages of Maximal Voluntary Isometric Contractions vs. Ratings of Perceived Exertion During Isometric Muscle Actions. *J Strength Cond Res.* 2018;32(11):3294-30
414. Kennel L, Martin DMA, Shaw H, Wilkinson T. Learning anatomy through Thiel- vs. formalin-embalmed cadavers: Student perceptions of embalming methods and effect on functional anatomy knowledge. *Anat Sci Educ.* 2018;11(2):166-74.
415. Kelsick W. Functional training methods for the runners myofascial systems. In *Fascia in Sport and Movement*, ed Schleip R, Wilke J. Handspring Publishing 2021 sec. ed. Chapter 31, pg 353-370
416. Kepics, J.M. Physical therapy treatment of axillary web syndrome. *Rehab Oncol.* 2004;22:21–22
417. Keshavarz R, Bashardoust Tajali S, Mir SM, Ashrafi H. [The role of scapular kinematics in patients with different shoulder musculoskeletal disorders: A systematic review approach.](#) *J Bodyw Mov Ther.* 2017 Apr;21(2):386-400. doi: 10.1016/j.jbmt.2016.09.002. Epub 2016 Sep 12.
418. Kiesel, K., Burklow, M., Garner, M.B., Hayden, J., Hermann, A.J., Kingshott, E., McCullough, G., Ricard, R., Stubblefield, G., Volz, J., Waskiewicz, D., Englert, A. (2020). Exercise intervention for individuals with dysfunctional breathing: a matched controlled trial. *Int J Sports Phys Ther.* Feb;15(1):114-125
419. Kim JY, Kwag KI. Clinical effects of deep cervical flexor muscle activation in patients with chronic neck pain. *J Phys Ther Sci.* 2016 Jan
420. Kim J, Sung DJ, Lee J. Therapeutic effectiveness of instrument-assisted soft tissue mobilization for soft tissue injury: mechanisms and practical application. *J Exerc Rehabil.* 2017 Feb 28;13(1):12-22. doi: 10.12965/jer.1732824.412. eCollection 2017 Feb.
421. Kim SA, Oh KY, Choi WH, Kim IK. Ischemic Compression After Trigger Point Injection Affect the Treatment of Myofascial Trigger Points. *Ann Rehabil Med* 2013;37(4):541-546 pISSN: 2234-0645 • eISSN: 2234-0653 <http://dx.doi.org/10.5535/arm.2013.37.4.541>
422. Kinsella R, Cowan SM, Watson L, Pizzari T. A comparison of isometric, isotonic concentric and isotonic eccentric exercises in the physiotherapy management of subacromial pain syndrome/rotator cuff tendinopathy: study protocol for a pilot randomised controlled trial. *Pilot Feasibility Stud.* 2017;3:45.
423. Kjaer M. Stress loading and matrix remodelling in tendon and skeletal muscle: cellular mechanostimulation and tissue remodelling. In Schleip R, Baker A. (ed). *Fascia in sport and movement.* Handspring Publishing, Edinburgh 2015 p 39-44 H5.
424. Kjaer M. Stress loading and matrix remodeling in tendon and skeletal muscle: Cellular mechano-stimulation and tissue remodeling. In *Fascia in Sport and Movement*, ed Schleip R, Wilke J. Handspring Publishing 2021 sec. ed. Chapter 4, pg 45-52
425. Klingler W. Temperature effects on fascia. In *Fascia, the tensional network of the human body.* Schleip R, Findley TW, Chaitow L, Huijing PA (red). Churchill Livingstone Elsevier, 2012 p. 421-424. H7.18
426. Klingler W, Velders M, Hoppe K, Pedro M, Schleip R. Clinical relevance of fascial tissue and dysfunctions. *Curr Pain Headache Rep.* 2014;18(8):439. doi: 10.1007/s11916-014-0439-y. Review.

427. Klingler W. Physiology and biochemistry. In Schleip R, Baker A. (ed). Fascia in sport and movement. Handspring Publishing, Edinburgh 2015 p 21-31. Ch3
428. Klingler W, Driscoll M. [Revolution in fascia research](#). J Bodyw Mov Ther. 2018 Oct;22(4):844. doi: 10.1016/j.jbmt.2018.07.004. Epub 2018 Aug 9. PMID: 3036832
429. Klingler W, Zullo M. Surprising facts about fascial physiology and biochemistry. In Fascia in Sport and Movement, ed Schleip R, Wilke J. Handspring Publishing 2021 sec. ed. Chapter 2, pg 17-30
430. Knibbe W, Lobbezoo F. Stress en het orofaciale gebied: stress, TMD-pijn en mondgewoonten. Ned Tijdschr Tandheelkunde 2020; 127: 352-357. Doi: <https://doi.org/10.5177/ntvt.2020.06.19103>
431. Knight I. A Multidisciplinary Approach to Managing Ehlers-Danlos (Type III) - Hypermobility Syndrome. Jessica Kingsley Publishers, 2013.
432. Knoblauch K. Drug-Induced Tendon Disorders. In Ackermann, Hart DA ed. Metabolic influences on risk for tendon disorders. Springer Verlag. 2016 Ch 22, pg 229-238.
433. Ko JY, Suh JH, Kim H, Ryu JS. Proposal of a new exercise protocol for idiopathic scoliosis: A preliminary study. Medicine (Baltimore). 2018;97(49):e13336.
434. Koffel E, Khawaja IS, Germain A Sleep Disturbances in Posttraumatic Stress Disorder: Updated Review and Implications for Treatment. Psychiatr Ann. 2016 Mar;46(3):173-176. Epub 2016 Mar 10.
435. Kondrup F. The implication of Deep Fascia in chronic pain and common MSK-related pathological conditions. 6th International Fascia Research Congress. doi: 10.1016/j.jbmt.2022.12.055
436. Kooner, S., Cinats, D., Kwong, C., Matthewson, G. D., & Dhaliwal, G. (2019). Conservative treatment of cubital tunnel syndrome: A systematic review. Orthopedic Reviews, 11(2). <https://doi.org/10.4081/or.2019.7955>
437. Korakakis V, Whiteley R, Giakas G. Low load resistance training with blood flow restriction decreases anterior knee pain more than resistance training alone. A pilot randomised controlled trial. Phys Ther Sport. 2018;34:121-8
438. Kosmidis ML, Koutsogeorgopoulou L, Alexopoulos H, Mamali I, Vlachoyiannopoulos PG, Voulgarelis M, Moutsopoulos HM, Tzioufas AG, Dalakas MC. Reduction of Intraepidermal Nerve Fiber Density (IENFD) in the skin biopsies of patients with fibromyalgia: a controlled study. J Neurol Sci. 2014 Dec 15;347(1-2):143-7. doi: 10.1016/j.jns.2014.09.035. Epub 2014 Sep 28.
439. Krause F, Wilke J, Vogt L, Banzer W. Intermuscular force transmission along myofascial chains: a systematic review. J Anat. 2016;228(6):910-8. Kreulen M, Smeulders MJ, Hage JJ, Huijling PA. Biomechanical effects of dissecting flexor carpi ulnaris. J Bone Joint Surg Br. 2003 Aug;85(6):856-9
440. Kuan TS, Hsieh YL, Chen SM, Chen JT, Yen WC, Hong CZ. The myofascial trigger point region: correlation between the degree of irritability and the prevalence of endplate noise. Am J Phys Med Rehabil. 2007;86:183-189.
441. Kubo A, Katanosaka K, Mizumura K. Extracellular matrix proteoglycan plays a pivotal role in sensitization by low pH of mechanosensitive currents in nociceptive sensory neurones. J Physiol. 2012; 590:2995–3007.
442. Kubo K. Blood supply. In Ackermann, Hart DA ed. Metabolic influences on risk for tendon disorders. Springer Verlag. 2016 Ch 3, pg 27-34.
443. Kuipers BM: bespreking van Albert HB, Sorensen JS, Christensen BS et al. Antibiotic treatment in patients with chronic low back pain and vertebral bone edema (Modic type 1 changes). A double-blind randomized clinical controlled trial of efficacy. Eur Spine J. 2013;22(4):697-707.2018
444. Kumar SP. Physical Therapy: past, present and future- a paradigm shift in Journal of Physical Therapy · January 2010.
445. Kumka M, Bonar J. Fascia: a morphological description and classification system based on a literature review. J Can Chiropr Assoc. 2012 Sep;56(3):179-91

446. Kuprowski 2017: https://biomedicine.com/public_downloads/webinars/pdfs/Matrix-and-Matrix-Detox-webinar-presentation.pdf
447. Kwan RY, Deborah Lee , Paul H Lee , Mimi Tse , Daphne Sk Cheung , Ladda Thiamwong , Kup-Sze Choi. Effects of an mHealth Brisk Walking Intervention on Increasing Physical Activity in Older People With Cognitive Frailty: Pilot Randomized Controlled Trial. *Randomized Controlled Trial JMIR Mhealth Uhealth*, 2020 Jul 31;8(7):e16596. doi: 10.2196/16596.
448. LaMotte RH. Mechanically evoked secondary hyperalgesia in the primate. In Besson JM, Guilbaud G, Ollat H ed. *Peripheral neurons in nociception*. John Libbey Eurotext, 1994, Ch 2 pg 13-22
449. Lancaster GI, Febbraio MA. The immunomodulating role of exercise in metabolic disease. *Trends Immunol*. 2014 Jun;35(6):262-9. doi: 10.1016/j.it.2014.02.008. Epub 2014 Mar 26.
450. Langevin HM, Sherman KJ. Pathophysiological model for chronic low back pain integrating connective tissue and nervous system mechanisms. *Med Hypotheses*. 2007 ;68(1):74-80. Epub 2006 Aug 21.
451. Langevin HM. Potential role of fascia in chronic musculoskeletal pain. From: *Contemporary Pain medicine: integrative pain medicine*. Ed. Audette JF and Bailey A, Human Press, Totowa, NJ 2008
452. Langevin HM, Stevens-Tuttle D, Fox JR, Badger GJ, Bouffard NA, Krag MH, Wu J, Henry SM. Ultrasound evidence of altered lumbar connective tissue structure in human subjects with chronic low back pain. *BMC Musculoskeletal Disorders* 2009, 10:151 doi:10.1186/1471-2474-10-151
453. Langevin HM, Fox JR, Koptiuch C, Badger GJ, Greenan-Naumann AC, Bouffard NA, Konofagou EE, Lee WN, Triano JJ, Henry SM. Reduced thoracolumbar fascia shear strain in human chronic low back pain. *BMC Musculoskelet Disord*. 2011 Sep 19;12:203. doi: 10.1186/1471-2474-12-203.
454. Langevin HM et al; Cellular control of connective tissue matrix tension; Pubmed 2013
455. Langevin HM, Bishop J, Maple R, Badger GJ, Fox JR. [Effect of Stretching on Thoracolumbar Fascia Injury and Movement Restriction in a Porcine Model](#). *Am J Phys Med Rehabil*. 2018 Mar;97(3):187-191. doi: 10.1097/PHM.0000000000000824.
456. Langevin, H.M. Fascia Mobility, Proprioception, and Myofascial Pain. *Life* 2021, 11, 668. <https://doi.org/10.3390/life11070668>
457. [Lankhorst](#) NE, [Bierma-Zeinstra](#) SM, [van Middelkoop](#) M. Factors associated with patellofemoral pain syndrome: a systematic review. *Br J Sports Med* . 2013 Mar;47(4):193-206. doi: 10.1136/bjsports-2011-090369. Epub 2012 Jul 19.
458. Lasselín J, Elsenbruch S, Lekander M, Axelsson J, Karshikoff B, Grigoleit JS, Engler H, Schedlowski M, Benson S. Mood disturbance during experimental endotoxemia: Predictors of state anxiety as a psychological component of sickness behavior. *Brain Behav Immun*. 2016 Oct;57:30-37. doi: 10.1016/j.bbi.2016.01.003. Epub 2016 Jan 11
459. Lasselín J, Kemani MK, Kanstrup M, Olsson GL, Axelsson J, Andreasson A, Lekander M, Wicksell RK. Low-grade inflammation may moderate the effect of behavioral treatment for chronic pain in adults. *J Behav Med*. 2016 Oct;39(5):916-24. doi: 10.1007/s10865-016-9769-z. Epub 2016 Jul 28.
460. Latz J. Connective tissue massage, a revolution of fascial freedom. *Massage and Bodywork* April/May 2001
461. Laudner K, Compton BD, McLoda TA, Walters CM. Acute effects of instrument assisted soft tissue mobilization for improving posterior shoulder range of motion in collegiate baseball players. *Int J Sports Phys Ther*. 2014 Feb;9(1):1-7.
462. Laurent TC, Fraser JR. Hyaluronan. *FASEB J*. 1992 Apr;6(7):2397-404. PMID: 1563592
463. Laurent TC, Laurent UB, Fraser JR. The structure and function of hyaluronan: An overview. *Immunol Cell Biol*. 1996 Apr;74(2):A1-7. doi: 10.1038/icb.1996.32. PMID: 8724014
464. Laurent UB. Hyaluronate in aqueous humour. *Exp Eye Res*. 1981 Aug;33(2):147-55. doi: 10.1016/s0014-4835(81)80063-2. PMID: 7274349

465. Lauridsen, M.C., Christiansen, P., Hesse, I. The effect of physiotherapy on shoulder function in patients surgically treated for breast cancer: a randomized study. *Acta Oncol.* 2005;44:449–457
466. Leahy PM. Active Release Techniques: long tract nerve release. In: Hammer WI. *Functional Soft Tissue Examination And Treatment By Manual Methods*, 3e ed. Sudbury: Jones And Bartlett Publishers, Inc. , 2007.
467. Leake HB et al. Key Learning Statements for Persistent Pain Education: An Iterative Analysis of Consumer, Clinician and Researcher Perspectives and Development of Public Messaging. *The Journal of Pain*, Vol 23, No 11 (November), 2022: pp 1989–2001
468. Leak LV, Burk JF; Fine structure of the lymphatic capillary and the adjoining connective tissue area; *Journal of Cell Biology*; 1966, 1968
469. Lederman E. *Therapeutic Stretching Towards a Functional Approach*. [Elsevier Health Sciences](#), 2013.
470. Leduc A, Leduc O; *Manual Lymphatic Drainage; Lymphoedema*, Oxford; 2000
471. Lee AS, Ellman MB, Yan D, Kroin JS, Cole BJ, van Wijnen AJ, Im HJ. [A current review of molecular mechanisms regarding osteoarthritis and pain](#). *Gene*. 2013 Sep 25;527(2):440-7. doi: 10.1016/j.gene.2013.05.069. Epub 2013 Jul 2. PMID: 23830938
472. Lee D. *The Pelvic Girdle An integration of clinical expertise and research - 4th Edition*. Elsevier Health Sciences. 2011
473. Lee D, Lee L-J. The role of clinical reasoning in the differential diagnosis and management of chronic pelvic pain. In: Chaitow L, Lovegrove Jones R. *Chronic pelvic pain and dysfunction*. Elsevier Churchill Livingstone, 2012
474. Lee H et al. Massage for neck pain contrasted against standard (non-surgical) treatment: A systematic review update. *Journal of Bodywork & Movement Therapies* 40 (2024) 385–396. <https://doi.org/10.1016/j.jbmt.2024.04.016>
475. Lee N, Wigg J; Getting the right fit: the use of made-to-measure garments in the management of Lymphoedema; *Br J Community Nursing*; 2013
476. Legrain V, Torta DM. Cognitive psychology and neuropsychology of nociception and pain. In pain, emotion and cognition. Pickering G, Gibson S (ed.). Springer Int. Publ. Switzerland, 2015. Chapter 1, pg 3-20.
477. Leidenius, M., Leppänen, E., Krogerus, L., Von Smitten, K. Motion restriction and axillary web syndrome after sentinel node biopsy and axillary clearance in breast cancer. *Am J Surg*. 2003;185:127–130
478. [Lerebourg L](#), [Maxime L'Hermette](#), [Charlotte Menez](#), [Jeremy Coquart](#). The effects of shoe type on lower limb venous status during gait or exercise: A systematic review. *PLoS One*. 2020 Nov 25;15(11):e0239787. doi: 10.1371/journal.pone.0239787. eCollection 2020.
479. Lesinski M, Hortobágyi T, Muehlbauer T, Gollhofer A, Granacher U. Effects of Balance Training on Balance Performance in Healthy Older Adults: A Systematic Review and Meta-analysis. *Sports Med* 2015 Vol. 45 Issue 12 Pages 1721-38
480. Levick JR, Michel CC; *Microvascular fluid exchange and the revised Starling principle*; Cardiovascular Research 2010
481. Levin S, Lowell de Solorzano S, Scarr G. The significance of closed kinematic chains to biological movement and dynamic stability. *Journal of Bodywork & Movement Therapies* 21 (2017) 664e672
482. Levin SM, Scarr G. Biotensegrity and the mechanics of fascia. In: Schleip R, Huijing PA, Stecco C, Driscoll M, editors. *Fascia: the tensional network of the human body*. 2nd ed. Edinburgh: Churchill Livingstone Elsevier; 2022
483. Lewis CA. *Enteroimmunology*. Psy Press, 2012.
484. Lewit K and Olsanska S; Clinical importance of active scars: abnormal scars as a cause of myofascial pain; *Journal of Manipulative and Physiological Therapeutics* 2004
485. Lewit K. *Manipulative Therapy*. Churchill Livingstone Elsevier, 2010.
486. Lieberman D. *Story of the human body*. Penguin books Ltd 2014

487. Liljencrantz J, Olausson H. Tactile C fibers and their contributions to pleasant sensations and to tactile allodynia. *Front Behav Neurosci* 2014;8:37. doi: 10.3389/fnbeh.2014.00037
488. Lim EC, Sterling M, Pedler A, Coombes BK, Vicenzino B. Evidence of spinal cord hyperexcitability as measured with nociceptive flexion reflex (NFR) threshold in chronic lateral epicondylalgia with or without a positive neurodynamic test. *J Pain*. 2012 Jul;13(7):676-84. doi: 10.1016/j.jpain.2012.04.005. Epub 2012 Jun 9.
489. Lim HY, Wong SH. Effects of isometric, eccentric, or heavy slow resistance exercises on pain and function in individuals with patellar tendinopathy: A systematic review. *Physiother Res Int*. 2018
490. Lima YL, Ferreira V, de Paula Lima PO, Bezerra MA, de Oliveira RR, Almeida GPL. The association of ankle dorsiflexion and dynamic knee valgus: A systematic review and meta-analysis. *Phys Ther Sport*. 2018
491. Lindsay M. *Fascia, Clinical Applications For Health And Human Performance*. Delmar, MA: Cengage Learning, Inc ., 2008.
492. Linnitt N; Compression hosiery versus bandaging for chronic oedema; *Nursing and Residential Care*; 2011
493. Linnman C, Appel L, Fredrikson M, Gordh T, Söderlund A, Långström B, Engler H. Elevated [11C]-D-deprenyl uptake in chronic Whiplash Associated Disorder suggests persistent musculoskeletal inflammation. *PLoS One*. 2011 Apr 19;6(4):e19182. doi: 10.1371/journal.pone.0019182
494. Liptan GL. Fascia: A missing link in our understanding of the pathology of fibromyalgia. *Journal of Bodywork & Movement Therapies* (2010) 14, 3e12.
495. List T, Jensen RH. Temporomandibular disorders: Old ideas and new concepts. *Cephalalgia*. 2017 Jun; 37(7):692-704.
496. Littlewood, C., Bateman, M., Connor, C., Gibson, J., Horsley, I., Jaggi, A., Scott, M. (2019). Physiotherapists' recommendations for examination and treatment of rotator cuff related shoulder pain: A consensus exercise. *Physiotherapy Practice and Research*, 40(2), 87–94
497. Litwiniuk, M.; Krejner, A.; Speyrer, M.S.; Gauto, A.R.; Grzela, T. Hyaluronic Acid in Inflammation and Tissue Regeneration. *Wounds Compend. Clin. Res. Pract.* 2016, 28, 78–88.
498. Liu L, Liu BN, Chen S, Wang M, Liu Y, Zhang YL, Yao SK. Visceral and somatic hypersensitivity, autonomic cardiovascular dysfunction and low-grade inflammation in a subset of irritable bowel syndrome patients. *J Zhejiang Univ Sci B*. 2014 Oct;15(10):907-14. doi: 10.1631/jzus.B1400143.
499. Lluch Gírbés E, Meeus M, Baert I, Nijs J, Balancing “hands-on” with “handsoff “ physical therapy interventions for the treatment of central sensitization pain in osteoarthritis, *Manual Therapy* (2014), doi: 10.1016/j.math.2014.07.017.
500. Loane, David J., Kumar, Alok, Microglia in the TBI brain: The good, the bad, and the dysregulated, *Experimental Neurology* (2015), doi: 10.1016/j.expneurol.2015.08.018
501. Loghmani MT, Warden SJ. Instrument-assisted cross-fiber massage accelerates knee ligament healing. *J Orthop Sports Phys Ther*. 2009 Jul;39(7):506-14.
502. Loghmani, M.T., Warden, S.J., 2013. Instrument-assisted cross fiber massage increases tissue perfusion and alters microvascular morphology in the vicinity of healing knee ligaments. *Complement. Altern. Med* 28 (13), 240
503. Loggia ML, Chonde DB, Akeju O, Arabasz G, Catana C, Edwards RR, et al. Evidence for brain glial activation in chronic pain patients. *Brain* 2015;138:604-615.
504. Longo UG, Berton A, Khan WS, Maffulli N, Denaro V. [Histopathology of rotator cuff tears](#). *Sports Med Arthrosc Rev*. 2011 Sep;19(3):227-36. doi: 10.1097/JSA.0b013e318213bccb.PMID: 21822106
505. Low DC, Walsh GS, Arksteijn M. Effectiveness of Exercise Interventions to Improve Postural Control in Older Adults: A Systematic Review and Meta-Analyses of Centre of Pressure Measurements. *Sports Med*. 2017
506. Luangjarmekorn P, Tsai TM, Honsawek S, Kitidumrongsook. Role of pronator release in revision carpal tunnel surgery. *PSICOT J*. 2016 Mar

507. Lucas KR, Rich PA, Polus BI. Muscle activation patterns in the scapular positioning muscles during loaded scapular plane elevation: The effects of Latent Myofascial Trigger Points. *Clinical Biomechanics* 25 (2010) 765–770
508. Lucha-López MO, J. M. Tricás-Moreno, E. Gaspar-Calvo, A. C. Lucha-López, C. Vidal-Peracho, C. Hidalgo-García, et al. Relationship between knee alignment in asymptomatic subjects and flexibility of the main muscles that are functionally related to the knee. *J Int Med Res* 2018 Vol. 46 Issue 8 Pages 3065-3077
509. Luchau T. *Advanced myofascial techniques 1*. Handspring publishing, 2015.
510. Ludbrook, J., 1966. The musculo-venous pumps of the human lower limb. *Am. Heart J.* 71 (5), 635-641.
511. Luomala T, Pihlman M, Heiskanen J, Stecco C. [Case study: could ultrasound and elastography visualize densified areas inside the deep fascia?](#) *J Bodyw Mov Ther.* 2014 Jul;18(3):462-8. doi: 10.1016/j.jbmt.2013.11.020. Epub 2013 Dec 3. PMID: 25042323
512. Lymphoedema Framework; Best Practice for the Management of Lymphoedema; International Consensus; 2006
513. Maatman R, Boelens O, Scheltinga M & Roumen R (2019) Chronic localized back pain due to entrapment of cutaneous branches of posterior rami of the thoracic nerves (POCNES): a case series on diagnosis and management. *Journal of .pain research*, 12, 715-723. doi:10.2147/JPR.S178492
514. MacDonald K, Bridger J, Cash C, Parkin I. Transverse humeral ligament: does it exist? *Clin Anat.* 2007 Aug; 20 (6): 663-7.
515. Mack, M. (2018). Inflammation and fibrosis. *Matrix Biology*, 68-69, 106–121. doi:10.1016/j.matbio.2017.11.010
516. MacLaren JA; Lymphoedema; Professional Nurse; 2001
517. Mahdizadeh M, Bagheri R, Delkhoush CT, Tohidast SA. The effect of upper trapezius trigger points dry needling on postural control in patients with chronic neck pain. *Journal of Bodywork & Movement Therapies* 40 (2024) 1079–1085
518. Magnusson SP, Kjaer M. [The impact of loading, unloading, ageing and injury on the human tendon.](#) *J Physiol.* 2018 Jun 19. doi: 10.1113/JP275450.
519. Maher, C.; Underwood, M.; Buchbinder, R. Non-Specific Low Back Pain. *Lancet* 2017, 389, 736–747.
520. Maïano C, Hue O, Lepage G, Morin AJS, Tracey D, Moullec G. Do Exercise Interventions Improve Balance for Children and Adolescents With Down Syndrome? A Systematic Review. *Phys Ther.* 2019
521. Maixner, William et al. "Orofacial pain prospective evaluation and risk assessment study--the OPPERA study." *The journal of pain : official journal of the American Pain Society* vol. 12,11 Suppl (2011): T4-11.e1-2. doi:10.1016/j.jpain.2011.08.002
522. Malfliet A, Kregel J, Cagnie B, Kuipers M, Dolphens M, Roussel N, Meeus M, Danneels L, Bramer WM, Nijs J. Lack of evidence for central sensitization in idiopathic, non-traumatic neck pain: a systematic review. *Pain Physician.* 2015 May-Jun;18(3):223-36. Review.
523. Malliaras P, Cook J, Purdam C, Rio E. [Patellar Tendinopathy: Clinical Diagnosis, Load Management, and Advice for Challenging Case Presentations.](#) *J Orthop Sports Phys Ther.* 2015 Nov;45(11):887-98. doi: 10.2519/jospt.2015.5987. Epub 2015 Sep 21. Review.
524. Malliaras P - <https://www.physio-network.com/9-tendinopathy-truths-you-must-know/>
525. Malone TR, Pfeifle AL, in [Orthopaedic Physical Therapy Secrets \(Third Edition\)](#), [Patellofemoral Disorders](#). 2017
526. Mansfield A, Wong JS, Bryce J, Knorr S, Patterson KK. Does perturbation-based balance training prevent falls? Systematic review and meta-analysis of preliminary randomized controlled trials. *Phys Ther.* 2015;95(5):700-9.
527. Marcus DA, Deodhar A. *Fibromyalgia*. Springer-Verlag New York Inc. 2010.

528. Marotel, M., Cluzan, R.V., Pascot, M., Alliot, F., Lasry, J.L., 2002. Lymphedema of the lower limb: CT staging Rev. Med. Interne 23 (Suppl. 3), 398s-402s.
529. Maroto-Izquierdo S, García-López D, Fernandez-Gonzalo R, Moreira OC, González-Gallego J, de Paz JA. Skeletal muscle functional and structural adaptations after eccentric overload flywheel resistance training: a systematic review and meta-analysis. J Sci Med Sport. 2017;
530. Marsh A, Eslick EM, Eslick GD. Does a diet low in FODMAPs reduce symptoms associated with functional gastrointestinal disorders? A comprehensive systematic review and meta-analysis. Eur J Nutr 2016, <http://dx.doi.org/10.1007/s00394-015-0922-1>
531. Martin RM, Vyas NM, Sedlmayr JC, Wisco JJ. Bilateral variation of subclavius muscle resembling subclavius posticus. Surg Radiol Anat. 2008 Mar;30
532. Martin DC. Living biotensegrity. Kiener, 2016
533. Martin SA, Pence BD, Greene RM, Johnson SJ, Dantzer R, Kelley KW, Woods JA. Effects of voluntary wheel running on LPS-induced sickness behavior in aged mice. Brain Behav Immun. 2013 Mar;29:113-23. doi: 10.1016/j.bbi.2012.12.014. Epub 2012 Dec 28.
534. Martin SA, Dantzer R, Kelley KW, Woods JA. Voluntary wheel running does not affect lipopolysaccharide-induced depressive-like behavior in young adult and aged mice. Neuroimmunomodulation. 2014;21(1):52-63. doi: 10.1159/000356144. Epub 2013 Nov 20.
535. Martínez Rodríguez R, Galán del Río F. Mechanistic basis of manual therapy in myofascial injuries. Sonoelastographic evolution control. J Bodyw Mov Ther. 2013 Apr;17(2):221-34. doi: 10.1016/j.jbmt.2012.08.006. Epub 2012 Sep 20.
536. Martinez Rodriguez R, Galan del Rio F. Understanding mechano-adaptation of fascial tissues: application to sports medicine. In Schleip R, Baker A. (ed). Fascia in sport and movement. Handspring Publishing, Edinburgh 2015 Ch 19 p 185-195.
537. Marum AP, Moreira C, Tomas-Carus P, Saraiva F, Guerreiro CS. A low fermentable oligo-di-mono-saccharides and polyols (FODMAP) diet is a balanced therapy for fibromyalgia with nutritional and symptomatic benefits 2017 Jun 5;34(3):667-674. doi: 10.20960/nh.703.
538. Marzilger R, Bohm S, Mersmann F, Arampatzis A. Effects of Lengthening Velocity During Eccentric Training on Vastus Lateralis Muscle Hypertrophy. Front Physiol. 2019;10:957.
539. [Matsuo H](#), et al.. The Effect of Static Stretching Duration on Muscle Blood Volume and Oxygenation. [J Strength Cond Res](#). 2020 Feb 4. doi: 10.1519/JSC.0000000000003457.
540. Matteini P, Dei L, Carretti E, Volpi N, Goti A, Pini R. Structural behavior of highly concentrated hyaluronan. Biomacromolecules. 2009; 10(6): 1516–22 doi: 10.1021/bm900108z.
541. Mattocks KT, Jessee MB, Mouser JG, Dankel SJ, Buckner SL, Bell ZW, et al. The Application of Blood Flow Restriction: Lessons From the Laboratory. Curr Sports Med Rep. 2018;17(4):129-34.
542. Maupin EW. The structural metaphor. IPSB, 1991.
543. May A. Chronic pain may change the structure of the brain. Pain. 2008 Jul;137(1):7-15. Epub 2008 Apr 14.
544. Mayer EA, Bushnell MC (ed.). Functional pain syndromes: presentation and pathophysiology. IASP press, 2009.
545. McCombe D, Brown T, Slavin J, Morrison WA (2001) The histochemical structure of the deep fascia and its structural response to surgery. J Hand Surg Br 26:89–97. doi:10.1054/jhsb.2000.0546
546. McCracken LM, Carson JW, Eccleston C, Keefe F. [Acceptance and change in the context of chronic pain](#). J Pain. 2004 May;109(1-2):4-7. doi: 10.1016/j.pain.2004.02.006.PMID: 15082120
547. McGonical K. Sterker met stress. Uitgeverij Nieuwezijds, Amsterdam, 2015.
548. McKeown P. The oxygen advantage. William Morrow and Company, 2015.
549. McLaughlin, L., Goldsmith, C.H., 2007. Altered respiration in a case series of \$ low back/pelvic pain patients. In: 6th Interdisciplinary World Congress on Low Back & Pelvic Pain, November 2007, Barcelona.

550. McMahon SB, Russa FL, Bennett DLH. Crosstalk between the nociceptive and immune systems in host defence and disease. *Nat Rev Neurosci* 2015;16:389.
551. McNeill W, Pedersen C; Dynamic tape: Is it all about controlling load?; *Journal of Bodywork and Movement Therapies* 2016
552. McPartland JM, Brodeur RR, Hallgren RC. Chronic neck pain, standing balance, and suboccipital muscle atrophy-a pilot study. *J Manipulative Physiol Ther.* 1997 Jan;20(1):24-9).
553. McPartland JM. Expression of the endocannabinoid system in fibroblasts and myofascial tissues. *Journal of Bodywork and Movement Therapies* (2008) 12, 169–182
554. Meert GF. *Venolymphatic Drainage Therapy*. Churchill Livingstone. 2012.
555. Meert GF (2012) Fluid dynamics in fascial tissues, pp 177-182. In Schleip R, Findley T, Chaitow L, Huijing P (eds) (2012) *Fascia. The tensional network of the human body*. Edinburgh: Churchill Livingstone Edinburgh.
556. Meeus M, Nijs J, Hermans L, Goubert D, Calders P. The role of mitochondrial dysfunctions due to oxidative and nitrosative stress in the chronic pain or chronic fatigue syndromes and fibromyalgia patients: peripheral and central mechanisms as therapeutic targets? *Expert Opin Ther Targets.* 2013 Sep;17(9):1081-9. doi: 10.1517/14728222.2013.818657. Epub 2013 Jul 9. Review.
557. Mehl J, Diermeier T, Herbst E, Imhoff AB, Stoffels T, Zantop T, et al. Evidence-based concepts for prevention of knee and ACL injuries. 2017 guidelines of the ligament committee of the German Knee Society (DKG). *Arch Orthop Trauma Surg.* 2018
558. Meijer K. *Handboek psychosomatiek*. HB uitgevers 2007.
559. Meijer O., Prins MR. Tussen de oren, *FysioPraxis* | juni/juli 2014
560. Meijer O. Chronische whiplash: een partiële dwarslaesie? *FysioPraxis* | december 2016/januari 2017, pg 54-55.
561. Meira E - <http://trustmephysiotherapy.com/just-load-it/>
562. Melancon MO, Lorrain D, Dionne IJ. Exercise and sleep in aging: emphasis on serotonin. *Pathol Biol.* 2014
563. D'Mello C, Ronaghan N, Zaheer R, Dicay M, Le T, MacNaughton WK, Surette MG, Swain MG. Probiotics Improve Inflammation-Associated Sickness Behavior by Altering Communication between the Peripheral Immune System and the Brain. *J Neurosci.* 2015 Jul 29;35(30):10821-30. doi: 10.1523/JNEUROSCI.0575-15.2015.
564. Meloni M. *Impressionable Biologies*, Routledge, Taylor and Francis Group, New York, London, 2019.
565. Meltzer KR, Cao TV, Schad JF, King H, Stoll ST, Standley PR. In vitro modeling of repetitive motion injury and myofascial release. *Journal of Bodywork & Movement Therapies* (2010) 14, 162e171
566. Menon RG, Oswald SF, Raghavan P, Regatte RR, Stecco A. [T1ρ-Mapping for Musculoskeletal Pain Diagnosis: Case Series of Variation of Water Bound Glycosaminoglycans Quantification before and after Fascial Manipulation® in Subjects with Elbow Pain.](#) *Int J Environ Res Public Health.* 2020 Jan 22;17(3):708. doi: 10.3390/ijerph17030708.PMID: 31979044
567. Mense S. Muscle Pain: Mechanisms and Clinical Significance. *Deutsches Ärzteblatt International | Dtsch Arztebl Int* 2008; 105(12): 214–9
568. Mense S. Algesic agents exciting muscle nociceptors. *Exp Brain Res* (2009) 196:89–100 DOI 10.1007/s00221-008-1674-4
569. Mense S, Gerwin RD. (2010a). *Muscle Pain: Understanding the Mechanisms*. Heidelberg: Springer; 2010
570. Mense S. [Innervation of the thoracolumbar fascia.](#) *Eur J Transl Myol.* 2019 Sep 6;29(3):8297. doi: 10.4081/ejtm.2019.8297. eCollection 2019 Aug 2.

571. Meshmann F, Bohm S, Arampatzis A. Mechanical loading and adaptive responses of tendinous tissues. In *Fascia in Sport and Movement*, ed Schleip R, Wilke J. Handspring Publishing 2021 sec. ed. Chapter 5, pg 33-62
572. Messlinger K [What is a nociceptor?]. [Article in German]. *Anaesthesist* 1997 Feb;46(2):142-53
573. Michaleff ZA et al. Comprehensive physiotherapy exercise programme or advice for chronic whiplash (PROMISE): a pragmatic randomised controlled trial. *Lancet*. 2014 Jul 12;384(9938):133-41. doi: 10.1016/S0140-6736(14)60457-8. Epub 2014 Apr 4.
574. Mika A, Oleksy Ł, Fede C, Pirri C and Stecco C (2024) Editorial: Fascia as a multi-purpose structure of connective tissue - dysfunction, diagnostics and treatment. *Front. Med.* 11:1472116. doi: 10.3389/fmed.2024.1472116
575. [Milanović Z](#), [Sporiš G](#), [Weston M](#). Effectiveness of High-Intensity Interval Training (HIT) and Continuous Endurance Training for VO2max Improvements: A Systematic Review and Meta-Analysis of Controlled Trials. *Sports Med* . 2015 Oct;45(10):1469-81. doi: 10.1007/s40279-015-0365-0.
576. Miller J. The roll model. Victory Belt Publishing Inc. 2014.
577. Mills B, Mayo B, Tavares F, Driller M. The Effect of Tissue Flossing on Ankle Range of Motion, Jump, and Sprint Performance in Elite Rugby Union Athletes. *J Sport Rehabil*. 2019:1-5.
578. Minasny B. Understanding the Process of Fascial Unwinding. *Int. J. Therapeutic Massage and Bodywork* – Vol. 2, Nr 3, sept 2009
579. Ming C, Golden S, The permanent pain cure. McGraw Hill, 2008
580. Minss L, Barrett E, Mccresh K, De Burca N, Lewis J (2019) Clinical Effectiveness of Non-Surgical Interventions for Primary Frozen Shoulder: A Systematic Review. *J Rehabil Med*.
581. Mizbah K, Soehardi A, Maal TJJ, Weijs WLJ, Merckx MAW, Barkhuysen R. Casuistiek. Een perifeer osteoom. *Nederlands tijdschrift voor Tandheelkunde*. 2012: feb. 73-75.
582. Moayeddi M, Davis KD. Theories of pain: from specificity to gate control. *J Neurophysiol* 109: 5–12, 2013. First published October 3, 2012; doi:10.1152/jn.00457.2012.
583. Mock L. Carpal tunnel syndrome. In: *Clinical mastery in the treatment of myofascial pain*. Ferguson LW, Gerwin R. (ed.). Lippincott Williams & Wilkins, 2006. Chapter 6 pg 145-66.
584. Moen A, Lind AL, Thulin M, et al. Inflammatory serum protein profiling of patients with lumbar radicular pain one year after disc herniation. *Int J Inflam*. 2016;2016:3874964.
585. Moffatt CJ, Franks PJ, Doherty DC; Lymphoedema: an underestimated health problem; *QJM* 2003
586. Moffatt C; Understanding the causes of chronic oedema; Educational Supplement of *British Journal of Community Nursing*; 2007
587. Moffatt CJ, et al; Chronic oedema: a prevalent health care problem for UK health services; *Int Wound J* 2016 lymphedema a case study. *Lymphat Res Biol*. 7 (3), 145-51.
588. Mogensen, F.L.-H.; Delle, C.; Nedergaard, M. The Glymphatic System (En)during Inflammation. *Int. J. Mol. Sci.* **2021**, 22, 7491. <https://doi.org/10.3390/ijms22147491>
589. Mohanty PP, Pattnaik M. [Effect of stretching of piriformis and iliopsoas in coccydynia](#). *J Bodyw Mov Ther*. 2017 Jul;21(3):743-746. doi: 10.1016/j.jbmt.2017.03.024. Epub 2017 Mar 29. PMID: 28750995
590. Mordasini L, Weisstanner C, Rummel C, Thalmann GN, Verma RK, Wiest R, Kessler TM. Chronic Pelvic Pain Syndrome in Men is Associated with Reduction of Relative Gray Matter Volume in the Anterior Cingulate Cortex Compared to Healthy Controls. *J Urol*. 2012 Oct 18
591. Morree JJ de. De dynamiek van het menselijk bindweefsel. Bohn, Stafleu, van Loghum, 2014.
592. Moseley GL, Butler DS. Explain Pain supercharged. NOIgroup publications, 2017.
593. Moskovitz, A.H., Anderson, B.O., Yeung, R.S., Byrd, D.R., Lawton, T.J., Moe, R.E., 2001. Axillary web syndrome after axillary dissection. *Am. J. Surg.* 181 (5), 434-439.
594. Mosley M. Fast exercise. Short Books, 2013.
595. Mosti G; Stiffness of compression devices; *Veins and Lymphatics* 2013

596. Mousavi-Khatir, R., et al., Effect of static neck flexion in cervical flexion-relaxation phenomenon in healthy males and females, *Journal of Bodywork & Movement Therapies* (2015), <http://dx.doi.org/10.1016/j.jbmt.2015.07.039>
597. Mousavizadeh R, Hojabrpour P, Eltit F, McDonald PC, Dedhar S, McCormack RG, et al. β 1 integrin, ILK and mTOR regulate collagen synthesis in mechanically loaded tendon cells. *Sci Rep.* 2020;10(1):12644.
598. Muscolini J. Reversing anatomy: from muscles to myofascial meridians. *Massage therapy journal*, summer 2011
599. Mueller MJ, Maluf KS. Tissue adaptation to physical stress: A proposed "physical stress theory" to guide physical therapy practice, education and research. *Phys Ther.* 2002;82:383-403.
600. Murphy, M. C., Travers, M. J., Chivers, P., Debenham, J. R., Docking, S. I., Rio, E. K., & Gibson, W. (2019). Efficacy of heavy eccentric calf training for treating mid-portion Achilles tendinopathy: a systematic review and meta-analysis. *British Journal of Sports Medicine*, bjsports-2018-099934. doi:10.1136/bjsports-2018-099934
601. Mustoe TA, Cooter RD, et al; International Advisory Panel on Scar Management; International clinical recommendations on scar management; *Plastic and Reconstructive Surgery* 2002
602. Mutch S. Myofascial force transmission. In Schleip R, Baker A. (ed). *Fascia in sport and movement*. Handspring Publishing, Edinburgh 2015 p 13-20. H2
603. Myers T. Stretching and fascia. In *Fascia, the tensional network of the human body*. Schleip R, Findley TW, Chaitow L, Huijing PA (red). Churchill Livingstone Elsevier, 2012 p. 433-440. H7.20
604. Myers TW. *Anatomy Trains, Myofascial Meridians for Manual and Movement Therapists*. Edinburgh: Elsevier Health Sciences, 2014 (of 2009 eerste editie).
605. Myers T Foam Rolling and Self-Myofascial Release. Posted April 27, 2015 by Tom Myers & filed under News, Technique, Tom Q&A.
606. Myers TW. *Fascial palpation in Chaitow L. Palpation and assessment in manual therapy*. Handspring publishing, 2017.
607. Mwale F, Ciobanu I, Giannitsios D, Roughley P, Steffen T, Antoniou J. [Effect of oxygen levels on proteoglycan synthesis by intervertebral disc cells](https://doi.org/10.1097/BRS.0b013e3181d52b9e). *Spine (Phila Pa 1976)*. 2011 Jan 15;36(2):E131-8. doi: 10.1097/BRS.0b013e3181d52b9e.PMID: 21057384
608. Nakamura M, Sato S, Hiraizumi K et al., Effects of static stretching programs performed at different volume-equated weekly frequencies on passive properties of muscle–tendon unit, *Journal of Biomechanics*, <https://doi.org/10.1016/j.jbiomech.2020.109670>
609. Nakashima H, Yukawa Y, Suda K, Yamagata M, Ueta T, Kato F. *Spine (Phila Pa 1976)*. [Abnormal findings on magnetic resonance images of the cervical spines in 1211 asymptomatic subjects](https://doi.org/10.1097/BRS.0000000000000775). 2015 Mar 15;40(6):392-8. doi: 10.1097/BRS.0000000000000775.
610. Naylor IL. Dupuytren's disease and other fibrocontractive disorders. In *Fascia, the tensional network of the human body*. Schleip R, Findley TW, Chaitow L, Huijing PA (red). Churchill Livingstone Elsevier, 2012 p 191-198.
611. Nazet, U.; Feulner, L.; Muschter, D.; Neubert, P.; Schatz, V.; Grässel, S.; Jantsch, J.; Proff, P.; Schröder, A.; Kirschneck, C. Mechanical Stress Induce PG-E2 in Murine Synovial Fibroblasts Originating from the Temporomandibular Joint. *Cells* 2021, 10, 298.
612. [Nemes](#) R, [Koltai](#) E, [Taylor](#) AW, [Suzuki](#) S, [Gyori](#) F, [Radak](#) Z. Reactive Oxygen and Nitrogen Species Regulate Key Metabolic, Anabolic, and Catabolic Pathways in Skeletal Muscle. *Antioxidants* 2018, 7, 85; doi:10.3390/antiox7070085
613. Nicholls MA, Fierlinger A, Niazi F, Bhandari M. [The Disease-Modifying Effects of Hyaluronan in the Osteoarthritic Disease State](https://doi.org/10.1177/1179544117723611). *Clin Med Insights Arthritis Musculoskelet Disord*. 2017 Aug 11;10:1179544117723611. doi: 10.1177/1179544117723611. eCollection 2017.PMID: 28839448

614. Nicol C, Avela J, Komi P. The stretch-shortening cycle: a model to study naturally occurring neuromuscular fatigue. *Sports Med.* 2006;36:977–999. doi: 10.2165/00007256-200636110-00004
615. Nicolai N. Emotieregulatie als basis van het menselijk bestaan. Bohn, Stafleu, van Loghum, Houten, 2018.
616. Nijs J. Generalized joint hypermobility: An issue in fibromyalgia and chronic fatigue syndrome? *Journal of Bodywork and Movement Therapies* (2005) 9, 310–317
617. Nijs J, Anneleen Malfliet, Kelly Ickmans, Isabel Baert & Mira Meeus. Treatment of central sensitization in patients with ‘unexplained’ chronic pain: an update. 2014 Informa UK, Ltd. ISSN 1465-6566, e-ISSN 1744-7666
618. Nijs J. Fysiotherapie bij centrale sensitisatiepijn: bottom up of top-down behandeling? *Physios*, nummer 4, dec 2014
619. Nijs J. Centrale sensitisatiepijn in de klinische praktijk. Bohn, Stafleu van Loghum, 2016
620. Nugteren K van. Onderzoek en behandeling van peesaandoeningen / Tendinose Bohn Stafleu Van Loghum, april 2006
621. Nugteren K van. Onderzoek en behandeling van elleboog en onderarm. Bohn Stafleu Van Loghum, 2011
622. Nugteren K van, Winkel D. Onderzoek en behandeling van de nek. Bohn, Stafleu, van Loghum, 2012.
623. Nugteren K van, Winkel D. Onderzoek en behandeling van de thorax. Bohn Stafleu Van Loghum. 2013.
624. Nugteren K van, Winkel D. Onderzoek en behandeling van zenuwcompressie. Bohn Stafleu Van Loghum, 2015
625. Numata H, Nakase J, Kitaoka K, Shima Y, Oshima T, Takata Y, et al. Two-dimensional motion analysis of dynamic knee valgus identifies female high school athletes at risk of non-contact anterior cruciate ligament injury. *Knee Surg Sports Traumatol Arthrosc.* 2018
626. Oedeminus nr 2 juni 2008; Axillary web syndrome
627. Ohyama Y, Yamaji T, Sato E, Watanabe H. Muscle activity of the vastus medialis obliquus during squat motion after static stretching of the tensor fasciae latae. *J Phys Ther Sci.* 2020 Mar;32(3):223-226. doi: 10.1589/jpts.32.223. Epub 2020 Mar 11
628. Okita M, Yoshimura M, Nakano J, Motomara M, Eguchi K. Effects of reduced joint mobility on sarcomere length, collagen fibril arrangement in the endomysium, and hyaluronan in rat soleus muscle. *Journal of Muscle Research and Cell Motility* 25: 159–166, 2004.
629. Olausson H, Cole J, Rylander K, McGlone F, Lamarre Y, Wallin BG, Krämer H, Wessberg J, Elam M, Bushnell MC, Vallbo A. Functional role of unmyelinated tactile afferents in human hairy skin: sympathetic response and perceptual localization. *Exp Brain Res.* 2008 Jan;184(1):135-40. doi: 10.1007/s00221-007-1175-x. Epub 2007 Oct 26. PMID: 17962926
630. Olausson HW et al. Unmyelinated tactile afferents have opposite effects on insular and somatosensory cortical processing. *Neuroscience Letters* 436 (2008) 128–132
631. Olausson H, Wessberg J, Morrison I, McGlone F, Vallbo A. The neurophysiology of unmyelinated tactile afferents. *Neurosci Biobehav Rev.* 2010 Feb;34(2):185-91. doi: 10.1016/j.neubiorev.2008.09.011. Epub 2008 Oct 8. PMID: 18952123
632. Olesen J. International Classification of Headache Disorders. *The Lancet Neurology*, Volume 17, Issue 5, 396 – 397
633. Oliva F, Piccirilli E, Berardi AC, Tarantino U, Maffulli N. Influence of Thyroid Hormones on Tendon Homeostasis. In Ackermann, Hart DA ed. *Metabolic influences on risk for tendon disorders.* Springer Verlag. 2016 Ch 12, pg 133-138
634. Oranchuck J, Storey G, Nelson R, Cronin B (2018) Isometric training and long-term adaptations; effects of muscle length, intensity, and intent: A systematic review. *Scand J Med Sci Sports*

635. Oranchuk DJ, Storey AG, Nelson AR, Cronin JB. Isometric training and long-term adaptations: Effects of muscle length, intensity, and intent: A systematic review. *Scand J Med Sci Sports*. 2019;29(4):484-503.
636. Oranchuk DJ, Storey AG, Nelson AR, Cronin JB. Scientific Basis for Eccentric Quasi-Isometric Resistance Training: A Narrative Review. *J Strength Cond Res*. 2019;33(10):2846-59.
637. Oray S, Majewska A, Sur M. Dendritic spine dynamics are regulated by monocular deprivation and extracellular matrix degradation. *Neuron* 2004;44:1021–30.
638. Ortega-Castillo M et al. Effectiveness of the eccentric exercise therapy in physically active adults with symptomatic shoulder impingement or lateral epicondylar tendinopathy: A systematic review. *J Sci Med Sport*. 2016
639. Ootoshi K, Takegami M, Sekiguchi M, Onishi Y, Yamazaki S, Otani K, Shishido H, Kikuchi S, Konno S. Association between kyphosis and subacromial impingement syndrome: LOHAS study. *J Shoulder Elbow Surg*. 2014 Dec;
640. Overmann L, Schleip R, Anheyer D, Michalak J. Myofascial release for adults with chronic neck pain and depression. *Acta Psychologica* 247 (2024) 104325
641. Overmann L, Schleip R, Michalak J. Exploring fascial properties in patients with depression and chronic neck pain: An observational study. *Acta Psychologica* 244 (2024) 104214
642. Overmyer L. *Ortho-bionomy*. North Atlantic Books Berkely California, 2009.
643. Oxfeldt M, Overgaard K, Hvid LG, Dalgas U. Effects of plyometric training on jumping, sprint performance, and lower body muscle strength in healthy adults: A systematic review and meta-analyses. *Scand J Med Sci Sports*. 2019
644. Page P. Current concepts in muscle stretching for exercise and rehabilitation. *Int J Sports Phys Ther*. 2012;7(1):109-19.
645. Paillard T. Relationship between Muscle Function, Muscle Typology and Postural Performance According to Different Postural Conditions in Young and Older Adults. *Front Physiol*. 2017;8:585.
646. Panksepp J. The neuroevolutionary sources of consciousness of pain In: Pain and the conscious brain. Garcia-Larrea L, Jackson PL (ed) IASP, Wolters Kluwer, 2016. Chapter 15 pg 223-234.
647. Paoli A, Gentil P, Moro T, Marcolin G, Bianco A. Resistance Training with Single vs. Multi-joint Exercises at Equal Total Load Volume: Effects on Body Composition, Cardiorespiratory Fitness, and Muscle Strength. *Front Physiol*. 2017
648. Paoletti S. *The Fasciae, Anatomy, Dysfunctions & Treatment*. Eastland Press, Seattle 2006.
649. Panjabi MM. A hypothesis of chronic back pain: ligament subfailure injuries lead to muscle control dysfunction. *Eur Spine J*. 2006 May;15(5):668-76. Epub 2005 Jul 27. Review.
650. Pardos-Gascón EM, Narambuena L, Leal-Costa C, van-der Hofstadt-Román C. Differential efficacy between cognitive-behavioral therapy and mindfulness-based therapies for chronic pain: Systematic review. *J.Int J Clin Health Psychol*. 2021 Jan-Apr;21(1):100197. doi: 10.1016/j.ijchp.2020.08.001. Epub 2020 Oct 23.PMID: 33363580
651. Park JH, Niermann KJ, Olsen N. [Evidence for metabolic abnormalities in the muscles of patients with fibromyalgia](#). *Curr Rheumatol Rep*. 2000 Apr;2(2):131-40. doi: 10.1007/s11926-000-0053-3.PMID: 11123050
652. Park ES, Kim HY, Youn DH, “The primo vascular structures alongside nervous system: its discovery and functional limitation,” *Evidence-Based Complementary and Alternative Medicine*, vol. 2013,Article ID 538350, 5 pages, 2013.
653. Park KH, Oh JS, An DH, Yoo WG, Kim JM, Kim TH, et al. Difference in selective muscle activity of thoracic erector spinae during prone trunk extension exercise in subjects with slouched thoracic posture. *Pm r*. 2015;7(5):479-84
654. Parore L. *Power postures*. Apple publishing 2002.

655. Parravicini, G., & Bergna, A. (2017). Biological effects of direct and indirect manipulation of the fascial system. Narrative review. *Journal of Bodywork and Movement Therapies*, 21(2), 435–445. doi:10.1016/j.jbmt.2017.01.005
656. Partsch H; Assessing the effectiveness of multilayer inelastic bandaging; *J Lymphoedema* 2007
657. Pasin Neto H, Bicalho E, Bortolazzo G (June 25, 2021) Interoception and Emotion: A Potential Mechanism for Intervention With Manual Treatment. *Cureus* 13(6): e15923. DOI 10.7759/cureus.15923
658. Pavan PG, Stecco C, Darwish S, Natali AN, De Caro R. Investigation of the mechanical properties of the plantar Aponeurosis. *Surg Radiol Anat* 2011. DOI 10.1007/s00276-011-0873-z
659. Pavan PG, Stecco A, Stern R, Stecco C. Painful Connections: Densification Versus Fibrosis of Fascia. *Curr Pain Headache Rep* (2014) 18:441 DOI 10.1007/s11916-014-0441-4
660. Pavan PG, Pachera P, Forestiero A, Natali AN. Investigation of interaction phenomena between crural fascia and muscles by using a three-dimensional numerical model. *Med Biol Eng Comput*. 2017. DOI 10.1007/s11517-017-1615-0
661. Pearson SJ, Stadler S, Menz H, Morrissey D, Scott I, Munteanu S, Malliaras P. Immediate and Short-Term Effects of Short- and Long-Duration Isometric Contractions in Patellar Tendinopathy. *Clin J Sport Med*. 2020 Jul;30(4):335-340.
662. Pedler A, Kamper SJ, Sterling M. Pain. Addition of posttraumatic stress and sensory hypersensitivity more accurately estimates disability and pain than fear avoidance measures alone following whiplash injury. 2016 Mar 22.
663. Perlmutter D. *Brain maker*. Hodder and Stoughton General Division, 2015.
664. Petersen S. The secret of fascia in the martial arts In Schleip R, Baker A. (ed). *Fascia in sport and movement*. Handspring Publishing, Edinburgh 2015 p 153-160 H16.
665. Petré et al., Effects of flywheel training on strength-related variables: a meta-analysis; *Sports Medicine-Open*; 2018
666. Petrey, A.C.; de la Motte, C.A. Hyaluronan, a Crucial Regulator of Inflammation. *Front. Immunol*. 2014, 5, 101. [CrossRef]
667. Picelli A, Ledro G, Turrina A, Stecco C, Santilli V, Smania N. Effects of myofascial technique in patients with subacute whiplash associated disorders: a pilot study. *Eur J Phys Rehabil Med*. 2011 Dec;47(4):561-8. Epub 2011 Jul 28
668. Piehl-Aulin K, Laurent C, Engström-Laurent A, Hellström S, Henriksson J. Hyaluronan in human skeletal muscle of lower extremity: concentration, distribution, and effect of exercise. *J Appl Physiol*. 1991; 71(6): 2493–8
669. Pierce A, Pierce R. *Expressive movement*. Ingram publishers services US, 1989
670. Pietrzak M. Adhesive capsulitis: An age related symptom of metabolic syndrome and chronic low-grade inflammation? *Med Hypotheses*. 2016 Mar;88:12-7. doi: 10.1016/j.mehy.2016.01.002. Epub 2016 Jan 9.
671. Pirri C; Stecco C; Fede C; Özçakar L. Ultrasound Imaging of the Fascial Layers. *J Ultrasound Med* 2019; 00:1–2
672. Pirri, C.; Pirri, N.; Guidolin, D.; Macchi, V.; Porzionato, A.; De Caro, R.; Stecco, C. Ultrasound Imaging of Thoracolumbar Fascia Thickness: Chronic Non-Specific Lower Back Pain versus Healthy Subjects; A Sign of a “Frozen Back”? *Diagnostics* 2023, 13, 1436. <https://doi.org/10.3390/diagnostics13081436>
673. Pirri C, Stecco A, Stecco C, Ozçakar L. Ultrasound imaging and Fascial Manipulation®: ‘Adding a twist’ on the ankle retinacula. *Journal of Bodywork & Movement Therapies* 37 (2024) 90–93
674. Pirri, C.; Pirri, N.; Macchi, V.; Porzionato, A.; De Caro, R.; Stecco, C. Ultrasound Imaging of Thoracolumbar Fascia: A Systematic Review. *Medicina* **2024**, 60, 1090. <https://doi.org/10.3390/medicina60071090>

675. Pischinger A. The extracellular matrix and ground regulation. North Atlantic Books, Berkely, California, USA, 2007.
676. Pontell ME, Scali F, Enix DE, Battaglia PJ, Marshall E. Histological examination of the human obliquus capitis inferior myodural bridge. *Ann Anat.* 2013 Dec
677. Porges SW. The polyvagal perspective. *Biological Psychology* 74 (2007) 116–143
678. Porges SW. The pocket guide to the polyvagal theory. A Norton Professional Book, 2017
679. Poroyko VA et al. Chronic Sleep Disruption Alters Gut Microbiota, Induces Systemic and Adipose Tissue Inflammation and Insulin Resistance in Mice. *Sci Rep.* 2016 Oct 14
680. Porreca F, Navratilova E. Reward, motivation, and emotion of pain and its relief. *Pain*, April 2017·Volume 158·Number 4·Supplement 1. <http://dx.doi.org/10.1097/j.pain.0000000000000798>
681. Porter K. Natural posture for pain-free living. Healing arts press, Rochester, Vermont, Toronto, Canada, 2013.
682. Portilla, G.; Montero de Espinosa, F. Device for Dual Ultrasound and Dry Needling Trigger Points Treatment. *Sensors* 2023, 23, 580. <https://doi.org/10.3390/s23020580>
683. Pratt, R.L. Hyaluronan and the Fascial Frontier. *Int. J. Mol. Sci.* 2021, 22, 6845. <https://doi.org/10.3390/ijms22136845>
684. Prendergast SA, Rummer EH (2012) Connective tissue manipulation. Schleip R, Findley T, Chaitow L, Huijing P (eds) *Fascia: the tensional network of the human body*. Edinburgh: Churchill Livingstone Elsevier, Ch 7.6, pp 328-334.
685. Price, D.D. et al. Widespread hyperalgesia in irritable bowel syndrome is dynamically maintained by tonic visceral impulse input and placebo/nocebo factors: evidence from human psychophysics, animal models, and neuroimaging. *Neuroimage* 47, 995–1001 (2009).
686. Pruimboom L., Ruiz-Núñez B., Raison C.L., Muskiet F.A.J., Research Article: Influence of a 10-Day Mimic of Our Ancient Lifestyle on Anthropometrics and Parameters of Metabolism and Inflammation: The “Study of Origin”, *BioMed Research International*, Volume 2016.
687. Purslow PP (2002) The structure and functional significance of variations in the connective tissue within muscle. *Comparative Biochemistry and Physiology, Part A*, 133: 947-966.
688. Purslow P, Delage J-P (2012) General anatomy of the muscle fasciae. In: Schleip R, Findley T, Chaitow L, Huijing P (eds). *Fascia: the tensional network of the human body*. Edinburgh: Churchill Livingstone, Elsevier. Pg 5-10. H 1.1
689. Putzer D, Haselbacher M, Hormann R, Klima G, Nogler M. The deep layer of the tractus iliotibialis and its relevance when using the direct anterior approach in total hip arthroplasty: a cadaver study. *Arch Orthop Trauma Surg.* 2017
690. Puyat JH, Ahmad H, Avina-Galindo AM, Kazanjian A, Gupta A, Ellis U, et al. A rapid review of home-based activities that can promote mental wellness during the COVID-19 pandemic. *PLoS One.* 2020;
691. Quere N. De vasculaire fasciathérapie en de pulsologie. Academia press, 2012
692. Quintner JL, Bove GM, Cohen ML. A critical evaluation of the trigger point phenomenon. *Rheumatology (Oxford).* 2015 Mar;54(3):392-9. doi: 10.1093/rheumatology/keu471. Epub 2014 Dec 3.
693. Rabello, L. M., van den Akker-Scheek, I., Brink, M. S., Maas, M., Diercks, R. L., & Zwerver, J. (2018). Association Between Clinical and Imaging Outcomes After Therapeutic Loading Exercise in Patients Diagnosed With Achilles or Patellar Tendinopathy at Short- and Long-Term Follow-up. *Clinical Journal of Sport Medicine*,
694. Rabelo N, Lucareli PRG. Do hip muscle weakness and dynamic knee valgus matter for the clinical evaluation and decision-making process in patients with patellofemoral pain? *Braz J Phys Ther.* 2018;
695. Raghavan P, Lu Y, Mirchandani M, Stecco A. Human recombinant hyaluronidase injections for upper limb muscle stiffness in individuals with cerebral injury: a case series. *EBioMedicine.* 2016;9:306-313. doi:10.1016/j.ebiom.2016.05.014

696. Raghavan P. Emerging therapies for spastic movement disorders. *Phys Med Rehabil Clin N Am*. 2018;29(3):633-644. doi:10.1016/j.pmr.2018.04.004
697. Raja G, P.; Bhat, S.; Gangavelli, R.; Prabhu, A.; Stecco, A.; Pirri, C.; Jaganathan, V.; Fernández-de-Las-Peñas, C. Effectiveness of Deep Cervical Fascial Manipulation® and Sequential Yoga Poses on Pain and Function in Individuals with Mechanical Neck Pain: A Randomised Controlled Trial. *Life* 2023, 13, 2173. <https://doi.org/10.3390/life13112173>
698. Rathbone A, Henry J, Kumbhare D. Comment on: A critical evaluation of the trigger point phenomenon. *Rheumatology* 2015;54:1126_1127 doi:10.1093/rheumatology/kev028 Advance Access publication 31 March 2015
699. Razmjou H, Christakis M, Dwyer T, van Osnabrugge V, Holtby R. Accuracy of infraspinatus isometric testing in predicting tear size and tendon reparability: comparison with imaging and arthroscopy. *J Shoulder Elbow Surg*. 2017;26(8):1390-8.
700. Reed RK, Lidén A, Rubin K. [Edema and fluid dynamics in connective tissue remodelling](#). *J Mol Cell Cardiol*. 2010 (a) Mar;48(3):518-23. doi: 10.1016/j.yjmcc.2009.06.023. Epub 2009 Jul 9. PMID: 19595693
701. Reed, R.K., Rubin, K., 2010 (b). Transcapillary exchange: role and importance of the interstitial fluid pressure and the extracellular matrix. *Cardiovasc Res*. 87 (2), 211e217.
702. Reichling DB, Green PG, Levine JD. The fundamental unit of pain is the cell. *Pain*. 2013 December ; 154 Suppl 1: . doi:10.1016/j.pain.2013.05.037.
703. Register B, Pennock AT, Ho CP, Strickland CD, Lawand A, Philippon MJ. Prevalence of abnormal hip findings in asymptomatic participants: a prospective, blinded study. *Am J Sports Med*. 2012 Dec;40(12):2720-4. doi: 10.1177/0363546512462124. Epub 2012 Oct 25.
704. Remvig L. Myofascial release: An evidence-based treatment concept? *Journal of Bodywork and Movement Therapies* (2008) 12, 385–396
705. Remvig L, Juul-Kristensen B, Engelbert R. Hyper –and hypomobility of the joints: Consequences for function, activities and participation. In Schleip R, Baker A. (ed). *Fascia in sport and movement*. Handspring Publishing, Edinburgh 2015 Ch. 8 pg 69-82
706. Ren K. Emerging role of astroglia in pain hypersensitivity. *Japanese Dental Science Review* (2010) 46, 86—92
707. Ribeiro DC, Belgrave A, Naden A, Fang H, Matthews P, Parshottam S. The prevalence of myofascial trigger points in neck and shoulder-related disorders: a systematic review of the literature. *BMC Musculoskelet Disord*. 2018 Jul 25;19(1):252. doi: 10.1186/s12891-018-2157-9. PMID: 30045708
708. Rietman, J.S., Dijkstra, P.U., Hoekstra, H.J., Eisma, W.H., Szabo, B.G., Groothoff, J.W. et al, Late morbidity after treatment of breast cancer in relation to daily activities and quality of life: a systematic review. *Eur J Surg Oncol*. 2002;29:229–238
709. van Rijn D, van den Akker-Scheek I, Steunebrink M, Diercks RL, Zwerver J, van der Worp H. Comparison of the Effect of 5 Different Treatment Options for Managing Patellar Tendinopathy: A Secondary Analysis. *Clin J Sport Med*. 2019
710. Riley G. Tendinopathy--from basic science to treatment. *Nat Clin Pract Rheumatol*. 2008;4(2):82-9.
711. Rio E, Kidgell D, Purdam C, Gaida J, Moseley GL, Pearce AJ, Cook J. Isometric exercise induces analgesia and reduces inhibition in patellar tendinopathy. *Br J Sports Med*. 2015 Oct;49(19):1277-83. doi: 10.1136/bjsports-2014-094386. Epub 2015 May 15.
712. Rio, et al.; Tendon neuroplastic training: changing the way we think about tendon rehabilitation; *British Journal Sports Medicine*; 2015.
713. Rio E, van Ark M, Docking S, Moseley GL, Kidgell D, Gaida JE, van den Akker-Scheek I, Zwerver J, Cook J. Isometric Contractions Are More Analgesic Than Isotonic Contractions for Patellar Tendon Pain: An In-Season Randomized Clinical Trial. *Clin J Sport Med*. 2016 Aug 10. [Epub ahead of print]

714. Rio E, van Ark M, Docking S, Moseley GL, Kidgell D, Gaida JE, et al. Isometric Contractions Are More Analgesic Than Isotonic Contractions for Patellar Tendon Pain: An In-Season Randomized Clinical Trial. *Clin J Sport Med*. 2017;27(3):253-
715. Robinson JP et al. The role of fear of movement in subacute whiplash-associated disorders grades I and II. *PAIN* (2012), <http://dx.doi.org/10.1016/j.pain.2012.11.011>
716. Robinson ME, Craggs JG, Price DD, Perlstein WM, Staud R. Gray matter volumes of pain-related brain areas are decreased in fibromyalgia syndrome. *J Pain*. 2011 Apr;12(4):436-43.
717. Robinson, M.M., Dasari, S., Konopka, A.R., Johnson, M.L., Manjunatha, S., Esponda, R.R., Carter, R.E., Lanza, I.R., Nair, K.S.(2017). Enhanced Protein Translation Underlies Improved Metabolic and Physical Adaptations to Different Exercise Training Modes in Young and Old Humans. *Cell Metab*. Mar 7;25(3):581-592
718. Robson, M.C. Proliferative scarring. *Surg Clin N Am*. 2003;83:557–569
719. Rodriguez-Raecke R, Niemeier A, Ihle K, Ruether W, May A. Brain Gray Matter Decrease in Chronic Pain Is the Consequence and Not the Cause of Pain. 13746 • The Journal of Neuroscience, November 4, 2009 • 29(44):13746 –13750
720. Rodriguez-Raecke R, Niemeier A, Ihle K, Ruether W, May A (2013) Structural Brain Changes in Chronic Pain Reflect Probably Neither Damage Nor Atrophy. *PLoS ONE* 8(2): e54475. doi:10.1371/journal.pone.0054475
721. Rodriguez RM, del Rfo FG (2013) Mechanistic basis of manual therapy in myofascial injuries. Sonoelastographic evolution control. *Journal of Bodywork and Movement Therapies* 17(2): 221-234.
722. Rolf IP. Rolfing and physical reality. Healing Arts Press Rochester, Vermont, 1978 (heruitgave 1990)
723. Rolf IP. Rolfing, Re-Establishing The Natural Alignment And Structural Integration Of The Human Body For Vitality And Well-Being. Rochester, VT: Healing Arts Press, 1989.
724. Roman M, Chaudhry H, Bukiet B, Stecco A, Findley TW. Mathematical analysis of the flow of hyaluronic acid around fascia during manual therapy motions. *J Am Osteopath Assoc*. 2013 Aug;113(8):600-10. doi: 10.7556/jaoa.2013.021.
725. Rombaut L, Scheper M, De Wandele I, De Vries J, Meeus M, Malfait F, Engelbert R, Calders P. Chronic pain in patients with the hypermobility type of Ehlers–Danlos syndrome: evidence for generalized Hyperalgesia. *Clin Rheumatol* DOI 10.1007/s10067-014-2499-0, 2014
726. Romero-Reyes M, Uyanik JM. Orofacial pain management: current perspectives. *J. Pain Rs*, 2014 Feb 21;7:99-115. Doi: 10.2147/JPR.S37593. eCollection 2014.
727. Rosa. The six pillars of recovery. 2013
728. Rosa MABMV et al. General exercises are not superior to specific exercises for pain and functional disability in individuals with chronic nonspecific neck pain. A systematic review and meta-analysis. *Journal of Bodywork & Movement Therapies* 40 (2024) 1957–1966. <https://doi.org/10.1016/j.jbmt.2024.10.013>
729. Rosario JL, Foletto A. Comparative study of stretching modalities in healthy women: Heating and application time. *Journal of Bodywork & Movement Therapies* (2015) 19, 3e7
730. Rosário, J.L., et al., Angry posture, *Journal of Bodywork & Movement Therapies* (2016), <http://dx.doi.org/10.1016/j.jbmt.2016.01.002>
731. Rosenkranz RR, Duncan MJ, Caperchione CM, Kolt GS, Vandelanotte C, Maeder AJ, Savage TN, Mummery WK. Validity of the Stages of Change in Steps instrument (SoC-Step) for achieving the physical activity goal of 10,000 steps per day. *BMC Public Health*. 2015
732. Rossi FE, de Freitas MC, Zanchi NE, Lira FS, Cholewa JM. The Role of Inflammation and Immune Cells in Blood Flow Restriction Training Adaptation: A Review. *Front Physiol*. 2018;9:1376.
733. Roth G. The matrix repatterning program for pain relief. New Harbinger Publications, Inc, 2005.

734. Roussel NA, Nijs J, Mottram S, Van Moorsel A, Truijen S, Stassijns G. Altered lumbopelvic movement control but not generalized joint hypermobility is associated with increased injury in dancers. A prospective study. *Man Ther.* 2009 Dec;14(6):630-5. doi: 10.1016/j.math.2008.12.004. Epub 2009 Jan 28.
735. Rowlett CA, Hanney WJ, Pabian PS, McArthur JH, Rothschild CE, Kolber MJ. Efficacy of instrument-assisted soft tissue mobilization in comparison to gastrocnemius-soleus stretching for dorsiflexion range of motion: A randomized controlled trial. *J Bodyw Mov Ther.* 2019 Apr;23(2):233-240. doi: 10.1016/j.jbmt.2018.02.008. Epub 2018 Feb 20.
736. Rudzinski LD. Soft tissue mobilisation in orthopedic manual physical therapy in Wise Ch 13, ed. *Orthopaedic Manual Physical Therapy: From Art to Evidence*. Philadelphia, PA: FA Davis. 2015
737. Runge N, Aina A and May S (2020) Are within and/or between session improvements in pain and function prognostic of medium and long-term improvements in musculoskeletal problems? A systematic review. *Musculoskeletal Science and Practice*, 45, 102.
738. Runow K-D. *De darm denkt mee*. Uitgeverij Akasha, 2014.
739. Ruppert SM, Hawn TR, Arrigoni A, Wight TN, Bollyky PL. Tissue integrity signals communicated by high-molecular weight hyaluronan and the resolution of inflammation. *Immunol Res.* 2014 May ; 58(0): 186–192. doi:10.1007/s12026-014-8495-2.
740. Salamh P, Lewis J (2020) Is It Time To Put Special Tests for Rotator Cuff-Related Shoulder Pain Out to Pasture? *JOSPT*
741. Salamon E, Zhu W, Stefano GB. Nitric oxide as a possible mechanism for understanding the therapeutic effects of osteopathic manipulative medicine (Review). *Int J Mol Med.* 2004 Sep;14(3):443-9. PMID: 15289898
742. Salter MW. Dorsal horn plasticity and neuron-microglia interactions in Pain 2010
743. Sánchez-Domínguez B, Bullón P, Román-Malo L, Marín-Aguilar F, Alcocer-Gómez E, Carrión AM, Sánchez-Alcazar JA, Cordero MD. Oxidative stress, mitochondrial dysfunction and, inflammation common events in skin of patients with Fibromyalgia. *Mitochondrion.* 2015 Mar;21:69-75. doi: 10.1016/j.mito.2015.01.010. Epub 2015 Feb 7.
744. Sarno JE. *The mind-body prescription*. Warner Books. 2001
745. Sato S, Kiyono R, Takahashi N, Yoshida T, Takeuchi K, Nakamura M (2020) The acute and prolonged effects of 20-s static stretching on muscle strength and shear elastic modulus. *PloS ONE* 15(2): e0228583. <https://doi.org/10.1371/journal.pone.0228583>
746. Scallan J, Huxley VH, Korthuis RJ; Capillary Fluid Exchange: Regulation, Functions and Pathology, Chapter 3, *The Lymphatic Vasculature*; <http://www.ncbi.nlm.nih.gov/books/NBK53448>
747. Scarr G. *Biotensegrity: The Structural Basis of Life*. Handspring Publishing, 2014
748. Scarr, G., *Fascial hierarchies and the relevance of crossed-helical arrangements of collagen to changes in the shape of muscles*, *Journal of Bodywork & Movement Therapies* (2015), <http://dx.doi.org/10.1016/j.jbmt.2015.09.004>
749. Scarr G, Blyum L, Levin SM, Lowell de Solorzano S. Moving beyond Vesalius: Why anatomy needs a mapping update. *Medical Hypotheses* 183 (2024) 111257.
750. Scerbo T; Colasurdo J, Unger J, Nijs J, Cook C. Measurement Properties of the Central Sensitization Inventory: A Systematic Review *World Institute of Pain*, 1530-7085/16/\$15.00 *Pain Practice*, Volume , Issue , 2017
751. Schabrun SM, Jones E, Elgueta Cancino EL, Hodges PW. [Targeting chronic recurrent low back pain from the top-down and the bottom-up: a combined transcranial direct current stimulation and peripheral electrical stimulation intervention](#). *Brain Stimul.* 2014 May-Jun;7(3):451-9. doi: 10.1016/j.brs.2014.01.058. Epub 2014 Jan 30. PMID: 24582372

752. Schaefer JL, Sandrey MA. Effects of a 4-Week Dynamic-Balance-Training Program Supplemented With Graston Instrument-Assisted Soft-Tissue Mobilization for Chronic Ankle Instability. *Journal of Sport Rehabilitation*, 2012, 21, 313-326
753. Schiffman E, Ohrbach R, Truelove E, et al. Diagnostic criteria for temporomandibular disorders (DC/TMD) for clinical and research applications: recommendations of the International RDC/TMD Consortium Network and Orofacial Pain Special Interest Group. *J Oral Fac Pain Headache* 2014; 28: 6–27.
754. Schiffman E et al. “Diagnostic Criteria for Temporomandibular Disorders (DC/TMD) for Clinical and Research Applications: recommendations of the International RDC/TMD Consortium Network* and Orofacial Pain Special Interest Group†.” *Journal of oral & facial pain and headache* vol. 28,1 (2014): 6-27. doi:10.11607/jop.1151
755. Schilder A, Hoheisel U, Magerl W, Benrath J, Klein T, Treede RD. Sensory findings after stimulation of the thoracolumbar fascia with hypertonic saline suggest its contribution to low back pain. *Pain*. 2013 Sep 26. doi:pii: S0304-3959(13)00522-8. 10.1016/j.pain.2013.09.025.
756. Schilder A, Magerl W, Klein T, Treede RD. [Assessment of pain quality reveals distinct differences between nociceptive innervation of low back fascia and muscle in humans](#). *Pain Rep*. 2018 May 30;3(3):e662. doi: 10.1097/PR9.0000000000000662. eCollection 2018 May. PMID: 29922749
757. Schleip, R., 2003. Fascial plasticity - a new neurobiological explanation. Part 1. *J. Bodyw. Mov. Ther.* 7 (1), 11e19.
758. Schleip R. Fascia as a sensory organ. In Dalton E (ed.). *Dynamic body, exploring form, expanding function* page 136-163. *Freedom from pain institute*, 2012.
759. Schleip R, Jäger H, Klingler W. Fascia is alive.: How cells modulate the tonicity and architecture of fascial tissue. In *Fascia, the tensional network of the human body*. Schleip R, Findley TW, Chaitow L, Huijing PA (red). Churchill Livingstone Elsevier, 2012 p 157-164. H 4.2
760. [Schleip R, Müller](#) DG Training Principles for Fascial Connective Tissues: Scientific Foundation and Suggested Practical Applications. *J Bodyw Mov Ther.* 2013 Jan;17(1):103-15. doi: 10.1016/j.jbmt.2012.06.007. Epub 2012 Jul 21.
761. Schleip R. Fascia as a body-wide tensional network. In Schleip R, Baker A. (ed). *Fascia in sport and movement*. Handspring Publishing, Edinburgh 2015 Ch1 p 3-12.
762. Schleip R. Fascial tissue in motion. In Schleip R, Baker A. (ed). *Fascia in sport and movement*. Handspring Publishing, Edinburgh 2015 p 241-252.
763. Schleip R, Klingler W. [Active contractile properties of fascia](#). *Clin Anat.* 2019 Oct;32(7):891-895. doi: 10.1002/ca.23391. Epub 2019 May 2. PMID: 31012158
764. Schleip R, Gabbiani G, Wilke J, Naylor I, Hinz B, Zorn A, Jäger H, Breul R, Schreiner S, Klingler W. [Fascia Is Able to Actively Contract and May Thereby Influence Musculoskeletal Dynamics: A Histochemical and Mechanographic Investigation](#). *Front Physiol.* 2019 Apr 2;10:336. doi: 10.3389/fphys.2019.00336. eCollection 2019. PMID: 31001134
765. Schleip R, Klingler W. Highlights of fascial anatomy, morphology and function. In *Fascia in Sport and Movement*, ed Schleip R, Wilke J. Handspring Publishing 2021 sec. ed. Chapter 1, pg 3-16
766. Schleip R, Bartsch K. Elastic storage and recoil dynamics. In *Fascia in Sport and Movement*, ed Schleip R, Wilke J. Handspring Publishing 2021 sec. ed. Chapter 8, pg 97-106
767. Schleip R. Water and fluid dynamics in fascia. In *Fascia in Sport and Movement*, ed Schleip R, Wilke J. Handspring Publishing 2021 sec. ed. Chapter 9, pg 107-116
768. Schleip R, Stecco C. Fascia as sensory organ. In *Fascia in Sport and Movement*, ed Schleip R, Wilke J. Handspring Publishing 2021 sec. ed. Chapter 15, pg 169 - 180
769. Schleip R, Müller D, Parisi B. Fascial Fitness. In *Fascia in Sport and Movement*, ed Schleip R, Wilke J. Handspring Publishing 2021 sec. ed. Chapter 24, pg 269-280

770. Schmid A, Brunner F, Wright A, Bachmann LM. [Paradigm shift in manual therapy? Evidence for a central nervous system component in the response to passive cervical joint mobilisation.](#) Man Ther. 2008 Oct;13(5):387-96. doi: 10.1016/j.math.2007.12.007. Epub 2008 Mar 3.
771. Schmidt-Wilcke, T. & Clauw, D. J. Nat. Rev. Rheumatol. 7, 518–527 (2011); published online 19 July 2011; doi:10.1038/nrrheum.2011.98 Seminovicz 2011
772. Schneider M. Tennis elbow in Clinical mastery in the treatment of myofascial pain. FergysonLW, Gerwin R (ed) Lippincott Williams & Wilkins, 2006
773. Schoenfeld BJ, Grgic J, Haun C, Itagaki T, Helms ER. Calculating Set-Volume for the Limb Muscles with the Performance of Multi-Joint Exercises: Implications for Resistance Training Prescription. Sports (Basel). 2019
774. Schulteis eA, Reichwein F, Nebelung W. Frozen shoulder. In Schleip R: Fascia, the tensional network of the human body. Schleip R, Findley TW, Chaitow L, Huijing PA (red). Churchill Livingstone Elsevier, 2012 Ch 5.3, pg 199-206
775. Schwartzberg R, Reuss BL, Burkhart BG, Butterfield M, Wu JY, McLean KW. [High Prevalence of Superior Labral Tears Diagnosed by MRI in Middle-Aged Patients With Asymptomatic Shoulders.](#) Orthop J Sports Med. 2016 Jan 5;4(1):2325967115623212. doi: 10.1177/2325967115623212. eCollection 2016 Jan.PMID: 26779556
776. Schwind P. Fascial and membrane technique. Churchill, Livingstone, Elsevier, 2006
777. Scott A, Nordin C. Do dietary factors influence tendon metabolism? In Ackermann, Hart DA ed. Metabolic influences on risk for tendon disorders. Springer Verlag. 2016 Ch 27, pg 283-292
778. Seffinger M. Palpation reliability and validity. In Palpation and assessment in manual therapy. Chaitow L. Handspring publishing 2017. Ch 2 pg 9-26.
779. Seminowicz DA, Wideman TH, Naso L, Hatami-Khoroushahi Z, Fallatah S, Ware MA, Jarzem P, Bushnell MC, Shir Y, Ouellet JA, Stone LS. Effective treatment of chronic low back pain in humans reverses abnormal brain anatomy and function. J Neurosci. 2011 May 18;31(20):7540-50. doi: 10.1523/JNEUROSCI.5280-10.2011.
780. Seminowicz DA, Shpaner M, Keaser ML, Krauthamer GM, Mantegna J, Dumas JA, Newhouse PA, Filippi CG, Keefe FJ, Naylor MR. Cognitive-behavioral therapy increases prefrontal cortex gray matter in patients with chronic pain. J Pain. 2013 Dec;14(12):1573-84. doi: 10.1016/j.jpain.2013.07.020. Epub 2013 Oct 14.
781. Seynnes et al.; Early skeletal muscle hypertrophy and architectural changes in response to high-intensity resistance training; J Appl Physiol 102: 368 –373; 2007
782. Sezgin M, Demirel AC, Karaca C, Ortancil O, Ulkar GB, Kanik A, Cakçi A. [Does hyaluronan affect inflammatory cytokines in knee osteoarthritis?](#) Rheumatol Int. 2005 May;25(4):264-9. doi: 10.1007/s00296-003-0428-7. Epub 2004 Mar 4.PMID: 14999424
783. Shacklock M. Clinical Neurodynamics, A New System of Neuromusculoskeletal Treatment. Edinburg: Elsevier Butterworth-Heinemann, 2010.
784. Shah JP, Gilliams EA. Uncovering the biochemical milieu of myofascial trigger points using in vivo microdialysis: an application of muscle pain concepts to myofascial pain syndrome. J Bodyw Mov Ther. 2008 Oct;12(4):371-84. Epub 2008 Aug 13. Review.
785. Shah JP, Thaker N. Myofascial trigger points, senzitisation, and chronic pain. In Fascia in the osteopathic Field, Liem T, Tozzi P, Chila A. (ed). Handspring Publishing, 2017 Ch 27, pg 247-262
786. Shamley, D.R., Srinanaganathan, R., Weatherall, R., Oskrochi, R., Watson, M., Ostlere, S. et al, Changes in shoulder muscle size and activity following treatment for breast cancer. Breast Cancer Res Treat. 2007;106:19–27
787. Sharkey J. Biotensegrity in sport and movement. In Fascia in Sport and Movement, ed Schleip R, Wilke J. Handspring Publishing 2021 sec. ed. Chapter 11, pg 129-140

788. [Shen](#) H-C, [Chao](#) K-H, [Huang](#) G-S, [Ru-Yu Pan](#), [Chian-Her Lee](#). Combined proximal and distal realignment procedures to treat the habitual dislocation of the patella in adults. *Am J Sports Med* . 2007 Dec;35(12):2101-8. doi: 10.1177/0363546507305014. Epub 2007 Aug 27.
789. Shin TM and Bordeaux JS; The role of massage in scar management: a literature review; Pubmed 2012
790. Shomal Zadeh, F.; Koh, R.G.L.; Dilek, B.; Masani, K.; Kumbhare, D. Identification of Myofascial Trigger Point Using the Combination of Texture Analysis in B-Mode Ultrasound with Machine Learning Classifiers. *Sensors* 2023, 23, 9873. <https://doi.org/10.3390/s23249873>
791. Siengsukon CF, Al-dughmi M, Stevens S. Sleep Health Promotion: Practical Information for Physical Therapists. *Physical Therapy* Volume 97 Number 8 August 2017
792. Sikdar S, Srbely J, Shah J, Assefa Y, Stecco A, DeStefano S, Imamura M and Gerber LH (2023). A model for personalized diagnostics for non-specific low back pain: the role of the myofascial unit. *Front. Pain Res.* 4:1237802. doi: 10.3389/fpain.2023.1237802
793. Sijmonsma J; Medical Taping Concept; Hfdst 5
794. [Silfies](#) SP, [Ebaugh D](#), [Pontillo](#) M, [Butowicz 1](#) CM. Critical review of the impact of core stability on upper extremity athletic injury and performance. *Braz J Phys Ther* . Sep-Oct 2015;19(5):360-8. doi: 10.1590/bjpt-rbf.2014.0108. Epub 2015 Sep 1.
795. Simatou M, Papandreou M, Billis E, Tsekoura M, Mylonas K, Fousekis K. Effects of the Ergon® instrument-assisted soft tissue mobilization technique (IASTM), foam rolling, and static stretching application to different parts of the myofascial lateral line on hip joint flexibility. *J Phys Ther Sci.* 2020 Apr;32(4):288-291. doi: 10.1589/jpts.32.288. Epub 2020 Apr 2.
796. Skandalis SS, Karalis T, Heldin P. Intracellular hyaluronan: Importance for cellular functions. *Semin Cancer Biol.* 2020 May;62:20-30. doi: 10.1016/j.semcancer.2019.07.002. Epub 2019 Jul 2.PMID: 31276783
797. Skene DJ, Lockley SW, Thapan K, Arendt J. Effects of light on human circadian rhythms. *Reprod Nutr Dev.* 1999
798. Skou ST et al. Widespread sensitization in patients with chronic pain after revision total knee arthroplasty. *PAIN_ 154* (2013) 1588–1594
799. Slater AM, Barclay SJ, Granfar RMS and Pratt RL (2024) Fascia as a regulatory system in health and disease. *Front. Neurol.* 15:1458385. doi: 10.3389/fneur.2024.1458385
800. Slocumb, J., 1984. Neurological factors in chronic pelvic pain: trigger points and the abdominal pelvic pain syndrome. *Am. J. Obstet. Gynecol.* 149 (5), 536-543.
801. Slomka G. *Faszien in Bewegung*. Meyer und Meyer Verlag, 2014
802. Sluka KA. Mechanisms and Management of Pain for the Physical Therapist. [Lippincott Williams And Wilkins](#). 2016
803. Smith J, *Structural Bodywork*, Elsevier Health Sciences, 2005
804. Smith MD, Russell A, Hodges PW. Disorders of breathing and continence have a stronger association with back pain than obesity and physical activity. *Aust J Physiother.* 2006;52(1):11-6.
805. Smith NK, Ryan C. *Traumatic scar tissue management*. Handspring Publishing 2016.
806. [Smith](#) TO, [Hunt](#) NJ, [Donell](#) ST. The reliability and validity of the Q-angle: a systematic review. *Knee Surg Sports Traumatol Arthrosc.* . 2008 Dec;16(12):1068-79. doi: 10.1007/s00167-008-0643-6. Epub 2008 Oct 8.
807. Snedeker JG. How High Glucose Levels Affect Tendon Homeostasis. In Ackermann, Hart DA ed. *Metabolic influences on risk for tendon disorders*. Springer Verlag. 2016 Ch 18, pg 191-198
808. Snow BJ, Narvy SJ, Omid R, Atkinson RD, Vangsness CT. Anatomy and histology of the transverse humeral ligament. *Jr. Orthopedics.* 2013 Oct
809. Sollmann N, Mathonia N, Weidlich D, Bonfert M, Schroeder SA, Badura KA, Renner T, Trepte-Freisleder F, Ganter C, Krieg SM, Zimmer C, Rummeny EJ, Karampinos DC, Baum T, Landgraf MN, Heinen F.

Quantitative magnetic resonance imaging of the upper trapezius muscles - assessment of myofascial trigger points in patients with migraine. *J Headache Pain*. 2019 Jan 18;20(1):8. doi: 10.1186/s10194-019-0960-9. PMID: 30658563

810. Soltés L, Kogan G. Catabolism of hyaluronan: involvement of transition metals. *Interdiscip Toxicol*. 2009 Dec;2(4):229-38. doi: 10.2478/v10102-009-0026-y. Epub 2009 Dec 28. PMID: 21217859.
811. Song M et al. MR Imaging Radiomics Analysis Based on Lumbar Soft Tissue to Evaluate Lumbar Fascia Changes in Patients with Low Back Pain. ©2023 The Association of University Radiologists. Published by Elsevier Inc. This is an open access article under the CCBY-NC-ND license (<http://creativecommons.org/licenses/by-nc-nd/4.0/>)
812. Song Z, Banks RW, Bewick GS. [Modelling the mechanoreceptor's dynamic behaviour](#). *J Anat*. 2015 Aug;227(2):243-54. doi: 10.1111/joa.12328. Epub 2015 Jun 25. PMID: 26110655 Free PMC article.
813. Soslowsky LJ, Fryhofer GW. Tendon Homeostasis in Hypercholesterolemia. In Ackermann, Hart DA ed. *Metabolic influences on risk for tendon disorders*. Springer Verlag. 2016 Ch 14, pg 191-198
814. Spalteholz, W., 1893. Die vertheilung der blutgefasse in der haut. *Arch. Anat. Physiol*. 1, 54(B0.
815. Spang C, Alfredson H, Docking SI, Masci L, Andersson G. The plantaris tendon: a narrative review focusing on anatomical features and clinical importance. *Bone Joint J*. 2016 Oct;98-B(10):1312-1319.
816. Speed C. Inflammation in tendon disorders. In Ackermann, Hart DA ed. *Metabolic influences on risk for tendon disorders*. Springer Verlag. 2016 Ch 20, pg 209-220.
817. Splichal E. Barefoot strong. 2015
818. Spranger MD, Krishnan AC, Levy PD, O'Leary DS, Smith SA. Blood flow restriction training and the exercise pressor reflex: a call for concern. *Am J Physiol Heart Circ Physiol*. 2015;309(9):H1440-52.
819. Srbely JZ, Dickey JP, Bent LR, Lee D, Lowerison M. Capsaicin-induced central sensitization evokes segmental increases in trigger point sensitivity in humans. *J Pain*. 2010 Jul;11(7):636-43. doi: 10.1016/j.jpain.2009.10.005. Epub 2009 Dec 16. PMID: 20015704
820. Srbely JZ, Dickey JP, Lee D, Lowerison M. Dry needle stimulation of myofascial trigger points evokes segmental anti-nociceptive effects. *J Rehabil Med*. 2010b; 42(5):463–468 Standley, P.R., Meltzer, K., 2008. In vitro modeling of repetitive motion strain and manual medicine treatments: potential roles for pro- and anti-inflammatory cytokines. *J. Bodyw. Mov. Ther.* 12 (3), 201e203.
821. Srbely JZ. New Trends in the Treatment and Management of Myofascial Pain Syndrome. *Curr Pain Headache Rep* (2010) 14:346–352 DOI 10.1007/s11916-010-0128-4
822. Stabell N, Stubhaug A, Flægstad T, Mayer E, Naliboff BD, Nielsen CS. Widespread hyperalgesia in adolescents with symptoms of irritable bowel syndrome: results from a large population-based study. *J Pain*. 2014 Sep;15(9):898-906. doi: 10.1016/j.jpain.2014.05.007. Epub 2014 Jun 4.
823. Standley PR, Meltzer K. In vitro modeling of repetitive motion strain and manual medicine treatments: potential roles for pro- and anti-inflammatory cytokines. *J Bodyw Mov Ther*. 2008 Jul;12(3):201-3. doi: 10.1016/j.jbmt.2008.05.006. Epub 2008 Jun 30. Review. PMID: 19083676
824. Stankewitz A et al. Pain sensitizers exhibit grey matter changes after repetitive pain exposure: A longitudinal voxel-based morphometry study. *PAIN_ 154* (2013) 1732–1737
825. Starlanyl DJ, Sharkey J. *Healing through trigger point therapy*. Lotus Publishing, Chichester, England, 2013.
826. Starret K. *Ready to run*. Victory Belt Publishing Inc. 2014
827. Stasinopoulos D, Stasinopoulos I. Comparison of effects of eccentric training, eccentric-concentric training, and eccentric-concentric training combined with isometric contraction in the treatment of lateral elbow tendinopathy. *J Hand Ther*. 2017 Jan - Mar;30(1):13-19. doi: 10.1016/j.jht.2016.09.001. Epub 2016 Nov 4.

828. Staud, R., Nagel, S. & Robinson, M.E. Enhanced central pain processing of fibromyalgia patients is maintained by muscle afferent input: A randomized, double-blind, placebo-controlled study. *Pain* 145, 96–104 (2009).
829. Staud R. Is it all central sensitization? Role of peripheral tissue nociception in chronic musculoskeletal pain. *Curr Rheumatol Rep.* 2010 Dec;12(6):448-54.
830. Staud R. Peripheral pain mechanisms in chronic widespread pain. *Best Pract Res Clm Rheumatol.* 2011;25(2):155-164.
831. Staud R. Abnormal endogenous pain modulation is a shared characteristic of many chronic pain conditions. *Expert Rev Neurother.* 2012 May;12(5):577-85. doi: 10.1586/ern.12.41. Review.
832. Staud R. Cytokine and immune system abnormalities in fibromyalgia and other central sensitivity syndromes. *Curr Rheumatol Rev.* 2015;11(2):109-15. Review.
833. Stecco A, Macchi V, Stecco C, Porzionato A, Ann Day J, Delmas V, et al. Anatomical study of myofascial continuity in the anterior region of the upper limb. *J Bodyw Mov Ther.* 2009;13(1):53-62.
834. Stecco A, Cesi M, Stecco C, Stern R (2013) Fascial components of the myofascial pain syndrome. *Current Pain and Headache Reports* 17:352.
835. Stecco A, Meneghini A, Stern R, Stecco C, Imamura M. Ultrasonography in myofascial neck pain: randomized clinical trial for diagnosis and follow-up. *Surg Radiol Anat.* 2014 Apr;36(3):243-53. doi: 10.1007/s00276-013-1185-2. Epub 2013 Aug 23
836. Stecco A, Gilliar W, Hill R, Fullerton B, Stecco C.J. [The anatomical and functional relation between gluteus maximus and fascia lata.](#) *Bodyw Mov Ther.* 2013 Oct;17(4):512-7. doi: 10.1016/j.jbmt.2013.04.004. Epub 2013 May 11. PMID: 24139012
837. Stecco A, Stern R, Fantoni I, De Caro R, Stecco C. Fascial Disorders: Implications for Treatment. *Pm r.* 2016;8(2):161-8.
838. Stecco A, Pirri C, Caro R, Raghavan P. Stiffness and echogenicity: development of a stiffness-echogenicity matrix for clinical problem solving. *Eur J Transl Myol.* 2019;29(3):8476.doi:10.4081/ejtm.2019.8476
839. Stecco A, Pirri C, De Caro R, Raghavan P. Stiffness and echogenicity: Development of a stiffness-echogenicity matrix for clinical problem solving. *Eur J Transl Myol* 29 (3): 178-184, 2019
840. Stecco, A.; Cowman, M.; Pirri, N.; Raghavan, P.; Pirri, C. Densification: Hyaluronan Aggregation in Different Human Organs. *Bioengineering* 2022, 9, 159. <https://doi.org/10.3390/bioengineering9040159>
841. bioengineering9040159
842. Stecco, A.; Bonaldi, L.; Fontanella, C.G.; Stecco, C.; Pirri, C. The Effect of Mechanical Stress on Hyaluronan Fragments' Inflammatory Cascade: Clinical Implications. *Life* 2023, 13, 2277. <https://doi.org/10.3390/life13122277>
843. Stecco C, Gagey O, Macchi V, Porzionato A, De Caro R, Aldegheri R, et al. Tendinous muscular insertions onto the deep fascia of the upper limb. First part: anatomical study. *Morphologie.* 2007;91(292):29-37.
844. Stecco C, Gagey O, Belloni A, Pozzuoli A, Porzionato A, Macchi V, Aldegheri R, De Caro R, Delmas V. [Anatomy of the deep fascia of the upper limb. Second part: study of innervation.](#) *Morphologie.* 2007 Mar;91(292):38-43. doi: 10.1016/j.morpho.2007.05.002. PMID: 17574469
845. Stecco C, Macchi V, Porzionato A, Morra A, Parenti A, Stecco A, Delmas V, De Caro R. [The ankle retinacula: morphological evidence of the proprioceptive role of the fascial system.](#) *Cells Tissues Organs.* 2010;192(3):200-10. doi: 10.1159/000290225. Epub 2010 Feb 27. PMID: 20197652
846. Stecco C, Stern R, Porzionato A et al (2011) Hyaluronan within fascia in the etiology of myofascial pain. *Surgical and Radiologic Anatomy* 33(10): 891-6.
847. Stecco C, Macchi V, Porzionato A, Duparc F, De Caro R. The fascia: the forgotten structure. *Ital J Anat Embryol.* 2011;116(3):127-38.

848. Stecco C en Stecco A. Deep fascia of the shoulder and arm. In Fascia, the tensional network of the human body. Schleip R, Findley TW, Chaitow L, Huijing PA (red). Churchill Livingstone Elsevier, 2012 p25-31. H 1.4
849. Stecco C, Stecco A. Deep fascia of the lower limbs. in Schleip 2012 H1.5 In Fascia, the tensional network of the human body. Schleip R, Findley TW, Chaitow L, Huijing PA (red). Churchill Livingstone Elsevier, 2012 p31-36. H 1.5
850. Stecco C, Stecco A. Fascial manipulation. In Fascia, the tensional network of the human body. Schleip R, Findley TW, Chaitow L, Huijing PA (red). Churchill Livingstone Elsevier, 2012 p335 - 343. Ch. 7.7
851. Stecco C. Functional atlas of the human fascial system. Churchill, Livingstone, Elsevier, 2015.
852. Stecco C, Schleip R. A fascia and the fascial system. J Bodyw Mov Ther. 2016 Jan;20(1):139-40. doi: 10.1016/j.jbmt.2015.11.012.
853. Stecco, C., et al., Update on fascial nomenclature, Journal of Bodywork & Movement Therapies (2017), <https://doi.org/10.1016/j.jbmt.2017.12.015>
854. Stecco C, Fede C, Macchi V, Porzionato A, Petrelli L, Biz C, Stern R, De Caro R. [The fasciocytes: A new cell devoted to fascial gliding regulation.](#) Clin Anat. 2018 Jul;31(5):667-676. doi: 10.1002/ca.23072. Epub 2018 Apr 14.PMID: 29575206
855. Stecco C, Adstrum S, Hedley G, Schleip R, Yucesoy CA. [Update on fascial nomenclature.](#) J Bodyw Mov Ther. 2018 Apr;22(2):354. doi: 10.1016/j.jbmt.2017.12.015. Epub 2017 Dec 27.PMID: 29861233
856. Stecco L, Stecco C. Fascial Manipulation Practical Part . Padova: Piccin, 2009
857. Steffen D, Baar K. Nutrition and loading to improve fascia function. In Fascia in Sport and Movement, ed Schleip R, Wilke J. Handspring Publishing 2021 sec. ed. Chapter 6, pg 63-76
858. Steinberg N, Dar G, Dunlop M & Gaida JE (2017): The relationship of hip muscle performance to leg, ankle and foot injuries: a systematic review, The Physician and Sportsmedicine, DOI: 10.1080/00913847.2017.1280370
859. Sterling M, Ng Tze Siong, Walton D, Smith A. Whiplash-Associated disorders. In: Grieve's modern musculoskeletal physiotherapy, Jull G et al (ed). Elsevier 2015. Chapter 42, Page 423-433
860. Sterling M. Whiplash associated disorders. In: Manual Therapy for Musculoskeletal Pain Syndromes. Fernández- delas penas, Cleland JA, Dommerhold J. Elsevier 2015. Chapter 11, page 110-117
861. Stern R, Asari AA, Sugahara KN. [Hyaluronan fragments: an information-rich system.](#) Eur J Cell Biol. 2006 Aug;85(8):699-715. doi: 10.1016/j.ejcb.2006.05.009. Epub 2006 Jul 5.PMID: 16822580
862. Stewart RH. [A Modern View of the Interstitial Space in Health and Disease.](#) Front Vet Sci. 2020 Nov 5;7:609583. doi: 10.3389/fvets.2020.609583. eCollection 2020.PMID: 33251275
863. Stien N, Pedersen H, Ravnø AH, Andersen V, Saeterbakken AH. Training specificity performing single-joint vs. multi-joint resistance exercises among physically active females: A randomized controlled trial. PLoS One. 2020
864. Stojanović E, Ristić V, McMaster DT, Milanović Z. Effect of Plyometric Training on Vertical Jump Performance in Female Athletes: A Systematic Review and Meta-Analysis. Sports Med. 2017
865. Stone AM, et al., Measures of central hyperexcitability in chronic whiplash associated disorder - a systematic review and meta-analysis, Manual Therapy (2012), <http://dx.doi.org/10.1016/j.math.2012.07.009>
866. St-Onge MP, Grandner MA, Brown D, Conroy MB, Jean-Louis G, Coons M, Bhatt DL. Sleep Duration and Quality: Impact on Lifestyle Behaviors and Cardiometabolic Health: A Scientific Statement From the American Heart Association. Circulation. 2016.
867. Støve MP, Hirata RP, Palsson TS. Regional and widespread pain sensitivity decreases following stretching in both men and women – Indications of stretch-induced hypoalgesia. Journal of Bodywork & Movement Therapies 39 (2024) 32–37
868. Stralka SW Thoracic Outlet Syndrome. In: neck and arm pain syndromes, editors: Fernandez de las Penas C, Cleland J, Huijbregts P. Churchill Livingstone Elsevier, 2015. Chapter 12, pg 132-141.

869. Stranden E; Oedema in venous insufficiency; Phlebolympology 2011
870. Stred'ansk A et al. Understanding frictional behavior in fascia tissues through tribological modeling and material substitution. *Journal of the mechanical behavior of biomedical materials* 155 (2024) 106566
871. Street D, Bangsbo J, Juel C. Interstitial pH in human skeletal muscle during and after dynamic graded exercise. *Journal of Physiology* (2001), 537.3, pp.993–998
872. Strigo IA, Craig AD. Interoception, homeostatic emotions and sympathovagal balance. *Philos Trans R Soc Lond B Biol Sci* 2016;371(1708). doi: 10.1098/rstb.2016.0010.
873. Strimpakos N. The assessment of the cervical spine. Part 1: Range of motion and proprioception. *Journal of Bodywork & Movement Therapies* (2011) 15, 114-124.
874. Suarez-Arrones et al; In-season eccentric-overload training in elite soccer players: effects on body composition, strength and sprint performance; PLOS one; 2018
875. Suarez-Rodriguez, V.; Fede, C.; Pirri, C.; Petrelli, L.; Loro-Ferrer, J.F.; Rodriguez-Ruiz, D.; De Caro, R.; Stecco, C. Fascial Innervation: A Systematic Review of the Literature. *Int. J. Mol. Sci.* 2022, 23, 5674. [https://doi.org/ 10.3390/ijms23105674](https://doi.org/10.3390/ijms23105674)
876. Sudo M, Ando S, Poole DC, Kano Y. Blood flow restriction prevents muscle damage but not protein synthesis signaling following eccentric contractions. *Physiol Rep.* 2015 Jul;3(7). pii: e12449. doi: 10.14814/phy2.12449
877. Sullivan MJ, Scott W, Trost Z. [Perceived injustice: a risk factor for problematic pain outcomes.](#) *Clin J Pain.* 2012 Jul;28(6):484-8. doi: 10.1097/AJP.0b013e3182527d13.PMID: 22673480
878. Taguchi T, Hoheisel U, Mense S. Dorsal horn neurons having input from low back structures in rats. *Pain.* 2008 Aug 15;138(1):119-29. doi: 10.1016/j.pain.2007.11.015.
879. Tahrán Ö, Yeşilyaprak SS. Effects of Modified Posterior Shoulder Stretching Exercises on Shoulder Mobility, Pain, and Dysfunction in Patients With Subacromial Impingement Syndrome. *Sports Health.* 2020 Mar/Apr;12(2):139-148. doi: 10.1177/1941738119900532. Epub 2020 Feb 4. PMID: 32017660
880. Tajerian M, Alvarado S, Millegamps M, Dashwood T, Anderson KM, Haglund L, Ouellet J, Szyf M, Stone LS. [DNA methylation of SPARC and chronic low back pain.](#) *Mol Pain.* 2011 Aug 25;7:65. doi: 10.1186/1744-8069-7-65.PMID: 21867537
881. Tajerian M, Clark JD. New Concepts in Complex Regional Pain Syndrome.*Hand Clin.* 2016 Feb;32(1):41-9. doi: 10.1016/j.hcl.2015.08.003.PMID: 26611388
882. Tajerian M, Clark JD. *Neural Plast.* [Nonpharmacological Interventions in Targeting Pain-Related Brain Plasticity.](#) 2017;2017:2038573. doi: 10.1155/2017/2038573. Epub 2017 Feb 16.PMID: 28299206
883. Tajerian M, Clark JD. [The role of the extracellular matrix in chronic pain following injury.](#) *Pain.* 2015 Mar;156(3):366-70. doi: 10.1097/01.j.pain.0000460323.80020.9d.PMID: 25679468
884. Takarada Y, Nakamura Y, Aruga S, Onda T, Miyazaki S, Ishii N. Rapid increase in plasma growth hormone after low-intensity resistance exercise with vascular occlusion. *J Appl Physiol* (1985). 2000;88(1):61-5
885. Takaoka H. The power of body awareness. Babel press USA, 2014.
886. Tammi MI, Day AJ, Turley EA. [Hyaluronan and homeostasis: a balancing act.](#) *J Biol Chem.* 2002 Feb 15;277(7):4581-4. doi: 10.1074/jbc.R100037200. Epub 2001 Nov 20.PMID: 11717316
887. Tasmuth, T., Von Smitten, K., Kalso, E. Pain and other symptoms during the first year after radical and conservative surgery for breast cancer. *Br J Cancer.* 1996;74:2024–2031
888. Tassenoy, A., De Mey, J., Stadnik, T, et al., 2009. Histological findings compared with magnetic resonance and ultrasonographic imaging in irreversible postmastectomy
889. Tavakkoli M, Hasanegad A, Bahrpeyma F, Rezakhani S, Sadeghi M. Comparative effect of suboccipital myofascial release and remote release on cervicogenic headache: A Pilot Study. *Journal of Bodywork & Movement Therapies* 40 (2024) 256–262. <https://doi.org/10.1016/j.jbmt.2024.04.010>

890. Taye N, Karoulias SZ, Hubmacher D. The "other" 15-40%: The Role of Non-Collagenous Extracellular Matrix Proteins and Minor Collagens in Tendon. *J Orthop Res.* 2020;38(1):23-35.
891. Taylor B, Lovegrove Jones R, Chaitow L. Muskuloskeletal causes and the contribution of sport to the evolution of chronic lumbopelvic pain. in Chaitow 2012 Chaitow L, Lovegrove Jones R. *Chronic pelvic pain and dysfunction.* Elsevier Churchill Livingstone, 2012. Ch 6, pg 83-128.
892. Terry, G.C., Laprade, R.F., 1996. The posterolateral aspect of the knee. *Anatomy and surgical approach Am J.Sports Med.* 24(6), 732-739
893. Tesarz J, Hoheisel U, Wiedenhöfer B, Mense S. Sensory innervation of the thoracolumbar fascia in rats and humans. *Neuroscience.* 2011 Oct 27;194:302-8
894. Teutsch S, Herken W, Bingel U, Schoell E, Maya E. Changes in brain gray matter due to repetitive painful stimulation. *NeuroImage* 42 (2008) 845–849.
895. Thernstrom M. *The pain chronicles.* Farrar, Straus and Giroux New York, 2010.
896. Thiel W. *Fotografische atlas van de praktische anatomie.* Springer 2008.
897. Thomas J, Klingler W. The influence of pH and other metabolic factors on fascial properties. In: Schleip R, Findley TW, 2012 Ch 4.4
898. Thomas E, Bianco A, Paoli A, Palma A. The Relation Between Stretching Typology and Stretching Duration: The Effects on Range of Motion. *Int J Sports Med.* 2018;39(4):243-54.
899. Thomas M, Pike C, Wigg J; Conversation of use of SLD in current practice; Swansea Lymphoedema service; 2014
900. Thorpe CT, Screen HRC. Tendon Structure and Composition. In Ackermann, Hart DA ed. *Metabolic influences on risk for tendon disorders.* Springer Verlag. 2016 Ch 1, pg 3-10.
901. Timmins et al.; Short biceps femoris fascicles and eccentric knee flexor weakness increase the risk of hamstring injury in elite football; *British Journal Sports Medicine*; 2015.
902. Tobias, P.V., Arnold M. *Man's anatomy. A study in dissection. Back and limbs. Vol. III.* Witwatersrand University Press, Johannesburg; 1977
903. Tommaso G, Antonello V, Marco M, Marco T, Giacomo R, (2019) *Manual therapy: Exploiting the role of human touch.* *Musculoskeletal Science and Practice*, doi: [https:// doi.org/10.1016/j.msksp.2019.07.008](https://doi.org/10.1016/j.msksp.2019.07.008).
904. Tømmerraas K, Melander C. Kinetics of hyaluronan hydrolysis in acidic solution at various pH values. *Biomacromolecules.* 2008; 9(6): 1535–40 doi: 10.1021/bm701341y.
905. Tousignant-Laflamme Y, Martel MO, Joshi AB, Cook CE. Rehabilitation management of low back pain – it’s time to pull it all together! *Journal of Pain Research*, 3 october 2017
906. Tozzi P, Bongiorno D, Vitturini C. Fascial release effects on patients with non-specific cervical or lumbar pain. *Journal of Bodywork & Movement Therapies* (2011) 15, 405e416
907. Tozzi P. A unifying neuro-fasciagenic model of somatic dysfunction - underlying mechanisms and treatment - Part I. *J Bodyw Mov Ther.* 2015 Apr;19(2):310-26. doi: 10.1016/j.jbmt.2015.01.001. Review.
908. Tozzi P. A unifying neuro-fasciagenic model of somatic dysfunction - Underlying mechanisms and treatment - Part II. *J Bodyw Mov Ther.* 2015 Jul;19(3):526-43. doi: 10.1016/j.jbmt.2015.03.002. Review.
909. Tracey I (ed.) *Pain 2012 – refresher courses 14th World congress on Pain.* IASP Press, 2012
910. Treede RD. Gain control mechanisms in the nociceptive system. *Pain.* 2016 Jun;157(6):1199-1204. doi: 10.1097/j.pain.0000000000000499.PMID: 26817644
911. Treleaven J. Dizziness, Unsteadiness, Visual Disturbances, and Sensorimotor Control in Traumatic Neck Pain. *J Orthop Sports Phys Ther.* 2017 Jul;47(7):492-502. doi: 10.2519/jospt.2017.7052. Epub 2017 Jun 16.
912. Tremblay L. *The therapeutic pause in osteopathy and manual therapy.* Handspring Publishing, Edinburgh, 2015
913. Triggs-Raine B, Natowicz MR. [Biology of hyaluronan: Insights from genetic disorders of hyaluronan metabolism.](#) *World J Biol Chem.* 2015 Aug 26;6(3):110-20. doi: 10.4331/wjbc.v6.i3.110.

914. Tsao H, Hodges PW. Persistence of improvements in postural strategies following motor control training in people with recurrent low back pain. *J Electromyogr Kinesiol.* 2008 Aug;18(4):559-67. doi: 10.1016/j.jelekin.2006.10.012. Epub 2007 Mar 2. PMID: 17336546
915. Tsuzaki M, Guyton G, Garrett W, Archambault JM, Herzog W, Almekinders L, Bynum D, Yang X, Banes AJ. IL-1 beta induces COX2, MMP-1, -3 and -13, ADAMTS-4, IL-1 beta and IL-6 in human tendon cells. *J Orthop Res.* 2003 Mar;21(2):256-64. doi: 10.1016/S0736-0266(02)00141-9. PMID: 12568957
916. Tuckey B, Srbely J, Rigney G, Vythilingam M and Shah J (2021) Impaired Lymphatic Drainage and Interstitial Inflammatory Stasis in Chronic Musculoskeletal and Idiopathic Pain Syndromes: Exploring a Novel Mechanism. *Front. Pain Res.* 2:691740. doi: 10.3389/fpain.2021.69174
917. Tunc-Ata M, Mergen-Dalyanoglu M, Turgut S, Turgut G. Effect of acute and chronic exercise on plasma matrix metalloproteinase and total antioxidant levels. *Journal of Exercise Rehabilitation* 2017;13(5):508-513. <https://doi.org/10.12965/jer.1735018.509>
918. Turner JA, Anderson ML, Balderson BH, Cook AJ, Sherman KJ, Cherkin DC. [Mindfulness-based stress reduction and cognitive behavioral therapy for chronic low back pain: similar effects on mindfulness, catastrophizing, self-efficacy, and acceptance in a randomized controlled trial.](#) *Pain.* 2016 Nov;157(11):2434-2444. doi: 10.1097/j.pain.0000000000000635. PMID: 27257859
919. Turo D, Otto P, Shah JP, Heimur J, Gebreab T, Zaazhoa M, Armstrong K, Gerber LH, Sikdar S. Ultrasonic characterization of the upper trapezius muscle in patients with chronic neck pain. *Ultrason Imaging.* 2013 Apr;35(2):173-87. doi: 10.1177/0161734612472408. PMID: 23493615
920. Turvey, M.T., Fonseca, S.T., 2014. The medium of haptic perception: a tensegrity hypothesis. *J. Mot. Behav.* 46 (3), 143e187.
921. Ugwoke, C.K.; Cvetko, E.; Umek, N. Pathophysiological and Therapeutic Roles of Fascial Hyaluronan in Obesity-Related Myofascial Disease. *Int. J. Mol. Sci.* 2022, 23, 11843. <https://doi.org/10.3390/ijms231911843>
922. Uhlmann A. Der Sport ist der praktische Arzt am Krankenlager des deutschen Volkes: Wolfgang Kohrausch (1888 -1980) und die Geschichte der deutschen Sportmedizin (German) Paperback January 1, 2005.
923. Uvnäs Moberg K. De oxytocine factor. Uitgeverij Toeris, Amsterdam, 2007.
924. Valentić-Peruzović M. Temporomandibular disorders - problems in diagnostics. *Rad 507. Medical Sciences* 2010; 34:11-32.
925. Valenza MC et al. Alteration in Sleep Quality in Patients with Mechanical Insidious Neck Pain and Whiplash-Associated Neck Pain. *Am. J. Phys. Med. Rehabil.* & Vol. 91, No. 7, July 2012
926. Valachova, K.; Hassan, M.E.; Šoltes, L. Hyaluronan: Sources, Structure, Features and Applications. *Molecules* 2024, 29, 739. <https://doi.org/10.3390/molecules29030739>
927. Valouchová P and Lewit K; Surface electromyography of abdominal and back muscles in patients with active scars; *Journal of Bodywork and Movement Therapies* 2008
928. Vasquez A. Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia. reatespace Independent Publishing Platform, 2016
929. Vasquez A. Inflammation Mastery. [International College of Human Nutrition and Functional Medicine](#), 2016.
930. Verdonk HPM; Oedeem en oedeemtherapie; 2011
931. Verne GN, Robinson ME, Vase L, Price DD. Reversal of visceral and cutaneous hyperalgesia by local rectal anesthesia in irritable bowel syndrome (IBS) patients. *Pain* 105 (2003) 223–230
932. Vicens-Bordas J, Esteve E, Fort-Vanmeerhaeghe A, Bandholm T, Thorborg K. Is inertial flywheel resistance training superior to gravity-dependent resistance training in improving muscle strength? A systematic review with meta-analyses. *J Sci Med Sport.* 2018

933. Vierck CJ Jr. Mechanisms underlying development of spatially distributed chronic pain (fibromyalgia). *Pain* 124 (2006) 242–263
934. Vignemont F de. Pain and the spatial boundaries of the bodily self. In *Pain and the conscious brain*. Garcia-Larrea L, Jackson PL (ed) IASP, Wolters Kluwer, 2016. Chapter 3, pg 35-44.
935. Vincent K, Leboeuf-Yde C, Gagey O. [Are degenerative rotator cuff disorders a cause of shoulder pain? Comparison of prevalence of degenerative rotator cuff disease to prevalence of nontraumatic shoulder pain through three systematic and critical reviews](#). *J Shoulder Elbow Surg*. 2017 May;26(5):766-773. doi: 10.1016/j.jse.2016.09.060. Epub 2017 Jan 12. PMID: 28089260
936. Vincenzino B, Hing W, Rivett D, Hall T. *Mobilisation with movement*. Churchill, Livingstone, Elsevier. 2011
937. Visscher CM, Lobbezoo F, Laats A de, et al. A multicentre study to the concurrent validity of diagnostic TMD tests in TMD pain patients, dental patients and pain-free subject. *J. Oral Rehabil*. 2008;35:57.
938. Vleeming A. The thoracolumbar fascia: an integrated functional view of the anatomy of the TLF and coupled structures. In *Fascia, the tensional network of the human body*. Schleip R, Findley TW, Chaitow L, Huijing PA (red). Churchill Livingstone Elsevier, 2012 p 37-44.
939. Vleeming A. Anatomy and biomechanics of the pelvis. In: Chaitow L, Lovegrove Jones R. *Chronic pelvic pain and dysfunction*. Elsevier Churchill Livingstone, 2012, Ch 2.2, pg 13-32
940. van der Vlist AC, Breda SJ, Oei EH, Verhaar JAN, de Vos RJ. Clinical risk factors for Achilles tendinopathy: a systematic review. *Br J Sports Med*. 2019
941. Voermans NC, Huijing P. Fascia-related disorders: Hypermobility. In *Fascia, the tensional network of the human body*. Schleip R, Findley TW, Chaitow L, Huijing PA (red). Churchill Livingstone Elsevier, 2012 p 245-252.
942. Vogel, S.; Magerl, W.; Treede, R.-D.; Schilder, A. Dose-dependent pain and pain radiation after chemical stimulation of the thoracolumbar fascia and multifidus muscle: A single-blinded, cross-over study revealing a higher impact of fascia stimulation. *Life* 2022, 12, 340. [CrossRef]
943. Vuvan V, Vincenzino B, Mellor R, Heales L, Coombes B (2019) Unsupervised Isometric Exercise versus Wait-and-See for Lateral Elbow Tendinopathy. *Med Sci Sports Exerc*. doi:10.1249/MSS.0000000000002128
944. Wal A van der, Michiels S, Van de Heyning P, et al. Treatment of Somatosensory Tinnitus: A Randomized Controlled Trial Studying the Effect of Orofacial Treatment as Part of a Multidisciplinary Program. *J Clin Med*. 2020;9(3):705. Published 2020 Mar 5. doi:10.3390/jcm9030705
945. Wal JC van der. The architecture of connective tissue as parameter for proprioception - an often overlooked functional parameter as to proprioception in the locomotor apparatus. *International Journal of Therapeutic Massage & Bodywork: Research, Education, & Practice* 2009; 2(4): 9-23.
946. Wal JC van der. Proprioception. In *Fascia, the tensional network of the human body*. Schleip R, Findley TW, Chaitow L, Huijing PA (red). Churchill Livingstone Elsevier, 2012 p 77-80. Ch 2.2
947. Wal J van der. Van Der Wal's response to Stecco's fascial nomenclature editorial: some functional considerations as to nomenclature in the domain of the fascia and connective tissue. *J Bodyw Mov Ther*. 2015 Apr;19(2):304-9. doi: 10.1016/j.jbmt.2015.01.002.
948. Wall ME, Dymont NA, Bodle J, Volmer J, Lobo E, Cederlund A, Fox AM, Banes AJ. Cell Signaling in Tenocytes: Response to Load and Ligands in Health and Disease. In Ackermann, Hart DA ed. *Metabolic influences on risk for tendon disorders*. Springer Verlag. 2016 Ch 7, pg 79-98.
949. Walker AK, Kavelaars CJ, Heijnen CJ, Dantzer R. Neuroinflammation and comorbidity of pain and depression. *Pharmacological Reviews* 2014;66:80-101.
950. Wallace DJ, Linker-Israeli M, Hallegua D, Silverman S, Silver D, Weisman MH. [Cytokines play an etiopathogenetic role in fibromyalgia: a hypothesis and pilot study](#). *Rheumatology (Oxford)*. 2001 Jul;40(7):743-9. doi: 10.1093/rheumatology/40.7.743. PMID: 11477278

951. Wallace DJ, Hallegua DS. [Fibromyalgia: the gastrointestinal link](#). Curr Pain Headache Rep. 2004 Oct;8(5):364-8. doi: 10.1007/s11916-996-0009-z.PMID: 15361320
952. Walton DM, Elliott JM. An Integrated Model of Chronic Whiplash-Associated Disorder. J Orthop Sports Phys Ther. 2017 Jul;47(7):462-471. doi: 10.2519/jospt.2017.7455. Epub 2017 Jun 16.
953. Wang T. Peripheral nociceptors as immune sensors in the development of pain and itch. In Ma C. Huang Y ed. Translational research in pain and itch. Springer science + business media, Dordrecht, 2016
954. Wang TJ, Stecco A, Schleip R, Stecco C, Pirri C. Change in gliding properties of the iliotibial tract in hypermobile Ehlers–Danlos Syndrome. Vol.:(0112 33456789) Journal of Ultrasound (2023) 26:809–813 <https://doi.org/10.1007/s40477-023-00775-7>
955. Ward G. What the foot. Soap Box Books, 2013.
956. Warneke K, Rabitsch T, Dobert P, Wilke J. The effects of static and dynamic stretching on deep fascia stiffness:a randomized, controlled cross-over study. European Journal of Applied Physiology (2024) 124:2809–2818 <https://doi.org/10.1007/s00421-024-05495-2>
957. Warwick R, P.L. Williams (Eds.) Gray's anatomy. 35th ed. Longman, Edinburgh; 1976
958. Wasserman JB, et al; chronic caesarian section scar pain treated with fascial scar release techniques: a case series; Jounal of Bodywork and Movement Therapies 2016
959. Watanabe T, Ono H, Y. Morimoto, Y. Otsuki, Shirai M, Endoh A, Natiot M, Onoue Y, Hongo T. Skull involvement in a pediatric case of chronic recurrent multifocal osteomyelitis. Nagoya Journal medical science. 493-500. 2015.
960. Watson DH, Drummond PD. Cervical referral of head pain in migraineurs: Effects on the nociceptive blink reflex. [Headache 2014; 54:1035-1045](#)
961. Watson T. Electrophysical Agents, Evidence-based Practice. Elsevier, 2020.
962. Weil AJ. [High molecular weight hyaluronan for treatment of chronic shoulder pain associated with glenohumeral arthritis](#). Med Devices (Auckl). 2011;4:99-105. doi: 10.2147/MDER.S22423. Epub 2011 Jul 26.PMID: 22915936
963. Weisman MH, Haddad M, Lavi N, Vulfsons S. Surface electromyographic recordings after passive and active motion along the posterior myofascial kinematic chain in healthy male subjects. J Bodyw Mov Ther. 2014 Jul;18(3):452-61. doi: 10.1016/j.jbmt.2013.12.007.
964. Weiss, J., 2001. Pelvic floor myofascial trigger points: manual therapy for interstitial cystitis and the urgency-frequency syndrome. J. Urol. 166, 2226-2231.
965. Wemmie JA, Taugher RJ, Kreple CJ. Acid-sensing ion channels in pain and disease. Nature reviews | Neuroscience Volume 14 | July 2013, 461- 471
966. Weon JH, Oh JS, Cynn HS, Kim YW, Kwon OY, Yi CH. Influence of forward head posture on scapular upward rotators during isometric shoulder flexion. J Bodyw Mov Ther. 2010 Oct;14(4):367-74. doi: 10.1016/j.jbmt.2009.06.006. Epub 2009 Jul 22.
967. Wemmie JA, Taugher RJ, Kreple C. [Acid-sensing ion channels in pain and disease](#). J.Nat Rev Neurosci. 2013 Jul;14(7):461-71. doi: 10.1038/nrn3529.PMID: 23783197
968. Weweg M, van den Berg R, Ward RE, Keech A. The effects of high-intensity interval training vs. moderate-intensity continuous training on body composition in overweight and obese adults: a systematic review and meta-analysis. Obes Rev. 2017 Jun;18(6):635-646. doi: 10.1111/obr.12532. Epub 2017 Apr 11.
969. Wiech K, Tracey I. The influence of negative emotions on pain: Behavioral effects and neural mechanisms. NeuroImage 47 (2009) 987–994. doi:10.1016/j.neuroimage.2009.05.059
970. Wieckiewicz M, Grychowska N, Zietek M, Wieckiewicz G, Smardz J. Evidence to Use Botulinum Toxin Injections in Tension-Type Headache Management: A Systematic Review. Toxins (Basel). 2017;9(11):370. Published 2017 Nov 15. doi:10.3390/toxins9110370
971. Wies, J. Treatment of eight patients with frozen shoulder: a case study series. J Bodywork Movement Ther. 2005;9:58–64

972. Wiesinger HP, Seynnes OR, Kösters A, Müller E, Rieder F. Mechanical and Material Tendon Properties in Patients With Proximal Patellar Tendinopathy. *Front Physiol.* 2020;
973. Wigg J; A pilot randomised control trial to compare a new intermittent pneumatic compression device and i2.chamber garment with current best practice in the management of limb Lymphoedema; European Society of Lymphology 2009
974. Wigg J; Supervised self-management of lower limb swelling using FarrowWrap; *Br J Community Nurs* 2012
975. Wigg J et al; Retrospective study to determine the incidence of genital oedema following treatment with modern intermittent pneumatic compression (Hydroven 12, LymphAssist); Presented at the ISL congress; 2013
976. Wight TN, Provisional matrix: a role for versican and hyaluronan, *Matrix Biol.* 60–61 (2017) 38–56. [PubMed: 27932299]
977. Wight TN, Kang I, Evanko SP, Harten IA, Chang MY, Pearce OMT, Allen CE, Frevert CW. [Versican-A Critical Extracellular Matrix Regulator of Immunity and Inflammation](#). *Front Immunol.* 2020 Mar 24;11:512. doi: 10.3389/fimmu.2020.00512. eCollection 2020.PMID: 32265939
978. Wijk ER van der. De invloed van fascia op perifere nocisensoriek bij chronische pijn. *Physios*, nummer 4, dec 2014
979. Wilke J, Engeroff T, Nürnberger F, Vogt L, Banzer W. [Anatomical study of the morphological continuity between iliotibial tract and the fibularis longus fascia](#). *Surg Radiol Anat.* 2016 Apr;38(3):349-52. doi: 10.1007/s00276-015-1585-6. Epub 2015 Nov 2.
980. Wilke J, Niederer D, Vogt L, Banzer W.J. [Remote effects of lower limb stretching: preliminary evidence for myofascial connectivity?](#) *Sports Sci.* 2016 (a) Nov;34(22):2145-2148. doi: 10.1080/02640414.2016.1179776. Epub 2016 Apr 28.PMID: 27124264
981. Wilke J, Vogt L, Niederer D, Banzer W. Is remote stretching based on myofascial chains as effective as local exercise? A randomised-controlled trial. *J Sports Sci.* 2016 (b) Nov 7:1-7.
982. Wilke J, Krause F, Vogt L, Banzer W. What Is Evidence-Based About Myofascial Chains: A Systematic Review. *Arch Phys Med Rehabil.* 2016 (c) Mar;97(3):454-61. doi: 10.1016/j.apmr.2015.07.023. Review.
983. Wilke J, Schleip R, Klingler W, Stecco C. [The Lumbodorsal Fascia as a Potential Source of Low Back Pain: A Narrative Review](#). *Biomed Res Int.* 2017;2017:5349620. doi: 10.1155/2017/5349620. Epub 2017 May 11.PMID: 28584816
984. Wilke J, Krause F. Myofascial chains of the upper limb: A systematic review of anatomical studies. *Clin Anat.* 2019 (a);32(7):934-40.
985. Wilke J, Hespanhol L, Behrens M. Is It All About the Fascia? A Systematic Review and Meta-analysis of the Prevalence of Extramuscular Connective Tissue Lesions in Muscle Strain Injury. *Orthop J Sports Med.* 2019 (b);7(12):2325967119888500
986. Wilke J, Macchi V, De Caro R, Stecco C. Fascia thickness, aging and flexibility: is there an association? *J. Anat.* (2019) 234, pp43--49
987. Wilke J. What is it good for? An evidence-based review of stretching in sport and movement. In *Fascia in Sport and Movement*, ed Schleip R, Wilke J. Handspring Publishing 2021 sec. ed. Chapter 10, pg 117-128
988. Wilke J. Myofascial continuity: Towards a new understanding of human anatomy. In *Fascia in Sport and Movement*, ed Schleip R, Wilke J. Handspring Publishing 2021 sec. ed. Chapter 12, pg 141-146
989. Wilke J. Mechanical force transmission across myofascial chains. In *Fascia in Sport and Movement*, ed Schleip R, Wilke J. Handspring Publishing 2021 sec. ed. Chapter 13, pg 147-156
990. Wilke J, Alfredsom H. Eccentric training: the key for a stronger, more resilient athlete? In *Fascia in Sport and Movement*, ed Schleip R, Wilke J. Handspring Publishing 2021 sec. ed. Chapter 26, pg 291-300

991. Willard FH, Vleeming A, Schuenke MD, Danneels L, Schleip R. The thoracolumbar fascia: anatomy, function and clinical considerations. *J Anat.* 2012 Dec;221(6):507-36. doi: 10.1111/j.1469-7580.2012.01511.x. Epub 2012 May 27.
992. Wise D, Anderson R. A Headache in the PelvisThe Definitive Guide to Understanding and Treating Chronic Pelvic Pain. 2018.
993. Wittlinger G, Wittlinger H; Textbook of Dr Vodder Manual lymphatic drainage, Basic course; 2003
994. Wong KK, Chai HM, Chen YJ, Wang CL, Shau YW, Wang SF. [Mechanical deformation of posterior thoracolumbar fascia after myofascial release in healthy men: A study of dynamic ultrasound imaging.](#) *Musculoskelet Sci Pract.* 2017 Feb;27:124-130. doi: 10.1016/j.math.2016.10.011. Epub 2016 Oct 25.PMID: 27847243
995. Wong VW, Akaishi S, Longaker MT et al. Pushing back: wound mechanotransduction in repair and regeneration. Review. *Journal of Investigative Dermatology*, Vol. 131, Issue 11, 2186-2196, 2011
996. Wood S, Fryer G, Fon Tan LL, Cleary C. Dry cupping for musculoskeletal pain and range of motion: A systematic review and meta-analysis. *Journal of Bodywork & Movement Therapies* 24 (2020) 503e518
997. Woodcock TE, Woodcock TM; Revised Starling equation and the glycocalyx model of transvascular fluid exchange: an improved paradigm for prescribing intravenous fluid therapy; *Brit.JO Anaes* 2012
998. Woods M; Patients perceptions of breast-cancer related Lymphoedema; *European journal of cancer care*; 1993
999. Woolf CJ. Uncovering the Relation between Pain and Plasticity. *Anesthesiology* 2007; 106:864–7
1000. Woolf CJ. Central sensitization: implications for the diagnosis and treatment of pain. *Pain.* 2011 Mar;152(3 Suppl):S2-15. Epub 2010 Oct 18. Review.
1001. Van der Worp H, de Poel HJ, Diercks RL, van den Akker-Scheek I, Zwerver J. Jumper's knee or lander's knee? A systematic review of the relation between jump biomechanics and patellar tendinopathy. *Int J Sports Med.* 2014
1002. Wyrick, S.L., Waltke, L.J., Ng, A.V. Physical therapy may promote resolution of lymphatic cording in breast cancer survivors. *Rehab Oncol.* 2006;24:29–34
1003. Xu YM, Ge HY, Arendt-Nielsen L. Sustained nociceptive mechanical stimulation of latent myofascial trigger point induces central sensitization in healthy subjects *J Pain.* 2010 Dec;11(12):1348-55. doi: 10.1016/j.jpain.2010.03.010. Epub 2010 May 6
1004. Yang G, Im HJ, Wang JH. Repetitive mechanical stretching modulates IL-1beta induced COX-2, MMP-1 expression, and PGE2 production in human patellar tendon fibroblasts. *Gene.* 2005 Dec 19;363:166-72. doi: 10.1016/j.gene.2005.08.006. Epub 2005 Oct 13.PMID: 16226404
1005. Yi R, Bratchenko WW, Tan V. Deep Friction Massage Versus Steroid Injection in the Treatment of Lateral Epicondylitis. *Hand (N Y).* 2017
1006. Ylinen J, Salo P, Järvenpää S, Häkkinen A, Nikander R. Isometric endurance test of the cervical flexor muscles – Reliability and normative reference values. *Journal of Bodywork and Movement Therapies*, 2017, Vol. 21, Issue 3, p637–641
1007. Yonter SJ, Alter K, Bartels MN, Bean JF, Brodsky MB, González-Fernández M, et al. What Now for Rehabilitation Specialists? Coronavirus Disease 2019 Questions and Answers. *Arch Phys Med Rehabil.* 2020
1008. Yucesoy CA, Maas H, Koopman BH, Grootenboer HJ, Huijing PA. Mechanisms causing effects of muscle position on proximo-distal muscle force differences in extra-muscular myofascial force transmission. *Med Eng Phys.* 2006;28(3):214-26.
1009. Yucesoy CA. Myofascial force transmission to synergistic and antagonistic muscles. In *Fascia in Sport and Movement*, ed Schleip R, Wilke J. Handspring Publishing 2021 sec. ed. Chapter 14, pg 157-168
1010. Zaina F et al. A Systematic Review of Clinical Practice Guidelines for Persons With Non-specific Low Back Pain With and Without Radiculopathy:I dentification of Best Evidence for Rehabilitation to Develop the

1011. Zameziati K, Morin JB, Deiuri E, Telonio A, Belli A. Influence of the contact time on coupling time and a simple method to measure coupling time. *Eur J Appl Physiol*. 2006;96(6):752-6.
1012. Zautra AJ, Fasman R, Davis MC, Craig AD: The effects of slow breathing on affective responses to pain stimuli: An experimental study. *Pain* 149:12-18, 2010
1013. Zech A, Meining S, Kirsten Hötting 3, Dominik Liebl 4, Klaus Mattes 2, Karsten Hollander. Effects of barefoot and footwear conditions on learning of a dynamic balance task: a randomized controlled study. *Randomized Controlled Trial Eur J Appl Physiol* . 2018 Dec;118(12):2699-2706. doi: 10.1007/s00421-018-3997-6. Epub 2018 Sep 28.
1014. [Zheng L](#), [Huang Y](#), [Song W](#), [Gong X](#), [Liu M](#), [Jia X](#), [Zhou G](#), [Chen L](#), [Li A](#), [Fan Y](#). Fluid shear stress regulates metalloproteinase-1 and 2 in human periodontal ligament cells: involvement of extracellular signal-regulated kinase (ERK) and P38 signaling pathways. [J Biomech](#). 2012 Sep 21;45(14):2368-75. doi: 10.1016/j.jbiomech.2012.07.013. Epub 2012 Aug 3
1015. Zorn A. Physical thoughts about structure: the elasticity of fascia. *Structural Integration / MARCH* 2007
1016. Zorn A, Hodeck K. Walk with elastic fascia. in Dalton E (ed.). *Dynamic body, exploring form, expanding function*. Freedom from pain institute, 2012. Pg 96-123
1017. Zorn A. Elastic walking. In: Schleip R, Baker A. (ed). *Fascia in sport and movement*. Handspring Publishing, Edinburgh 2015 p 161-170.
1018. Zügel M, Maganaris CN, Wilke J, Jurkat-Rott K, Klingler W, Wearing SC, Findley T, Barbe MF, Steinacker JM, Vleeming A, Bloch W, Schleip R, Hodges PW. [Fascial tissue research in sports medicine: from molecules to tissue adaptation, injury and diagnostics: consensus statement](#). *Br J Sports Med*. 2018 Dec;52(23):1497. doi: 10.1136/bjsports-2018-099308. Epub 2018 Aug 2. PMID: 30072398
1019. Zwerver J, Waugh C, van der Worp H, Scott A. Can Shockwave Therapy Improve Tendon Metabolism? In Ackermann, Hart DA ed. *Metabolic influences on risk for tendon disorders*. Springer Verlag. 2016 Ch 26, pg 275-282.