



# Références Secondaires

du livre [Conseils d'un physio](#)

L'auteur [Denis Fortier](#) est physiothérapeute au CHU Sainte-Justine, blogueur au [Huffington Post](#) et chroniqueur à [V Télé](#).

\*les références principales du livre Conseils d'un physio se trouvent à la fin de l'ouvrage

## CHANGER SON QUOTIDIEN

### - La posture debout -

- Adams, M.A. & Dolan, P. 1996, "Time-dependent changes in the lumbar spine's resistance to bending", *Clinical biomechanics (Bristol, Avon)*, vol. 11, no. 4, pp. 194-200.
- Anderson, J. & Stanek, J. 2013, "Effect of foot orthoses as treatment for plantar fasciitis or heel pain", *Journal of Sport Rehabilitation*, vol. 22, no. 2, pp. 130-136.
- Antle, D.M. & Cote, J.N. 2013, "Relationships between lower limb and trunk discomfort and vascular, muscular and kinetic outcomes during stationary standing work", *Gait & posture*, vol. 37, no. 4, pp. 615-619.
- Ball, E.M., McKeeman, H.M., Patterson, C., Burns, J., Yau, W.H., Moore, O.A., Benson, C., Foo, J., Wright, G.D. & Taggart, A.J. 2013, "Steroid injection for inferior heel pain: a randomised controlled trial", *Annals of the Rheumatic Diseases*, vol. 72, no. 6, pp. 996-1002.
- Barkema, D.D., Derrick, T.R. & Martin, P.E. 2012, "Heel height affects lower extremity frontal plane joint moments during walking", *Gait & posture*, vol. 35, no. 3, pp. 483-488.
- Beynnon, B.D., Murphy, D.F. & Alosa, D.M. 2002, "Predictive Factors for Lateral Ankle Sprains: A Literature Review", *Journal of athletic training*, vol. 37, no. 4, pp. 376-380.
- Chen, H.C., Chang, C.M., Liu, Y.P. & Chen, C.Y. 2010, "Ergonomic risk factors for the wrists of hairdressers", *Applied Ergonomics*, vol. 41, no. 1, pp. 98-105.
- Chien, H.L., Lu, T.W. & Liu, M.W. 2014, "Effects of long-term wearing of high-heeled shoes on the control of the body's center of mass motion in relation to the center of pressure during walking", *Gait & posture*, vol. 39, no. 4, pp. 1045-1050.
- Chien, H.L., Lu, T.W. & Liu, M.W. 2013, "Control of the motion of the body's center of mass in relation to the center of pressure during high-heeled gait", *Gait & posture*, vol. 38, no. 3, pp. 391-396.
- Cong, Y., Cheung, J.T., Leung, A.K. & Zhang, M. 2011, "Effect of heel height on in-shoe localized triaxial stresses", *Journal of Biomechanics*, vol. 44, no. 12, pp. 2267-2272.
- Csapo, R., Maganaris, C.N., Seynnes, O.R. & Narici, M.V. 2010, "On muscle, tendon and high heels", *The Journal of experimental biology*, vol. 213, no. Pt 15, pp. 2582-2588.
- Dael, N., Mortillaro, M. & Scherer, K.R. 2012, "Emotion expression in body action and posture", *Emotion (Washington, D.C.)*, vol. 12, no. 5, pp. 1085-1101.
- Di Paola, M., Caltagirone, C. & Petrosini, L. 2013, "Prolonged rock climbing activity induces structural changes in cerebellum and parietal lobe", *Human brain mapping*, vol. 34, no. 10, pp. 2707-2714.
- Dominelli, P.B., Sheel, A.W. & Foster, G.E. 2012, "Effect of carrying a weighted backpack on lung mechanics during treadmill walking in healthy men", *European journal of applied physiology*, vol. 112, no. 6, pp. 2001-2012.
- Drzal-Grabiec, J., Snela, S., Rachwal, M., Rykala, J. & Podgórska, J. 2013, "Effects of carrying a backpack in a symmetrical manner on the shape of the feet", *Ergonomics*, vol. 56, no. 10, pp. 1577-1583.

- Farshad, M., Gerber, C., Farshad-Amacker, N.A., Dietrich, T.J., Laufer-Molnar, V. & Min, K. 2014, "Asymmetry of the multifidus muscle in lumbar radicular nerve compression", *Skeletal radiology*, vol. 43, no. 1, pp. 49-53.
- Foster, A., Blanchette, M.G., Chou, Y.C. & Powers, C.M. 2012, "The influence of heel height on frontal plane ankle biomechanics: implications for lateral ankle sprains", *Foot & ankle international./ American Orthopaedic Foot and Ankle Society [and] Swiss Foot and Ankle Society*, vol. 33, no. 1, pp. 64-69.
- Freitag, S., Fincke-Junod, I., Seddouki, R., Dulong, M., Hermanns, I., Kersten, J.F., Larsson, T.J. & Nienhaus, A. 2012, "Frequent bending--an underestimated burden in nursing professions", *The Annals of Occupational Hygiene*, vol. 56, no. 6, pp. 697-707.
- Gefen, A., Megido-Ravid, M., Itzchak, Y. & Arcan, M. 2002, "Analysis of muscular fatigue and foot stability during high-heeled gait", *Gait & posture*, vol. 15, no. 1, pp. 56-63.
- Goss, D.L. & Gross, M.T. 2012, "Relationships among self-reported shoe type, footstrike pattern, and injury incidence", *U.S.Army Medical Department journal*, , pp. 25-30.
- Guo, H.R., Tanaka, S., Cameron, L.L., Seligman, P.J., Behrens, V.J., Ger, J., Wild, D.K. & Putz-Anderson, V. 1995, "Back pain among workers in the United States: national estimates and workers at high risk", *American Journal of Industrial Medicine*, vol. 28, no. 5, pp. 591-602.
- Hamaoui, A. & Le Bozec, S. 2014, "Does increased muscular tension along the torso disturb postural equilibrium more when it is asymmetrical?", *Gait & posture*, vol. 39, no. 1, pp. 333-338.
- Heuscher, Z., Gilkey, D.P., Peel, J.L. & Kennedy, C.A. 2010, "The association of self-reported backpack use and backpack weight with low back pain among college students", *Journal of manipulative and physiological therapeutics*, vol. 33, no. 6, pp. 432-437.
- Jaromi, M., Nemeth, A., Kranicz, J., Laczkó, T. & Betlehem, J. 2012, "Treatment and ergonomics training of work-related lower back pain and body posture problems for nurses", *Journal of clinical nursing*, vol. 21, no. 11-12, pp. 1776-1784.
- Kim, S.H., Neuschwander, T.B., Macias, B.R., Bachman, L., Jr & Hargens, A.R. 2014, "Upper extremity hemodynamics and sensation with backpack loads", *Applied Ergonomics*, vol. 45, no. 3, pp. 608-612.
- Larose, J., King, J., Brosseau, L., Wells, G.A., Reid, R., Maetzel, A., Tugwell, P., Huijbregts, M., McCullough, C., Loew, L. & Kenny, G.P. 2013, "The effect of walking on cardiorespiratory fitness in adults with knee osteoarthritis", *Applied physiology, nutrition, and metabolism = Physiologie appliquée, nutrition et metabolisme*, vol. 38, no. 8, pp. 886-891.
- Lin, Y.H., Chen, C.Y. & Cho, M.H. 2012, "Influence of shoe/floor conditions on lower leg circumference and subjective discomfort during prolonged standing", *Applied Ergonomics*, vol. 43, no. 5, pp. 965-970.
- Liu, K., Gustavsen, G. & Kaminski, T.W. 2013, "Increased frequency of ankle sprain does not lead to an increase in ligament laxity", *Clinical Journal Of Sport Medicine: Official Journal Of The Canadian Academy Of Sport Medicine*, vol. 23, no. 6, pp. 483-487.
- Mayer, J.M., Graves, J.E., Manini, T.M., Nuzzo, J.L. & Ploutz-Snyder, L.L. 2013, "Lumbar muscle activity during common lifts: a preliminary study using magnetic resonance imaging", *Journal of applied biomechanics*, vol. 29, no. 2, pp. 147-154.
- Mika, A., Oleksy, L., Mika, P., Marchewka, A. & Clark, B.C. 2012, "The effect of walking in high- and low-heeled shoes on erector spinae activity and pelvis kinematics during gait", *American Journal of Physical Medicine & Rehabilitation / Association of Academic Psychiatrists*, vol. 91, no. 5, pp. 425-434.
- Movahed, M., Izumi, H., Higuchi, Y., Lai, V., Theppitak, C., Kumadini, G. & Kumashiro, M. 2012, "The effects of static trunk flexion on oxygenation and electromyographic activity of erector spinae muscles", *Journal of UOEH*, vol. 34, no. 1, pp. 15-25.

- Nelson-Wong, E. & Callaghan, J.P. 2010, "Changes in muscle activation patterns and subjective low back pain ratings during prolonged standing in response to an exercise intervention", *Journal of electromyography and kinesiology : official journal of the International Society of Electrophysiological Kinesiology*, vol. 20, no. 6, pp. 1125-1133.
- Nelson-Wong, E. & Callaghan, J.P. 2010, "Is muscle co-activation a predisposing factor for low back pain development during standing? A multifactorial approach for early identification of at-risk individuals", *Journal of electromyography and kinesiology : official journal of the International Society of Electrophysiological Kinesiology*, vol. 20, no. 2, pp. 256-263.
- Nilsson, M.K., Friis, R., Michaelsen, M.S., Jakobsen, P.A. & Nielsen, R.O. 2012, "Classification of the height and flexibility of the medial longitudinal arch of the foot", *Journal of foot and ankle research*, vol. 5, pp. 3-1146-5-3.
- Omorou, Y.A., Erpelding, M.L., Escalon, H. & Vuillemin, A. 2013, "Contribution of taking part in sport to the association between physical activity and quality of life", *Quality of life research : an international journal of quality of life aspects of treatment, care and rehabilitation*, vol. 22, no. 8, pp. 2021-2029.
- Paiva de Castro, A., Rebelatto, J.R. & Aurichio, T.R. 2010, "The relationship between foot pain, anthropometric variables and footwear among older people", *Applied Ergonomics*, vol. 41, no. 1, pp. 93-97.
- Pau, M., Leban, B. & Pau, M. 2013, "Alterations in the plantar pressure patterns of overweight and obese schoolchildren due to backpack carriage", *Journal of the American Podiatric Medical Association*, vol. 103, no. 4, pp. 306-313.
- Plamondon, A., Delisle, A., Bellefeuille, S., Denis, D., Gagnon, D. & Larivière, C. 2014, "Lifting strategies of expert and novice workers during a repetitive palletizing task", *Applied Ergonomics*, vol. 45, no. 3, pp. 471-481.
- Rohlmann, A., Zander, T., Graichen, F. & Bergmann, G. 2013, "Lifting up and laying down a weight causes high spinal loads", *Journal of Biomechanics*, vol. 46, no. 3, pp. 511-514.
- Rumpf, M.C., Cronin, J.B., Mohamad, I.N., Mohamad, S., Oliver, J.L. & Hughes, M.G. 2014, "Kinetic asymmetries during running in male youth", *Physical therapy in sport : official journal of the Association of Chartered Physiotherapists in Sports Medicine*, vol. 15, no. 1, pp. 53-57.
- Sacco, I.C.N., Trombini-Souza, F., Butugan, M.K., Pássaro, A.C., Arnone, A.C. & Fuller, R. 2012, "Joint loading decreased by inexpensive and minimalist footwear in elderly women with knee osteoarthritis during stair descent", *Arthritis Care & Research*, vol. 64, no. 3, pp. 368-374.
- Sahli, S., Rebai, H., Ghroubi, S., Yahia, A., Guermazi, M. & Elleuch, M.H. 2013, "The effects of backpack load and carrying method on the balance of adolescent idiopathic scoliosis subjects", *The spine journal : official journal of the North American Spine Society*, vol. 13, no. 12, pp. 1835-1842.
- Sato, K. & Heise, G.D. 2012, "Influence of weight distribution asymmetry on the biomechanics of a barbell back squat", *Journal Of Strength And Conditioning Research / National Strength & Conditioning Association*, vol. 26, no. 2, pp. 342-349.
- Schaefer, S. & Lindenberger, U. 2013, "Thinking while walking: experienced high-heel walkers flexibly adjust their gait", *Frontiers in psychology*, vol. 4, pp. 316.
- Schneider, S., Christensen, A., Häußinger, F.B., Fallgatter, A.J., Giese, M.A. & Ehlis, A. 2014, "Show me how you walk and I tell you how you feel - a functional near-infrared spectroscopy study on emotion perception based on human gait", *NeuroImage*, vol. 85 Pt 1, pp. 380-390.
- Scola, C. & Vauclair, J. 2010, "Is infant holding-side bias related to motor asymmetries in mother and child?", *Developmental psychobiology*, vol. 52, no. 5, pp. 475-486.
- Serrao, M., Ranavolo, A., Andersen, O.K., Conte, C., Don, R., Cortese, F., Mari, S., Draicchio, F., Padua, L., Sandrini, G. & Pierelli, F. 2012, "Adaptive behaviour of the spinal cord in the transition from quiet stance to walking", *BMC neuroscience*, vol. 13, pp. 80.

- Shyomon, S.J., Yaszay, B., Dwek, J.R., Proudfoot, J.A., Donohue, M. & Hargens, A.R. 2014, "Altered disc compression in children with idiopathic low back pain: an upright magnetic resonance imaging backpack study", *Spine*, vol. 39, no. 3, pp. 243-248.
- Song, Q., Yu, B., Zhang, C., Sun, W. & Mao, D. 2014, "Effects of Backpack Weight on Posture, Gait Patterns and Ground Reaction Forces of Male Children with Obesity during Stair Descent", *Research In Sports Medicine (Print)*, vol. 22, no. 2, pp. 172-184.
- Sterud, T. & Tynes, T. 2013, "Work-related psychosocial and mechanical risk factors for low back pain: a 3-year follow-up study of the general working population in Norway", *Occupational and environmental medicine*, vol. 70, no. 5, pp. 296-302.
- Terrier, P., Luthi, F. & Deriaz, O. 2013, "Do orthopaedic shoes improve local dynamic stability of gait? An observational study in patients with chronic foot and ankle injuries", *BMC musculoskeletal disorders*, vol. 14, pp. 94-2474-14-94.
- Thomas, K.S., VanLunen, B.L. & Morrison, S. 2013, "Changes in postural sway as a function of prolonged walking", *European journal of applied physiology*, vol. 113, no. 2, pp. 497-508.
- Tu, P. & Bytomski, J.R. 2011, "Diagnosis of heel pain", *American Family Physician*, vol. 84, no. 8, pp. 909-916.
- Vidal, J., Borràs, P.A., Ponseti, F.J., Cantallops, J., Ortega, F.B. & Palou, P. 2013, "Effects of a postural education program on school backpack habits related to low back pain in children", *European Spine Journal: Official Publication Of The European Spine Society, The European Spinal Deformity Society, And The European Section Of The Cervical Spine Research Society*, vol. 22, no. 4, pp. 782-787.
- Watson, H., Simpson, A. & Riches, P.E. 2012, "The effects of upper limb loading on spinal shrinkage during treadmill walking", *European spine journal : official publication of the European Spine Society, the European Spinal Deformity Society, and the European Section of the Cervical Spine Research Society*, vol. 21, no. 12, pp. 2688-2692.
- Wiggermann, N. & Keyserling, W.M. 2013, "Effects of anti-fatigue mats on perceived discomfort and weight-shifting during prolonged standing", *Human factors*, vol. 55, no. 4, pp. 764-775.
- Wiggermann, N.E., Werner, R.A. & Keyserling, W.M. 2012, "The effect of prolonged standing on touch sensitivity threshold of the foot: a pilot study", *PM & R: The Journal Of Injury, Function, And Rehabilitation*, vol. 4, no. 2, pp. 117-122.
- Yu, J., Cheung, J.T., Wong, D.W., Cong, Y. & Zhang, M. 2013, "Biomechanical simulation of high-heeled shoe donning and walking", *Journal of Biomechanics*, vol. 46, no. 12, pp. 2067-2074.
- Zifchock, R.A., Davis, I., Hillstrom, H. & Song, J. 2006, "The effect of gender, age, and lateral dominance on arch height and arch stiffness", *Foot & ankle international./ American Orthopaedic Foot and Ankle Society [and] Swiss Foot and Ankle Society*, vol. 27, no. 5, pp. 367-372.

#### **- La posture assise -**

- Adiyaman, A., Tosun, N., Elving, L.D., Deinum, J., Lenders, J.W. & Thien, T. 2007, "The effect of crossing legs on blood pressure", *Blood pressure monitoring*, vol. 12, no. 3, pp. 189-193.
- Bjork Petersen, C., Bauman, A., Gronbaek, M., Wulff Helge, J., Thygesen, L.C. & Tolstrup, J.S. 2014, "Total sitting time and risk of myocardial infarction, coronary heart disease and all-cause mortality in a prospective cohort of Danish adults", *The international journal of behavioral nutrition and physical activity*, vol. 11, pp. 13-5868-11-13.
- Campbell, P.T., Patel, A.V., Newton, C.C., Jacobs, E.J. & Gapstur, S.M. 2013, "Associations of recreational physical activity and leisure time spent sitting with colorectal cancer survival", *Journal of clinical oncology : official journal of the American Society of Clinical Oncology*, vol. 31, no. 7, pp. 876-885.

- Chau, J.Y., Grunseit, A., Midthjell, K., Holmen, J., Holmen, T.L., Bauman, A.E. & van der Ploeg, H.P. 2014, "Cross-sectional associations of total sitting and leisure screen time with cardiometabolic risk in adults. Results from the HUNT Study, Norway", *Journal of science and medicine in sport / Sports Medicine Australia*, vol. 17, no. 1, pp. 78-84.
- Claus, A.P., Hides, J.A., Moseley, G.L. & Hodges, P.W. 2009, "Is 'ideal' sitting posture real? Measurement of spinal curves in four sitting postures", *Manual therapy*, vol. 14, no. 4, pp. 404-408.
- Cleland, V., Schmidt, M., Salmon, J., Dywer, T. & Venn, A. 2014, "Combined associations of sitting time and physical activity with obesity in young adults", *Journal of physical activity & health*, vol. 11, no. 1, pp. 136-144.
- Foster-Fitzpatrick, L., Ortiz, A., Sibilano, H., Marcantonio, R. & Braun, L.T. 1999, "The effects of crossed leg on blood pressure measurement", *Nursing research*, vol. 48, no. 2, pp. 105-108.
- Gold, J.E., Driban, J.B., Yingling, V.R. & Komaroff, E. 2012, "Characterization of posture and comfort in laptop users in non-desk settings", *Applied Ergonomics*, vol. 43, no. 2, pp. 392-399.
- Gregory, D.E., Dunk, N.M. & Callaghan, J.P. 2006, "Stability ball versus office chair: comparison of muscle activation and lumbar spine posture during prolonged sitting", *Human factors*, vol. 48, no. 1, pp. 142-153.
- Haddad, O., Sanjari, M.A., Amirkazli, A., Narimani, R. & Parnianpour, M. 2012, "Trapezius muscle activity in using ordinary and ergonomically designed dentistry chairs", *The international journal of occupational and environmental medicine*, vol. 3, no. 2, pp. 76-83.
- Jackson, J.A., Banerjee-Guenette, P., Gregory, D.E. & Callaghan, J.P. 2013, "Should we be more on the ball? The efficacy of accommodation training on lumbar spine posture, muscle activity, and perceived discomfort during stability ball sitting", *Human factors*, vol. 55, no. 6, pp. 1064-1076.
- Johan de Hartog, J., Boogaard, H., Nijland, H. & Hoek, G. 2010, "Do the health benefits of cycling outweigh the risks?", *Environmental health perspectives*, vol. 118, no. 8, pp. 1109-1116.
- Juul-Kristensen, B. & Jensen, C. 2005, "Self-reported workplace related ergonomic conditions as prognostic factors for musculoskeletal symptoms: the "BIT" follow up study on office workers", *Occupational and environmental medicine*, vol. 62, no. 3, pp. 188-194.
- Kim, K.H., Cho, J.G., Lee, K.O., Seo, T.J., Shon, C.Y., Lim, S.Y., Yun, K.H., Sohn, I.S., Hong, Y.J., Park, H.W., Kim, J.H., Kim, W., Ahn, Y.K., Jeong, M.H., Park, J.C. & Kang, J.C. 2005, "Usefulness of physical maneuvers for prevention of vasovagal syncope", *Circulation journal : official journal of the Japanese Circulation Society*, vol. 69, no. 9, pp. 1084-1088.
- Kingma, I. & van Dieen, J.H. 2009, "Static and dynamic postural loadings during computer work in females: Sitting on an office chair versus sitting on an exercise ball", *Applied Ergonomics*, vol. 40, no. 2, pp. 199-205.
- Madeleine, P. 2012, "Dynamics of seated computer work before and after prolonged constrained sitting", *Journal of applied biomechanics*, vol. 28, no. 3, pp. 297-303.
- Marshall, P.W. & Murphy, B.A. 2006, "Evaluation of functional and neuromuscular changes after exercise rehabilitation for low back pain using a Swiss ball: a pilot study", *Journal of manipulative and physiological therapeutics*, vol. 29, no. 7, pp. 550-560.
- McGill, S.M., Kavcic, N.S. & Harvey, E. 2006, "Sitting on a chair or an exercise ball: various perspectives to guide decision making", *Clinical biomechanics (Bristol, Avon)*, vol. 21, no. 4, pp. 353-360.
- Mikkelsen, S., Lassen, C.F., Vilstrup, I., Kryger, A.I., Brandt, L.P., Thomsen, J.F., Gerster, M., Grimstrup, S. & Andersen, J.H. 2012, "Does computer use affect the incidence of distal arm pain? A one-year prospective study using objective measures of computer use",

- International archives of occupational and environmental health*, vol. 85, no. 2, pp. 139-152.
- Nairn, B.C., Chisholm, S.R. & Drake, J.D. 2013, "What is slumped sitting? A kinematic and electromyographical evaluation", *Manual therapy*, vol. 18, no. 6, pp. 498-505.
- O'Keeffe, M., Dankaerts, W., O'Sullivan, P., O'Sullivan, L. & O'Sullivan, K. 2013, "Specific flexion-related low back pain and sitting: comparison of seated discomfort on two different chairs", *Ergonomics*, vol. 56, no. 4, pp. 650-658.
- O'Sullivan, K., McCarthy, R., White, A., O'Sullivan, L. & Dankaerts, W. 2012, "Lumbar posture and trunk muscle activation during a typing task when sitting on a novel dynamic ergonomic chair", *Ergonomics*, vol. 55, no. 12, pp. 1586-1595.
- Peters, G.L., Binder, S.K. & Campbell, N.R. 1999, "The effect of crossing legs on blood pressure: a randomized single-blind cross-over study", *Blood pressure monitoring*, vol. 4, no. 2, pp. 97-101.
- Saidj, M., Jorgensen, T., Jacobsen, R.K., Linneberg, A. & Aadahl, M. 2013, "Separate and joint associations of occupational and leisure-time sitting with cardio-metabolic risk factors in working adults: a cross-sectional study", *PloS one*, vol. 8, no. 8, pp. e70213.
- Sekendiz, B., Cug, M. & Korkusuz, F. 2010, "Effects of Swiss-ball core strength training on strength, endurance, flexibility, and balance in sedentary women", *Journal of strength and conditioning research / National Strength & Conditioning Association*, vol. 24, no. 11, pp. 3032-3040.
- Stemper, B.D., Yoganandan, N. & Pintar, F.A. 2006, "Effect of head restraint backset on head-neck kinematics in whiplash", *Accident; Analysis and Prevention*, vol. 38, no. 2, pp. 317-323.
- Thorp, A.A., Owen, N., Neuhaus, M. & Dunstan, D.W. 2011, "Sedentary behaviors and subsequent health outcomes in adults a systematic review of longitudinal studies, 1996-2011", *American Journal of Preventive Medicine*, vol. 41, no. 2, pp. 207-215.
- van Velthoven, M.H., Holewijn, S., van der Wilt, G.J., Thien, T. & Deinum, J. 2014, "Does wave reflection explain the increase in blood pressure during leg crossing?", *Blood pressure monitoring*, vol. 19, no. 3, pp. 129-133.
- van Velthoven, M.H., Thien, T., Holewijn, S., van der Wilt, G.J. & Deinum, J. 2010, "The effect of crossing legs on blood pressure", *Journal of hypertension*, vol. 28, no. 7, pp. 1591-1592.
- Vandelanotte, C., Duncan, M.J., Short, C., Rockloff, M., Ronan, K., Happell, B. & Di Milia, L. 2013, "Associations between occupational indicators and total, work-based and leisure-time sitting: a cross-sectional study", *BMC public health*, vol. 13, pp. 1110-2458-13-1110.
- Wahl, M.J. & Behm, D.G. 2008, "Not all instability training devices enhance muscle activation in highly resistance-trained individuals", *Journal of strength and conditioning research / National Strength & Conditioning Association*, vol. 22, no. 4, pp. 1360-1370.
- Weaver, H., Vichas, D., Strutton, P.H. & Sorinola, I. 2012, "The effect of an exercise ball on trunk muscle responses to rapid limb movement", *Gait & posture*, vol. 35, no. 1, pp. 70-77.

#### **- la posture couchée -**

- Akbas, N.B., Dalbayrak, S., Kulcu, D.G., Yilmaz, M., Yilmaz, T. & Naderi, S. 2010, "Assessment of sexual dysfunction before and after surgery for lumbar disc herniation", *Journal of neurosurgery.Spine*, vol. 13, no. 5, pp. 581-586.
- Aladro-Gonzalvo, A.R., Araya-Vargas, G.A., Machado-Diaz, M. & Salazar-Rojas, W. 2013, "Pilates-based exercise for persistent, non-specific low back pain and associated functional disability: a meta-analysis with meta-regression", *Journal of Bodywork and Movement Therapies*, vol. 17, no. 1, pp. 125-136.

- Alves de Araujo, M.E., Bezerra da Silva, E., Bragade Mello, D., Cader, S.A., Shiguemi Inoue Salgado, A. & Dantas, E.H. 2012, "The effectiveness of the Pilates method: reducing the degree of non-structural scoliosis, and improving flexibility and pain in female college students", *Journal of Bodywork and Movement Therapies*, vol. 16, no. 2, pp. 191-198.
- Arroll, B., Fernando, A., Falloon, K., Goodyear-Smith, F., Samaranayake, C. & Warman, G. 2012, "Prevalence of causes of insomnia in primary care: a cross-sectional study", *The British journal of general practice : the journal of the Royal College of General Practitioners*, vol. 62, no. 595, pp. e99-103.
- Ayala, F., Sainz de Baranda, P., De Ste Croix, M. & Santonja, F. 2012, "Absolute reliability of five clinical tests for assessing hamstring flexibility in professional futsal players", *Journal of science and medicine in sport / Sports Medicine Australia*, vol. 15, no. 2, pp. 142-147.
- Ayala, F., Sainz de Baranda, P., De Ste Croix, M. & Santonja, F. 2012, "Reproducibility and criterion-related validity of the sit and reach test and toe touch test for estimating hamstring flexibility in recreationally active young adults", *Physical therapy in sport : official journal of the Association of Chartered Physiotherapists in Sports Medicine*, vol. 13, no. 4, pp. 219-226.
- Bahouq, H., Allali, F., Rkain, H. & Hajjaj-Hassouni, N. 2013, "Discussing sexual concerns with chronic low back pain patients: barriers and patients' expectations", *Clinical rheumatology*, vol. 32, no. 10, pp. 1487-1492.
- Batalha, N.M., Raimundo, A.M., Tomas-Carus, P., Barbosa, T.M. & Silva, A.J. 2013, "Shoulder rotator cuff balance, strength, and endurance in young swimmers during a competitive season", *Journal of strength and conditioning research / National Strength & Conditioning Association*, vol. 27, no. 9, pp. 2562-2568.
- Buyse, D.J. 2013, "Insomnia", *JAMA : the journal of the American Medical Association*, vol. 309, no. 7, pp. 706-716.
- Cebria i Iranzo, M., Arnall, D.A., Igual Camacho, C. & Tomas, J.M. 2014, "Effects of inspiratory muscle training and yoga breathing exercises on respiratory muscle function in institutionalized frail older adults: a randomized controlled trial", *Journal of geriatric physical therapy (2001)*, vol. 37, no. 2, pp. 65-75.
- Coubard, O.A., Ferrufino, L., Nonaka, T., Zelada, O., Bril, B. & Dietrich, G. 2014, "One month of contemporary dance modulates fractal posture in aging", *Frontiers In Aging Neuroscience*, vol. 6, pp. 17-17.
- Cramer, H., Lauche, R., Hohmann, C., Ludtke, R., Haller, H., Michalsen, A., Langhorst, J. & Dobos, G. 2013, "Randomized-controlled trial comparing yoga and home-based exercise for chronic neck pain", *The Clinical journal of pain*, vol. 29, no. 3, pp. 216-223.
- da Luz, M.A., Jr, Costa, L.O., Fuhro, F.F., Manzoni, A.C., Oliveira, N.T. & Cabral, C.M. 2014, "Effectiveness of mat pilates or equipment-based pilates exercises in patients with chronic nonspecific low back pain: a randomized controlled trial", *Physical therapy*, vol. 94, no. 5, pp. 623-631.
- Emery, K., De Serres, S.J., McMillan, A. & Cote, J.N. 2010, "The effects of a Pilates training program on arm-trunk posture and movement", *Clinical biomechanics (Bristol, Avon)*, vol. 25, no. 2, pp. 124-130.
- Emery, P.C., Wilson, K.G. & Kowal, J. 2014, "Major depressive disorder and sleep disturbance in patients with chronic pain", *Pain Research & Management: The Journal Of The Canadian Pain Society = Journal De La Société Canadienne Pour Le Traitement De La Douleur*, vol. 19, no. 1, pp. 35-41.
- Finan, P.H. & Smith, M.T. 2013, "The comorbidity of insomnia, chronic pain, and depression: dopamine as a putative mechanism", *Sleep medicine reviews*, vol. 17, no. 3, pp. 173-183.
- Foster, E.R., Golden, L., Duncan, R.P. & Earhart, G.M. 2013, "Community-based Argentine tango dance program is associated with increased activity participation among individuals

- with Parkinson's disease", *Archives of Physical Medicine and Rehabilitation*, vol. 94, no. 2, pp. 240-249.
- Ghasemi, G.A., Golkar, A. & Marandi, S.M. 2013, "Effects of hata yoga on knee osteoarthritis", *International journal of preventive medicine*, vol. 4, no. Suppl 1, pp. S133-8.
- Gordon, S.J., Grimmer-Somers, K. & Trott, P. 2009, "Pillow use: the behaviour of cervical pain, sleep quality and pillow comfort in side sleepers", *Manual therapy*, vol. 14, no. 6, pp. 671-678.
- Guven, S.F., Ciftci, B., Lakadamyali, H. & Ciftci, T.U. 2013, "The high dependency of supine position in obstructive sleep apnea", *Saudi medical journal*, vol. 34, no. 2, pp. 147-152.
- Hagg, O., Fritzell, P., Nordwall, A. & Swedish Lumbar Spine Study Group 2006, "Sexual function in men and women after anterior surgery for chronic low back pain", *European spine journal : official publication of the European Spine Society, the European Spinal Deformity Society, and the European Section of the Cervical Spine Research Society*, vol. 15, no. 5, pp. 677-682.
- Hsu, H.C., Chou, S.W., Chen, C.P., Wong, A.M., Chen, C.K. & Hong, J.P. 2010, "Effects of swimming on eye hand coordination and balance in the elderly", *The journal of nutrition, health & aging*, vol. 14, no. 8, pp. 692-695.
- Itamar, N., Schwartz, D. & Melzer, I. 2013, "Postural control: differences between youth judokas and swimmers", *The Journal of sports medicine and physical fitness*, vol. 53, no. 5, pp. 483-489.
- Jansson-Frojmark, M. & Boersma, K. 2012, "Bidirectionality between pain and insomnia symptoms: a prospective study", *British journal of health psychology*, vol. 17, no. 2, pp. 420-431.
- Jeter, P.E., Nkodo, A.F., Moonaz, S.H. & Dagnelie, G. 2014, "A systematic review of yoga for balance in a healthy population", *Journal of alternative and complementary medicine (New York, N.Y.)*, vol. 20, no. 4, pp. 221-232.
- Jyotsna, V.P., Joshi, A., Ambekar, S., Kumar, N., Dhawan, A. & Sreenivas, V. 2012, "Comprehensive yogic breathing program improves quality of life in patients with diabetes", *Indian journal of endocrinology and metabolism*, vol. 16, no. 3, pp. 423-428.
- Kao, Y.H., Liou, T.H., Huang, Y.C., Tsai, Y.W. & Wang, K.M. 2014, "Effects of a 12-Week Pilates Course on Lower Limb Muscle Strength and Trunk Flexibility in Women Living in the Community", *Health care for women international*, , pp. 1-17.
- Kim, B.I., Jung, J.H., Shim, J., Kwon, H.Y. & Kim, H. 2014, "An Analysis of Muscle Activities of Healthy Women during Pilates Exercises in a Prone Position", *Journal of physical therapy science*, vol. 26, no. 1, pp. 77-79.
- Kim, H.J., Nam, S.N., Bae, U.R., Hwang, R., Lee, J.B. & Kim, J.H. 2014, "The effect of 12 weeks Prop Pilates Exercise Program (PPEP) on body stability and pain for fruit farmers with MSDs", *Technology and health care : official journal of the European Society for Engineering and Medicine*, .
- Kim, S.S., Min, W.K., Kim, J.H. & Lee, B.H. 2014, "The Effects of VR-based Wii Fit Yoga on Physical Function in Middle-aged Female LBP Patients", *Journal of physical therapy science*, vol. 26, no. 4, pp. 549-552.
- Kucukcakir, N., Altan, L. & Korkmaz, N. 2013, "Effects of Pilates exercises on pain, functional status and quality of life in women with postmenopausal osteoporosis", *Journal of Bodywork and Movement Therapies*, vol. 17, no. 2, pp. 204-211.
- La Touche, R., Escalante, K. & Linares, M.T. 2008, "Treating non-specific chronic low back pain through the Pilates Method", *Journal of Bodywork and Movement Therapies*, vol. 12, no. 4, pp. 364-370.
- Lauer, J., Figueiredo, P., Vilas-Boas, J.P., Fernandes, R.J. & Rouard, A.H. 2013, "Phase-dependence of elbow muscle coactivation in front crawl swimming", *Journal of*

- electromyography and kinesiology : official journal of the International Society of Electrophysiological Kinesiology*, vol. 23, no. 4, pp. 820-825.
- Lavigne, G.J., Nashed, A., Manzini, C. & Carra, M.C. 2011, "Does sleep differ among patients with common musculoskeletal pain disorders?", *Current rheumatology reports*, vol. 13, no. 6, pp. 535-542.
- Lavin, K.M., Guenette, J.A., Smoliga, J.M. & Zavorsky, G.S. 2013, "Controlled-frequency breath swimming improves swimming performance and running economy", *Scandinavian journal of medicine & science in sports*, .
- Lee, C.W., Hyun, J. & Kim, S.G. 2014, "Influence of pilates mat and apparatus exercises on pain and balance of businesswomen with chronic low back pain", *Journal of physical therapy science*, vol. 26, no. 4, pp. 475-477.
- Liu, S.F., Lee, Y.L. & Liang, J.C. 2011, "Shape design of an optimal comfortable pillow based on the analytic hierarchy process method", *Journal of chiropractic medicine*, vol. 10, no. 4, pp. 229-239.
- Menacho, M.O., Obara, K., Conceicao, J.S., Chitolina, M.L., Krantz, D.R., da Silva, R.A. & Cardoso, J.R. 2010, "Electromyographic effect of mat Pilates exercise on the back muscle activity of healthy adult females", *Journal of manipulative and physiological therapeutics*, vol. 33, no. 9, pp. 672-678.
- Mendonca, T.M., Terreri, M.T., Silva, C.H., Neto, M.B., Pinto, R.M., Natour, J. & Len, C.A. 2013, "Effects of Pilates exercises on health-related quality of life in individuals with juvenile idiopathic arthritis", *Archives of Physical Medicine and Rehabilitation*, vol. 94, no. 11, pp. 2093-2102.
- Miyamoto, G.C., Costa, L.O., Galvanin, T. & Cabral, C.M. 2013, "Efficacy of the addition of modified Pilates exercises to a minimal intervention in patients with chronic low back pain: a randomized controlled trial", *Physical therapy*, vol. 93, no. 3, pp. 310-320.
- Muller-Pinget, S., Carrard, I., Ybarra, J. & Golay, A. 2012, "Dance therapy improves self-body image among obese patients", *Patient education and counseling*, vol. 89, no. 3, pp. 525-528.
- Munoz-Munoz, S., Munoz-Garcia, M.T., Alburquerque-Sendin, F., Arroyo-Morales, M. & Fernandez-de-las-Penas, C. 2012, "Myofascial trigger points, pain, disability, and sleep quality in individuals with mechanical neck pain", *Journal of manipulative and physiological therapeutics*, vol. 35, no. 8, pp. 608-613.
- Nemati, A. 2013, "The effect of pranayama on test anxiety and test performance", *International journal of yoga*, vol. 6, no. 1, pp. 55-60.
- Ni, M., Mooney, K., Harriell, K., Balachandran, A. & Signorile, J. 2014, "Core muscle function during specific yoga poses", *Complementary therapies in medicine*, vol. 22, no. 2, pp. 235-243.
- Notarnicola, A., Fischetti, F., Maccagnano, G., Comes, R., Tafuri, S. & Moretti, B. 2014, "Daily pilates exercise or inactivity for patients with low back pain: a clinical prospective observational study", *European journal of physical and rehabilitation medicine*, vol. 50, no. 1, pp. 59-66.
- Odegard, S.S., Sand, T., Engstrom, M., Zwart, J.A. & Hagen, K. 2013, "The impact of headache and chronic musculoskeletal complaints on the risk of insomnia: longitudinal data from the Nord-Trondelag health study", *The journal of headache and pain*, vol. 14, no. 1, pp. 24-2377-14-24.
- Oksenberg, A. & Gadoth, N. 2014, "Are we missing a simple treatment for most adult sleep apnea patients? The avoidance of the supine sleep position", *Journal of sleep research*, vol. 23, no. 2, pp. 204-210.
- Olivier, N., Quintin, G. & Rogez, J. 2008, "The high level swimmer articular shoulder complex", *Annales de readaptation et de medecine physique : revue scientifique de la Societe francaise de reeducation fonctionnelle de readaptation et de medecine physique*, vol. 51, no. 5, pp. 342-347.

- Reid, K.J., Baron, K.G., Lu, B., Naylor, E., Wolfe, L. & Zee, P.C. 2010, "Aerobic exercise improves self-reported sleep and quality of life in older adults with insomnia", *Sleep medicine*, vol. 11, no. 9, pp. 934-940.
- Rosenbaum, T.Y. 2010, "Musculoskeletal pain and sexual function in women", *The journal of sexual medicine*, vol. 7, no. 2 Pt 1, pp. 645-653.
- Schuh-Hofer, S., Wodarski, R., Pfau, D.B., Caspani, O., Magerl, W., Kennedy, J.D. & Treede, R.D. 2013, "One night of total sleep deprivation promotes a state of generalized hyperalgesia: a surrogate pain model to study the relationship of insomnia and pain", *Pain*, vol. 154, no. 9, pp. 1613-1621.
- Seifert, L., Komar, J., Barbosa, T., Toussaint, H., Millet, G. & Davids, K. 2014, "Coordination Pattern Variability Provides Functional Adaptations to Constraints in Swimming Performance", *Sports medicine (Auckland, N.Z.)*, en ligne.
- Tamrat, R., Huynh-Le, M.P. & Goyal, M. 2014, "Non-pharmacologic interventions to improve the sleep of hospitalized patients: a systematic review", *Journal of general internal medicine*, vol. 29, no. 5, pp. 788-795.
- Valenza, M.C., Valenza, G., Gonzalez-Jimenez, E., De-la-Llave-Rincon, A.I., Arroyo-Morales, M. & Fernandez-de-Las-Penas, C. 2012, "Alteration in sleep quality in patients with mechanical insidious neck pain and whiplash-associated neck pain", *American Journal of Physical Medicine & Rehabilitation / Association of Academic Physiatrists*, vol. 91, no. 7, pp. 584-591.
- van de Water, A.T., Eadie, J. & Hurley, D.A. 2011, "Investigation of sleep disturbance in chronic low back pain: an age- and gender-matched case-control study over a 7-night period", *Manual therapy*, vol. 16, no. 6, pp. 550-556.
- Verhaert, V., Haex, B., De Wilde, T., Berckmans, D., Verbraecken, J., de Valck, E. & Vander Sloten, J. 2011, "Ergonomics in bed design: the effect of spinal alignment on sleep parameters", *Ergonomics*, vol. 54, no. 2, pp. 169-178.
- Wong, A.M., Chou, S.W., Huang, S.C., Lan, C., Chen, H.C., Hong, W.H., Chen, C.P. & Pei, Y.C. 2011, "Does different exercise have the same effect of health promotion for the elderly? Comparison of training-specific effect of Tai Chi and swimming on motor control", *Archives of Gerontology and Geriatrics*, vol. 53, no. 2, pp. e133-7.
- Yang, C.M., Lin, S.C. & Cheng, C.P. 2013, "Transient insomnia versus chronic insomnia: a comparison study of sleep-related psychological/behavioral characteristics", *Journal of clinical psychology*, vol. 69, no. 10, pp. 1094-1107.

## MIEUX BOUGER

### - Respirer -

- Allen, B. & Friedman, B.H. 2012, "Positive emotion reduces dyspnea during slow paced breathing", *Psychophysiology*, vol. 49, no. 5, pp. 690-696.
- Busch, V., Magerl, W., Kern, U., Haas, J., Hajak, G. & Eichhammer, P. 2012, "The effect of deep and slow breathing on pain perception, autonomic activity, and mood processing--an experimental study", *Pain medicine (Malden, Mass.)*, vol. 13, no. 2, pp. 215-228.
- Correa, E.C. & Berzin, F. 2007, "Efficacy of physical therapy on cervical muscle activity and on body posture in school-age mouth breathing children", *International journal of pediatric otorhinolaryngology*, vol. 71, no. 10, pp. 1527-1535.
- Gill, D.K., Davis, M.C., Smith, A.J. & Straker, L.M. 2014, "Bidirectional relationships between cigarette use and spinal pain in adolescents accounting for psychosocial functioning", *British journal of health psychology*, vol. 19, no. 1, pp. 113-131.
- Homma, I. & Masaoka, Y. 2008, "Breathing rhythms and emotions", *Experimental physiology*, vol. 93, no. 9, pp. 1011-1021.

- Lamberg, E.M. & Hagins, M. 2012, "The effects of low back pain on natural breath control during a lowering task", *European journal of applied physiology*, vol. 112, no. 10, pp. 3519-3524.
- Lebkowski, W.J. 1997, "[Back pain" in teenagers and young adults]", *Polski Merkuriusz Lekarski: Organ Polskiego Towarzystwa Lekarskiego*, vol. 2, no. 8, pp. 111-112.
- Mehari, A., Weir, N.A. & Gillum, R.F. 2014, "Gender and the association of smoking with sleep quantity and quality in American adults", *Women & health*, vol. 54, no. 1, pp. 1-14.
- Park, E., Oh, H. & Kim, T. 2013, "The effects of relaxation breathing on procedural pain and anxiety during burn care", *Burns : journal of the International Society for Burn Injuries*, vol. 39, no. 6, pp. 1101-1106.
- Priori, R., Aliverti, A., Albuquerque, A.L., Quaranta, M., Albert, P. & Calverley, P.M. 2013, "The effect of posture on asynchronous chest wall movement in COPD", *Journal of applied physiology (Bethesda, Md.: 1985)*, vol. 114, no. 8, pp. 1066-1075.
- Watson, A.H., Williams, C. & James, B.V. 2012, "Activity patterns in latissimus dorsi and sternocleidomastoid in classical singers", *Journal of voice : official journal of the Voice Foundation*, vol. 26, no. 3, pp. e95-e105.
- White, B.M., Zhao, T., Lamb, J., Bradley, J.D. & Low, D.A. 2013, "Quantification of the thorax-to-abdomen breathing ratio for breathing motion modeling", *Medical physics*, vol. 40, no. 6, pp. 063502.
- Zvolensky, M.J., McMillan, K.A., Gonzalez, A. & Asmundson, G.J. 2010, "Chronic musculoskeletal pain and cigarette smoking among a representative sample of Canadian adolescents and adults", *Addictive Behaviors*, vol. 35, no. 11, pp. 1008-1012.

#### **- Assouplir -**

- Baguley, D., McFerran, D. & Hall, D. 2013, "Tinnitus", *Lancet*, vol. 382, no. 9904, pp. 1600-1607.
- Bernhardt, O., Mundt, T., Welk, A., Koppl, N., Kocher, T., Meyer, G. & Schwahn, C. 2011, "Signs and symptoms of temporomandibular disorders and the incidence of tinnitus", *Journal of oral rehabilitation*, vol. 38, no. 12, pp. 891-901.
- Bevilaqua-Grossi, D., Pegoretti, K.S., Goncalves, M.C., Speciali, J.G., Bordini, C.A. & Bigal, M.E. 2009, "Cervical mobility in women with migraine", *Headache*, vol. 49, no. 5, pp. 726-731.
- Booshamam, D.S., Cherian, B., Joseph, C.P., Mathew, J. & Thomas, R. 2011, "Evaluation of posture and pain in persons with benign joint hypermobility syndrome", *Rheumatology international*, vol. 31, no. 12, pp. 1561-1565.
- Calderon Pdos, S., Hilgenberg, P.B., Rossetti, L.M., Laurenti, J.V. & Conti, P.C. 2012, "Influence of tinnitus on pain severity and quality of life in patients with temporomandibular disorders", *Journal of applied oral science : revista FOB*, vol. 20, no. 2, pp. 170-173.
- Cherian, K., Cherian, N., Cook, C. & Kaltenbach, J.A. 2013, "Improving tinnitus with mechanical treatment of the cervical spine and jaw", *Journal of the American Academy of Audiology*, vol. 24, no. 7, pp. 544-555.
- Fernandes, G., de Siqueira, J.T., de Godoi Goncalves, D.A. & Camparis, C.M. 2014, "Association between painful temporomandibular disorders, sleep bruxism and tinnitus", *Brazilian oral research*, vol. 28, no. 1, pp. S1806-83242014000100220.
- Fernandes, G., Goncalves, D.A., de Siqueira, J.T. & Camparis, C.M. 2013, "Painful temporomandibular disorders, self reported tinnitus, and depression are highly associated", *Arquivos de Neuro-Psiquiatria*, vol. 71, no. 12, pp. 943-947.
- Ferrante, M.A. 2012, "The thoracic outlet syndromes", *Muscle & nerve*, vol. 45, no. 6, pp. 780-795.
- Gallon, D., Rodacki, A.L., Hernandez, S.G., Drabovski, B., Outi, T., Bittencourt, L.R. & Gomes, A.R. 2011, "The effects of stretching on the flexibility, muscle performance and

- functionality of institutionalized older women", *Brazilian journal of medical and biological research = Revista brasileira de pesquisas medicas e biologicas / Sociedade Brasileira de Biofisica ...[et al.],* vol. 44, no. 3, pp. 229-235.
- Hahn, A., Radkova, L., Achiemere, G., Klement, V., Alpini, D. & Strouhal, J. 2008, "Multimodal therapy for chronic tinnitus", *The international tinnitus journal*, vol. 14, no. 1, pp. 69-72.
- Harvey, L., Herbert, R. & Crosbie, J. 2002, "Does stretching induce lasting increases in joint ROM? A systematic review", *Physiotherapy research international : the journal for researchers and clinicians in physical therapy*, vol. 7, no. 1, pp. 1-13.
- Hilgenberg, P.B., Saldanha, A.D., Cunha, C.O., Rubo, J.H. & Conti, P.C. 2012, "Temporomandibular disorders, otologic symptoms and depression levels in tinnitus patients", *Journal of oral rehabilitation*, vol. 39, no. 4, pp. 239-244.
- Keer, R. & Simmonds, J. 2011, "Joint protection and physical rehabilitation of the adult with hypermobility syndrome", *Current opinion in rheumatology*, vol. 23, no. 2, pp. 131-136.
- Khedr, E.M., Ahmed, M.A., Shawky, O.A., Mohamed, E.S., El Attar, G.S. & Mohammad, K.A. 2010, "Epidemiological study of chronic tinnitus in Assiut, Egypt", *Neuroepidemiology*, vol. 35, no. 1, pp. 45-52.
- Konopinski, M.D., Jones, G.J. & Johnson, M.I. 2012, "The effect of hypermobility on the incidence of injuries in elite-level professional soccer players: a cohort study", *The American Journal of Sports Medicine*, vol. 40, no. 4, pp. 763-769.
- Langguth, B., Kreuzer, P.M., Kleinjung, T. & De Ridder, D. 2013, "Tinnitus: causes and clinical management", *Lancet neurology*, vol. 12, no. 9, pp. 920-930.
- Lipton, R.B., Bigal, M.E., Diamond, M., Freitag, F., Reed, M.L., Stewart, W.F. & AMPP Advisory Group 2007, "Migraine prevalence, disease burden, and the need for preventive therapy", *Neurology*, vol. 68, no. 5, pp. 343-349.
- Lobbezoo, F., Ahlberg, J., Glaros, A.G., Kato, T., Koyano, K., Lavigne, G.J., de Leeuw, R., Manfredini, D., Svensson, P. & Winocur, E. 2013, "Bruxism defined and graded: an international consensus", *Journal of oral rehabilitation*, vol. 40, no. 1, pp. 2-4.
- Magnusson, S.P., Simonsen, E.B., Aagaard, P., Boesen, J., Johannsen, F. & Kjaer, M. 1997, "Determinants of musculoskeletal flexibility: viscoelastic properties, cross-sectional area, EMG and stretch tolerance", *Scandinavian journal of medicine & science in sports*, vol. 7, no. 4, pp. 195-202.
- Mintken, P.E. & Cleland, J. 2012, "In a 32-year-old woman with chronic neck pain and headaches, will an exercise regimen be beneficial for reducing her reports of neck pain and headaches?", *Physical therapy*, vol. 92, no. 5, pp. 645-651.
- Morais, A.A. & Gil, D. 2012, "Tinnitus in individuals without hearing loss and its relationship with temporomandibular dysfunction", *Brazilian journal of otorhinolaryngology*, vol. 78, no. 2, pp. 59-65.
- Moreside, J.M. & McGill, S.M. 2012, "Hip joint range of motion improvements using three different interventions", *Journal of strength and conditioning research / National Strength & Conditioning Association*, vol. 26, no. 5, pp. 1265-1273.
- Muyor, J.M., Alacid, F. & Lopez-Minarro, P.A. 2011, "Influence of hamstring muscles extensibility on spinal curvatures and pelvic tilt in highly trained cyclists", *Journal of human kinetics*, vol. 29, pp. 15-23.
- Perinetti, G., Turp, J.C., Primozic, J., Di Lenarda, R. & Contardo, L. 2011, "Associations between the masticatory system and muscle activity of other body districts. A meta-analysis of surface electromyography studies", *Journal of electromyography and kinesiology : official journal of the International Society of Electrophysiological Kinesiology*, vol. 21, no. 6, pp. 877-884.
- Sainz de Baranda, P. & Ayala, F. 2010, "Chronic flexibility improvement after 12 week of stretching program utilizing the ACSM recommendations: hamstring flexibility", *International Journal of Sports Medicine*, vol. 31, no. 6, pp. 389-396.

- Saldanha, A.D., Hilgenberg, P.B., Pinto, L.M. & Conti, P.C. 2012, "Are temporomandibular disorders and tinnitus associated?", *Cranio : the journal of craniomandibular practice*, vol. 30, no. 3, pp. 166-171.
- Seco, J., Abecia, L.C., Echevarria, E., Barbero, I., Torres-Unda, J., Rodriguez, V. & Calvo, J.I. 2013, "A long-term physical activity training program increases strength and flexibility, and improves balance in older adults", *Rehabilitation nursing : the official journal of the Association of Rehabilitation Nurses*, vol. 38, no. 1, pp. 37-47.
- Seydel, C., Haupt, H., Szczepak, A.J., Klapp, B.F. & Mazurek, B. 2010, "Long-term improvement in tinnitus after modified tinnitus retraining therapy enhanced by a variety of psychological approaches", *Audiology & Neuro-Otology*, vol. 15, no. 2, pp. 69-80.
- Strom, D., Behrenth, E., Ekman, K., Johansson, A., Unell, L. & Carlsson, G.E. 2013, "Management of tinnitus and jaw-muscle tenderness using an intraoral appliance and acupuncture", *Swedish dental journal*, vol. 37, no. 3, pp. 105-110.
- Valente, J.P., Pinheiro, L.A., Carvalho, G.M., Guimaraes, A.C., Mezzalira, R., Stoler, G. & Paschoal, J.R. 2012, "Evaluation of factors related to the tinnitus disturbance", *The international tinnitus journal*, vol. 17, no. 1, pp. 21-25.
- Vielsmeier, V., Kleinjung, T., Strutz, J., Burgers, R., Kreuzer, P.M. & Langguth, B. 2011, "Tinnitus with temporomandibular joint disorders: a specific entity of tinnitus patients?", *Otolaryngology--head and neck surgery : official journal of American Academy of Otolaryngology-Head and Neck Surgery*, vol. 145, no. 5, pp. 748-752.
- Vielsmeier, V., Strutz, J., Kleinjung, T., Schecklmann, M., Kreuzer, P.M., Landgrebe, M. & Langguth, B. 2012, "Temporomandibular joint disorder complaints in tinnitus: further hints for a putative tinnitus subtype", *PloS one*, vol. 7, no. 6, pp. e38887.

#### **- Fortifier -**

- Alves, C.R., Gualano, B., Takao, P.P., Avakian, P., Fernandes, R.M., Morine, D. & Takito, M.Y. 2012, "Effects of acute physical exercise on executive functions: a comparison between aerobic and strength exercise", *Journal of Sport & Exercise Psychology*, vol. 34, no. 4, pp. 539-549.
- Andersen, C.H., Zebis, M.K., Saervoll, C., Sundstrup, E., Jakobsen, M.D., Sjogaard, G. & Andersen, L.L. 2012, "Scapular muscle activity from selected strengthening exercises performed at low and high intensities", *Journal of strength and conditioning research / National Strength & Conditioning Association*, vol. 26, no. 9, pp. 2408-2416.
- Beazell, J.R., Grindstaff, T.L., Hart, J.M., Magrum, E.M., Cullaty, M. & Shen, F.H. 2011, "Changes in lateral abdominal muscle thickness during an abdominal drawing-in maneuver in individuals with and without low back pain", *Research in sports medicine (Print)*, vol. 19, no. 4, pp. 271-282.
- Bernard, J.C., Bard, R., Pujol, A., Combey, A., Boussard, D., Begue, C. & Salghetti, A.M. 2008, "Muscle assessment in healthy teenagers, Comparison with teenagers with low back pain", *Annales de readaptation et de medecine physique : revue scientifique de la Societe francaise de reeducation fonctionnelle de readaptation et de medecine physique*, vol. 51, no. 4, pp. 263-283.
- Blimkie, C.J., Sale, D.G. & Bar-Or, O. 1990, "Voluntary strength, evoked twitch contractile properties and motor unit activation of knee extensors in obese and non-obese adolescent males", *European journal of applied physiology and occupational physiology*, vol. 61, no. 3-4, pp. 313-318.
- Bo, K. 2012, "Pelvic floor muscle training in treatment of female stress urinary incontinence, pelvic organ prolapse and sexual dysfunction", *World journal of urology*, vol. 30, no. 4, pp. 437-443.
- Boyas, S., Hajj, M. & Bilodeau, M. 2013, "Influence of ankle plantarflexor fatigue on postural sway, lower limb articular angles, and postural strategies during unipedal quiet standing", *Gait & posture*, vol. 37, no. 4, pp. 547-551.

- Boyas, S., Remaud, A., Rivers, E. & Bilodeau, M. 2013, "Fatiguing exercise intensity influences the relationship between parameters reflecting neuromuscular function and postural control variables", *PLoS one*, vol. 8, no. 8, pp. e72482.
- Boyle, R., Hay-Smith, E.J., Cody, J.D. & Morkved, S. 2014, "Pelvic floor muscle training for prevention and treatment of urinary and fecal incontinence in antenatal and postnatal women: a short version Cochrane review", *Neurourology and urodynamics*, vol. 33, no. 3, pp. 269-276.
- Bruniera, C.A., Rogerio, F.R. & Rodacki, A.L. 2013, "Stabilometric response during single-leg stance after lower limb muscle fatigue", *Brazilian journal of physical therapy*, vol. 17, no. 5, pp. 464-469.
- Cairns, S.P. 2006, "Lactic acid and exercise performance : culprit or friend?", *Sports medicine (Auckland, N.Z.)*, vol. 36, no. 4, pp. 279-291.
- Costa, A.M., Breitenfeld, L., Silva, A.J., Pereira, A., Izquierdo, M. & Marques, M.C. 2012, "Genetic inheritance effects on endurance and muscle strength: an update", *Sports medicine (Auckland, N.Z.)*, vol. 42, no. 6, pp. 449-458.
- Friedmann-Bette, B., Bauer, T., Kinscherf, R., Vorwald, S., Klute, K., Bischoff, D., Muller, H., Weber, M.A., Metz, J., Kauczor, H.U., Bartsch, P. & Billeter, R. 2010, "Effects of strength training with eccentric overload on muscle adaptation in male athletes", *European journal of applied physiology*, vol. 108, no. 4, pp. 821-836.
- Fuller, J.R., Fung, J. & Cote, J.N. 2013, "Posture-movement responses to stance perturbations and upper limb fatigue during a repetitive pointing task", *Human movement science*, vol. 32, no. 4, pp. 618-632.
- Garber, C.E., Blissmer, B., Deschenes, M.R., Franklin, B.A., Lamonte, M.J., Lee, I.M., Nieman, D.C., Swain, D.P. & American College of Sports Medicine 2011, "American College of Sports Medicine position stand. Quantity and quality of exercise for developing and maintaining cardiorespiratory, musculoskeletal, and neuromotor fitness in apparently healthy adults: guidance for prescribing exercise", *Medicine and science in sports and exercise*, vol. 43, no. 7, pp. 1334-1359.
- Gimmon, Y., Riemer, R., Oddsson, L. & Melzer, I. 2011, "The effect of plantar flexor muscle fatigue on postural control", *Journal of electromyography and kinesiology : official journal of the International Society of Electrophysiological Kinesiology*, vol. 21, no. 6, pp. 922-928.
- Goldmann, J.P., Sanno, M., Willwacher, S., Heinrich, K. & Bruggemann, G.P. 2013, "The potential of toe flexor muscles to enhance performance", *Journal of sports sciences*, vol. 31, no. 4, pp. 424-433.
- Granacher, U., Gollhofer, A., Hortobagyi, T., Kressig, R.W. & Muehlbauer, T. 2013, "The importance of trunk muscle strength for balance, functional performance, and fall prevention in seniors: a systematic review", *Sports medicine (Auckland, N.Z.)*, vol. 43, no. 7, pp. 627-641.
- Greving, K., Dorrestijn, O., Winters, J.C., Groenhof, F., van, d.M., Stevens, M. & Diercks, R.L. 2012, "Incidence, prevalence, and consultation rates of shoulder complaints in general practice", *Scandinavian journal of rheumatology*, vol. 41, no. 2, pp. 150-155.
- Hagen, S. & Stark, D. 2011, "Conservative prevention and management of pelvic organ prolapse in women", *The Cochrane database of systematic reviews*, vol. (12):CD003882. doi, no. 12, pp. CD003882.
- Halicka, Z., Lobotkova, J., Buckova, K. & Hlavacka, F. 2014, "Effectiveness of different visual biofeedback signals for human balance improvement", *Gait & posture*, vol. 39, no. 1, pp. 410-414.
- Hassanlouei, H., Arendt-Nielsen, L., Kersting, U.G. & Falla, D. 2012, "Effect of exercise-induced fatigue on postural control of the knee", *Journal of electromyography and kinesiology : official journal of the International Society of Electrophysiological Kinesiology*, vol. 22, no. 3, pp. 342-347.

- Hulens, M., Vansant, G., Lysens, R., Claessens, A.L., Muls, E. & Brumagne, S. 2001, "Study of differences in peripheral muscle strength of lean versus obese women: an allometric approach", *International journal of obesity and related metabolic disorders : journal of the International Association for the Study of Obesity*, vol. 25, no. 5, pp. 676-681.
- Johanson, E., Brumagne, S., Janssens, L., Pijnenburg, M., Claeys, K. & Paasuke, M. 2011, "The effect of acute back muscle fatigue on postural control strategy in people with and without recurrent low back pain", *European spine journal : official publication of the European Spine Society, the European Spinal Deformity Society, and the European Section of the Cervical Spine Research Society*, vol. 20, no. 12, pp. 2152-2159.
- Jurca, R., Lamonte, M.J., Barlow, C.E., Kampert, J.B., Church, T.S. & Blair, S.N. 2005, "Association of muscular strength with incidence of metabolic syndrome in men", *Medicine and science in sports and exercise*, vol. 37, no. 11, pp. 1849-1855.
- Kelly, S.A. & Pomp, D. 2013, "Genetic determinants of voluntary exercise", *Trends in genetics : TIG*, vol. 29, no. 6, pp. 348-357.
- Kim, E. & Lee, H. 2013, "The effects of deep abdominal muscle strengthening exercises on respiratory function and lumbar stability", *Journal of physical therapy science*, vol. 25, no. 6, pp. 663-665.
- Lee, S., Lee, D. & Park, J. 2013, "The Effect of Hand Position Changes on Electromyographic Activity of Shoulder Stabilizers during Push-up Plus Exercise on Stable and Unstable Surfaces", *Journal of physical therapy science*, vol. 25, no. 8, pp. 981-984.
- Lunden, J.B., Braman, J.P., Laprade, R.F. & Ludewig, P.M. 2010, "Shoulder kinematics during the wall push-up plus exercise", *Journal of shoulder and elbow surgery / American Shoulder and Elbow Surgeons ...[et al.]*, vol. 19, no. 2, pp. 216-223.
- Lynch, S.S., Thigpen, C.A., Mihalik, J.P., Prentice, W.E. & Padua, D. 2010, "The effects of an exercise intervention on forward head and rounded shoulder postures in elite swimmers", *British journal of sports medicine*, vol. 44, no. 5, pp. 376-381.
- Maeo, S., Takahashi, T., Takai, Y. & Kanehisa, H. 2013, "Trunk muscle activities during abdominal bracing: comparison among muscles and exercises", *Journal of sports science & medicine*, vol. 12, no. 3, pp. 467-474.
- Maeo, S., Chou, T., Yamamoto, M. & Kanehisa, H. 2014, "Muscular activities during sling- and ground-based push-up exercise", *BMC Research Notes*, vol. 7, no. 1, pp. 192-192.
- Malliaras, P., Kamal, B., Nowell, A., Farley, T., Dhamu, H., Simpson, V., Morrissey, D., Langberg, H., Maffulli, N. & Reeves, N.D. 2013, "Patellar tendon adaptation in relation to load-intensity and contraction type", *Journal of Biomechanics*, vol. 46, no. 11, pp. 1893-1899.
- Manshadi, F.D., Parnianpour, M., Sarrafzadeh, J., Azghani, M.R. & Kazemnejad, A. 2011, "Abdominal hollowing and lateral abdominal wall muscles' activity in both healthy men & women: An ultrasonic assessment in supine and standing positions", *Journal of Bodywork and Movement Therapies*, vol. 15, no. 1, pp. 108-113.
- McEldowney, K.M., Hopper, L.S., Etlin-Stein, H. & Redding, E. 2013, "Fatigue effects on quadriceps and hamstrings activation in dancers performing drop landings", *Journal of dance medicine & science : official publication of the International Association for Dance Medicine & Science*, vol. 17, no. 3, pp. 109-114.
- Micheo, W., Baerga, L. & Miranda, G. 2012, "Basic principles regarding strength, flexibility, and stability exercises", *PM & R : the journal of injury, function, and rehabilitation*, vol. 4, no. 11, pp. 805-811.
- Ng, S.F., Lok, M.K., Pang, S.M. & Wun, Y.T. 2014, "Stress urinary incontinence in younger women in primary care: prevalence and opportunistic intervention", *Journal of women's health (2002)*, vol. 23, no. 1, pp. 65-68.
- Okubo, Y., Kaneoka, K., Shiina, I., Tatsumura, M. & Miyakawa, S. 2013, "Abdominal muscle activity during a standing long jump", *The Journal of orthopaedic and sports physical therapy*, vol. 43, no. 8, pp. 577-582.

- O'Shea, ,F.D., Boyle, E., Salonen, D.C., Ammendolia, C., Peterson, C., Hsu, W. & Inman, R.D. 2010, "Inflammatory and degenerative sacroiliac joint disease in a primary back pain cohort", *Arthritis Care & Research*, vol. 62, no. 4, pp. 447-454.
- Paillard, T. 2012, "Effects of general and local fatigue on postural control: a review", *Neuroscience and biobehavioral reviews*, vol. 36, no. 1, pp. 162-176.
- Parreira, R.B., Amorim, C.F., Gil, A.W., Teixeira, D.C., Bilodeau, M. & da Silva, R.,A. 2013, "Effect of trunk extensor fatigue on the postural balance of elderly and young adults during unipodal task", *European journal of applied physiology*, vol. 113, no. 8, pp. 1989-1996.
- Patel, M.I., Yao, J., Hirschhorn, A.D. & Mungovan, S.F. 2013, "Preoperative pelvic floor physiotherapy improves continence after radical retropubic prostatectomy", *International journal of urology : official journal of the Japanese Urological Association*, vol. 20, no. 10, pp. 986-992.
- Pinto, R.Z., Ferreira, P.H., Franco, M.R., Ferreira, M.L., Ferreira, M.C., Teixeira-Salmela, L.F. & Maher, C.G. 2011, "Effect of 2 lumbar spine postures on transversus abdominis muscle thickness during a voluntary contraction in people with and without low back pain", *Journal of manipulative and physiological therapeutics*, vol. 34, no. 3, pp. 164-172.
- Rasouli, O., Arab, A.M., Amiri, M. & Jaberzadeh, S. 2011, "Ultrasound measurement of deep abdominal muscle activity in sitting positions with different stability levels in subjects with and without chronic low back pain", *Manual therapy*, vol. 16, no. 4, pp. 388-393.
- Samuel, D., Wilson, K., Martin, H.J., Allen, R., Sayer, A.A. & Stokes, M. 2012, "Age-associated changes in hand grip and quadriceps muscle strength ratios in healthy adults", *Aging clinical and experimental research*, vol. 24, no. 3, pp. 245-250.
- Samuel, D., Wilson, K., Martin, H.J., Allen, R., Sayer, A.A. & Stokes, M. 2012, "Age-associated changes in hand grip and quadriceps muscle strength ratios in healthy adults", *Aging clinical and experimental research*, vol. 24, no. 3, pp. 245-250.
- Samuel, D., Wilson, K., Martin, H.J., Allen, R., Sayer, A.A. & Stokes, M. 2012, "Age-associated changes in hand grip and quadriceps muscle strength ratios in healthy adults", *Aging clinical and experimental research*, vol. 24, no. 3, pp. 245-250.
- Sapsford, R.R., Clarke, B. & Hodges, P.W. 2013, "The effect of abdominal and pelvic floor muscle activation patterns on urethral pressure", *World journal of urology*, vol. 31, no. 3, pp. 639-644.
- Simao, R., Lemos, A., Salles, B., Leite, T., Oliveira, E., Rhea, M. & Reis, V.M. 2011, "The influence of strength, flexibility, and simultaneous training on flexibility and strength gains", *Journal of strength and conditioning research / National Strength & Conditioning Association*, vol. 25, no. 5, pp. 1333-1338.
- Smith, M.D., Russell, A. & Hodges, P.W. 2014, "The relationship between incontinence, breathing disorders, gastrointestinal symptoms, and back pain in women: a longitudinal cohort study", *The Clinical journal of pain*, vol. 30, no. 2, pp. 162-167.
- Suprak, D.N., Bohannon, J., Morales, G., Stroschein, J. & San Juan, J.,G. 2013, "Scapular kinematics and shoulder elevation in a traditional push-up", *Journal Of Athletic Training*, vol. 48, no. 6, pp. 826-835.
- Tahan, N., Arab, A.M., Vaseghi, B. & Khademi, K. 2013, "Electromyographic evaluation of abdominal-muscle function with and without concomitant pelvic-floor-muscle contraction", *Journal of Sport Rehabilitation*, vol. 22, no. 2, pp. 108-114.
- Thomis, M.A. & Aerssens, J. 2012, "Genetic variation in human muscle strength--opportunities for therapeutic interventions?", *Current Opinion In Pharmacology*, vol. 12, no. 3, pp. 355-362.
- Urquhart, D.M., Hodges, P.W., Allen, T.J. & Story, I.H. 2005, "Abdominal muscle recruitment during a range of voluntary exercises", *Manual therapy*, vol. 10, no. 2, pp. 144-153.

- van der Walt, I., Bo, K., Hanekom, S. & Rienhardt, G. 2014, "Ethnic differences in pelvic floor muscle strength and endurance in South African women", *International urogynecology journal*, .
- Varoqui, D., Froger, J., Pelissier, J.Y. & Bardy, B.G. 2011, "Effect of coordination biofeedback on (re)learning preferred postural patterns in post-stroke patients", *Motor control*, vol. 15, no. 2, pp. 187-205.
- Yahia, A., Jribi, S., Ghroubi, S., Elleuch, M., Baklouti, S. & Habib Elleuch, M. 2011, "Evaluation of the posture and muscular strength of the trunk and inferior members of patients with chronic lumbar pain", *Joint, bone, spine : revue du rhumatisme*, vol. 78, no. 3, pp. 291-297.

#### **- Stabiliser -**

- Baudry, S. & Duchateau, J. 2012, "Age-related influence of vision and proprioception on Ia presynaptic inhibition in soleus muscle during upright stance", *The Journal of physiology*, vol. 590, no. Pt 21, pp. 5541-5554.
- Bell, D.R., Sanfilippo, J.L., Binkley, N. & Heiderscheit, B.C. 2014, "Lean mass asymmetry influences force and power asymmetry during jumping in collegiate athletes", *Journal of strength and conditioning research / National Strength & Conditioning Association*, vol. 28, no. 4, pp. 884-891.
- Chulvi-Medrano, I., Martinez-Ballester, E. & Masia-Tortosa, L. 2012, "Comparison of the effects of an eight-week push-up program using stable versus unstable surfaces", *International journal of sports physical therapy*, vol. 7, no. 6, pp. 586-594.
- Czaprowski, D., Afeltowicz, A., Gebicka, A., Pawlowska, P., Kedra, A., Barrios, C. & Hadala, M. 2013, "Abdominal muscle EMG-activity during bridge exercises on stable and unstable surfaces", *Physical therapy in sport : official journal of the Association of Chartered Physiotherapists in Sports Medicine*, .
- Domagalska-Szopa, M. & Szopa, A. 2013, "Body posture asymmetry differences between children with mild scoliosis and children with unilateral cerebral palsy", *BioMed research international*, vol. 2013, pp. 462094.
- Hile, E.S., Brach, J.S., Perera, S., Wert, D.M., VanSwearingen, J.M. & Studenski, S.A. 2012, "Interpreting the need for initial support to perform tandem stance tests of balance", *Physical therapy*, vol. 92, no. 10, pp. 1316-1328.
- Holla, J.F., van der Leeden, M., Peter, W.F., Roorda, L.D., van der Esch, M., Lems, W.F., Gerritsen, M., Voorneman, R.E., Steultjens, M.P. & Dekker, J. 2012, "Proprioception, laxity, muscle strength and activity limitations in early symptomatic knee osteoarthritis: results from the CHECK cohort", *Journal of rehabilitation medicine : official journal of the UEMS European Board of Physical and Rehabilitation Medicine*, vol. 44, no. 10, pp. 862-868.
- Honegger, F., Tielkens, R.J. & Allum, J.H. 2013, "Movement strategies and sensory reweighting in tandem stance: differences between trained tightrope walkers and untrained subjects", *Neuroscience*, vol. 254, pp. 285-300.
- Jonsson, E., Seiger, A. & Hirschfeld, H. 2005, "Postural steadiness and weight distribution during tandem stance in healthy young and elderly adults", *Clinical biomechanics (Bristol, Avon)*, vol. 20, no. 2, pp. 202-208.
- Laroche, D.P., Cook, S.B. & Mackala, K. 2012, "Strength asymmetry increases gait asymmetry and variability in older women", *Medicine and science in sports and exercise*, vol. 44, no. 11, pp. 2172-2181.
- Li, Z. & Durgin, F.H. 2012, "Manual matching of perceived surface orientation is affected by arm posture: evidence of calibration between proprioception and visual experience in near space", *Experimental brain research*, vol. 216, no. 2, pp. 299-309.

- Luu, B.L., Inglis, J.T., Huryn, T.P., Van der Loos, H.F., Croft, E.A. & Blouin, J.S. 2012, "Human standing is modified by an unconscious integration of congruent sensory and motor signals", *The Journal of physiology*, vol. 590, no. Pt 22, pp. 5783-5794.
- McCrory, J.L., Chambers, A.J., Daftary, A. & Redfern, M.S. 2010, "Dynamic postural stability during advancing pregnancy", *Journal of Biomechanics*, vol. 43, no. 12, pp. 2434-2439.
- Proske, U. & Gandevia, S.C. 2012, "The proprioceptive senses: their roles in signaling body shape, body position and movement, and muscle force", *Physiological reviews*, vol. 92, no. 4, pp. 1651-1697.
- Quek, J.M., Pua, Y.H., Bryant, A.L. & Clark, R.A. 2013, "The influence of cervical spine flexion-rotation range-of-motion asymmetry on postural stability in older adults", *Spine*, vol. 38, no. 19, pp. 1648-1655.
- Rasouli, O., Arab, A.M., Amiri, M. & Jaberzadeh, S. 2011, "Ultrasound measurement of deep abdominal muscle activity in sitting positions with different stability levels in subjects with and without chronic low back pain", *Manual therapy*, vol. 16, no. 4, pp. 388-393.
- Saeterbakken, A.H. & Fimland, M.S. 2013, "Muscle force output and electromyographic activity in squats with various unstable surfaces", *Journal of strength and conditioning research / National Strength & Conditioning Association*, vol. 27, no. 1, pp. 130-136.
- Sanchez Garcia, R., Hayes, S.J., Williams, A.M. & Bennett, S.J. 2013, "Multisensory perception and action in 3-ball cascade juggling", *Journal of motor behavior*, vol. 45, no. 1, pp. 29-36.
- Sanchez-Ramirez, D.C., van der Leeden, M., Knol, D.L., van der Esch, M., Roorda, L.D., Verschueren, S., van Dieen, J., Lems, W.F. & Dekker, J. 2013, "Association of postural control with muscle strength, proprioception, self-reported knee instability and activity limitations in patients with knee osteoarthritis", *Journal of rehabilitation medicine : official journal of the UEMS European Board of Physical and Rehabilitation Medicine*, vol. 45, no. 2, pp. 192-197.
- Sarabon, N., Rosker, J., Loefler, S. & Kern, H. 2013, "The effect of vision elimination during quiet stance tasks with different feet positions", *Gait & posture*, vol. 38, no. 4, pp. 708-711.
- Schwasig, R., Goldich, Y., Hahn, A., Müller, A., Kohen-Raz, R., Klutigg, A. & Morad, Y. 2011, "Postural control in subjects with visual impairment", *European journal of ophthalmology*, vol. 21, no. 3, pp. 303-309.
- Sefton, J.M., Yarar, C. & Berry, J.W. 2012, "Massage Therapy Produces Short-term Improvements in Balance, Neurological, and Cardiovascular Measures in Older Persons", *International journal of therapeutic massage & bodywork*, vol. 5, no. 3, pp. 16-27.
- Seo, S.H., Jeon, I.H., Cho, Y.H., Lee, H.G., Hwang, Y.T. & Jang, J.H. 2013, "Surface EMG during the Push-up plus Exercise on a Stable Support or Swiss Ball: Scapular Stabilizer Muscle Exercise", *Journal of physical therapy science*, vol. 25, no. 7, pp. 833-837.
- Sung, P.S. 2013, "Disability and back muscle fatigability changes following two therapeutic exercise interventions in participants with recurrent low back pain", *Medical science monitor : international medical journal of experimental and clinical research*, vol. 19, pp. 40-48.
- Yoon, J.S., Lee, J.H. & Kim, J.S. 2013, "The effect of swiss ball stabilization exercise on pain and bone mineral density of patients with chronic low back pain", *Journal of physical therapy science*, vol. 25, no. 8, pp. 953-956.

## SOULAGER LA DOULEUR

### - Au jour le jour -

- Adams, M.A., Dolan, P., Hutton, W.C. & Porter, R.W. 1990, "Diurnal changes in spinal mechanics and their clinical significance", *The Journal of bone and joint surgery.British volume*, vol. 72, no. 2, pp. 266-270.

- Akdag, B., Cavlak, U., Cimbiz, A. & Camdeviren, H. 2011, "Determination of pain intensity risk factors among school children with nonspecific low back pain", *Medical science monitor : international medical journal of experimental and clinical research*, vol. 17, no. 2, pp. PH12-5.
- Barroso, R., Tricoli, V., Santos Gil, S.D., Ugrinowitsch, C. & Roschel, H. 2012, "Maximal strength, number of repetitions, and total volume are differently affected by static-, ballistic-, and proprioceptive neuromuscular facilitation stretching", *Journal of strength and conditioning research / National Strength & Conditioning Association*, vol. 26, no. 9, pp. 2432-2437.
- Bleakley, C., McDonough, S., Gardner, E., Baxter, G.D., Hopkins, J.T. & Davison, G.W. 2012, "Cold-water immersion (cryotherapy) for preventing and treating muscle soreness after exercise", *The Cochrane database of systematic reviews*, vol. 2, pp. CD008262.
- Brocca, L., Cannavino, J., Coletto, L., Biolo, G., Sandri, M., Bottinelli, R. & Pellegrino, M.A. 2012, "The time course of the adaptations of human muscle proteome to bed rest and the underlying mechanisms", *The Journal of physiology*, vol. 590, no. Pt 20, pp. 5211-5230.
- Camacho-Soto, A., Sowa, G.A., Perera, S. & Weiner, D.K. 2012, "Fear avoidance beliefs predict disability in older adults with chronic low back pain", *PM & R : the journal of injury, function, and rehabilitation*, vol. 4, no. 7, pp. 493-497.
- Cimolin, V., Vismara, L., Galli, M., Zaina, F., Negrini, S. & Capodaglio, P. 2011, "Effects of obesity and chronic low back pain on gait", *Journal of neuroengineering and rehabilitation*, vol. 8, pp. 55-0003-8-55.
- Crosbie, J., Nascimento, D.P., Filho Rde, F. & Ferreira, P. 2013, "Do people with recurrent back pain constrain spinal motion during seated horizontal and downward reaching?", *Clinical biomechanics (Bristol, Avon)*, vol. 28, no. 8, pp. 866-872.
- Cuesta-Vargas, A.I., Cano-Herrera, C.L. & Heywood, S. 2013, "Analysis of the neuromuscular activity during rising from a chair in water and on dry land", *Journal of electromyography and kinesiology : official journal of the International Society of Electrophysiological Kinesiology*, vol. 23, no. 6, pp. 1446-1450.
- Dykstra, J.H., Hill, H.M., Miller, M.G., Cheatham, C.C., Michael, T.J. & Baker, R.J. 2009, "Comparisons of cubed ice, crushed ice, and wetted ice on intramuscular and surface temperature changes", *Journal of athletic training*, vol. 44, no. 2, pp. 136-141.
- Eghbali, M., Lellahgani, H., Alimohammadi, N., Daryabeigi, R. & Ghasempour, Z. 2010, "Study on effect of massage therapy on pain severity in orthopedic patients", *Iranian journal of nursing and midwifery research*, vol. 15, no. 1, pp. 32-36.
- Franco, B.L., Signorelli, G.R., Trajano, G.S., Costa, P.B. & de Oliveira, C.G. 2012, "Acute effects of three different stretching protocols on the wingate test performance", *Journal of sports science & medicine*, vol. 11, no. 1, pp. 1-7.
- Gonzalez-Rave, J.M., Sanchez-Gomez, A. & Santos-Garcia, D.J. 2012, "Efficacy of two different stretch training programs (passive vs. proprioceptive neuromuscular facilitation) on shoulder and hip range of motion in older people", *Journal of strength and conditioning research / National Strength & Conditioning Association*, vol. 26, no. 4, pp. 1045-1051.
- Hallman, D.M., Ekman, A.H. & Lyskov, E. 2013, "Changes in physical activity and heart rate variability in chronic neck-shoulder pain: monitoring during work and leisure time", *International archives of occupational and environmental health*, .
- Hendrick, P., Te Wake, ,A.M., Tikkisetty, A.S., Wulff, L., Yap, C. & Milosavljevic, S. 2010, "The effectiveness of walking as an intervention for low back pain: a systematic review", *European Spine Journal: Official Publication Of The European Spine Society, The European Spinal Deformity Society, And The European Section Of The Cervical Spine Research Society*, vol. 19, no. 10, pp. 1613-1620.

- Hindle, K.B., Whitcomb, T.J., Briggs, W.O. & Hong, J. 2012, "Proprioceptive Neuromuscular Facilitation (PNF): Its Mechanisms and Effects on Range of Motion and Muscular Function", *Journal of human kinetics*, vol. 31, pp. 105-113.
- Husu, P. & Suni, J. 2012, "Predictive validity of health-related fitness tests on back pain and related disability: a 6-year follow-up study among high-functioning older adults", *Journal of physical activity & health*, vol. 9, no. 2, pp. 249-258.
- Ikezoe, T., Mori, N., Nakamura, M. & Ichihashi, N. 2012, "Effects of age and inactivity due to prolonged bed rest on atrophy of trunk muscles", *European journal of applied physiology*, vol. 112, no. 1, pp. 43-48.
- Katsura, Y., Yoshikawa, T., Ueda, S.Y., Usui, T., Sotobayashi, D., Nakao, H., Sakamoto, H., Okumoto, T. & Fujimoto, S. 2010, "Effects of aquatic exercise training using water-resistance equipment in elderly", *European journal of applied physiology*, vol. 108, no. 5, pp. 957-964.
- Keese, F., Farinatti, P., Massaferrari, R., Matos-Santos, L., Silva, N. & Monteiro, W. 2013, "Acute effect of proprioceptive neuromuscular facilitation stretching on the number of repetitions performed during a multiple set resistance exercise protocol", *Journal Of Strength And Conditioning Research / National Strength & Conditioning Association*, vol. 27, no. 11, pp. 3028-3032.
- Kofotolis, N. & Kellis, E. 2006, "Effects of two 4-week proprioceptive neuromuscular facilitation programs on muscle endurance, flexibility, and functional performance in women with chronic low back pain", *Physical therapy*, vol. 86, no. 7, pp. 1001-1012.
- Lewis, S.E., Holmes, P.S., Woby, S.R., Hindle, J. & Fowler, N.E. 2012, "Short-term effect of superficial heat treatment on paraspinal muscle activity, stature recovery, and psychological factors in patients with chronic low back pain", *Archives of Physical Medicine and Rehabilitation*, vol. 93, no. 2, pp. 367-372.
- Maddigan, M.E., Peach, A.A. & Behm, D.G. 2012, "A comparison of assisted and unassisted proprioceptive neuromuscular facilitation techniques and static stretching", *Journal Of Strength And Conditioning Research / National Strength & Conditioning Association*, vol. 26, no. 5, pp. 1238-1244.
- Maki, Y., Ura, C., Yamaguchi, T., Takahashi, R. & Yamaguchi, H. 2012, "Intervention using a community-based walking program is effective for elderly adults with depressive tendencies", *Journal of the American Geriatrics Society*, vol. 60, no. 8, pp. 1590-1591.
- Mikkonen, P., Laitinen, J., Remes, J., Tammelin, T., Taimela, S., Kaikkonen, K., Zitting, P., Korpelainen, R. & Karppinen, J. 2013, "Association Between Overweight and Low Back Pain: A Population-Based Prospective Cohort Study of Adolescents", *Spine*, .
- Muyor, J.M., López-Miñarro, P.A. & Casimiro, A.J. 2012, "Effect of stretching program in an industrial workplace on hamstring flexibility and sagittal spinal posture of adult women workers: a randomized controlled trial", *Journal Of Back And Musculoskeletal Rehabilitation*, vol. 25, no. 3, pp. 161-169.
- Pearson, J., Low, D.A., Stohr, E., Kalsi, K., Ali, L., Barker, H. & Gonzalez-Alonso, J. 2011, "Hemodynamic responses to heat stress in the resting and exercising human leg: insight into the effect of temperature on skeletal muscle blood flow", *American journal of physiology.Regulatory, integrative and comparative physiology*, vol. 300, no. 3, pp. R663-73.
- Petrofsky, J.S., Laymon, M. & Lee, H. 2013, "Effect of heat and cold on tendon flexibility and force to flex the human knee", *Medical science monitor : international medical journal of experimental and clinical research*, vol. 19, pp. 661-667.
- Psatha, M., Wu, Z., Gammie, F.M., Ratkevicius, A., Wackerhage, H., Lee, J.H., Redpath, T.W., Gilbert, F.J., Ashcroft, G.P., Meakin, J.R. & Aspden, R.M. 2012, "A longitudinal MRI study of muscle atrophy during lower leg immobilization following ankle fracture", *Journal Of Magnetic Resonance Imaging: JMRI*, vol. 35, no. 3, pp. 686-695.

- Rainville, J., Smeets, R.J., Bendix, T., Tveito, T.H., Poiraudeau, S. & Indahl, A.J. 2011, "Fear-avoidance beliefs and pain avoidance in low back pain--translating research into clinical practice", *The spine journal : official journal of the North American Spine Society*, vol. 11, no. 9, pp. 895-903.
- Rubini, E.C., Souza, A.C., Mello, M.L., Bacurau, R.F., Cabral, L.F. & Farinatti, P.T. 2011, "Immediate effect of static and proprioceptive neuromuscular facilitation stretching on hip adductor flexibility in female ballet dancers", *Journal of dance medicine & science : official publication of the International Association for Dance Medicine & Science*, vol. 15, no. 4, pp. 177-181.
- Sarabon, N. & Rosker, J. 2013, "Effect of 14 days of bed rest in older adults on parameters of the body sway and on the local ankle function", *Journal Of Electromyography And Kinesiology: Official Journal Of The International Society Of Electrophysiological Kinesiology*, vol. 23, no. 6, pp. 1505-1511.
- Segura-Jimenez, V., Carbonell-Baeza, A., Aparicio, V.A., Samos, B., Femia, P., Ruiz, J.R. & Delgado-Fernandez, M. 2013, "A warm water pool-based exercise program decreases immediate pain in female fibromyalgia patients: uncontrolled clinical trial", *International Journal of Sports Medicine*, vol. 34, no. 7, pp. 600-605.
- Shiri, R., Solovieva, S., Husgafvel-Pursiainen, K., Telama, R., Yang, X., Viikari, J., Raitakari, O.T. & Viikari-Juntura, E. 2013, "The role of obesity and physical activity in non-specific and radiating low back pain: the Young Finns study", *Seminars in arthritis and rheumatism*, vol. 42, no. 6, pp. 640-650.
- Stone, A.A. & Broderick, J.E. 2012, "Obesity and pain are associated in the United States", *Obesity (Silver Spring, Md.)*, vol. 20, no. 7, pp. 1491-1495.
- Topp, R., Winchester, L., Mink, A.M., Kaufman, J.S. & Jacks, D.E. 2011, "Comparison of the effects of ice and 3.5% menthol gel on blood flow and muscle strength of the lower arm", *Journal of Sport Rehabilitation*, vol. 20, no. 3, pp. 355-366.
- Verbunt, J.A., Seelen, H.A., Vlaeyen, J.W., Bousema, E.J., van der Heijden, G.J., Heuts, P.H. & Knottnerus, J.A. 2005, "Pain-related factors contributing to muscle inhibition in patients with chronic low back pain: an experimental investigation based on superimposed electrical stimulation", *The Clinical journal of pain*, vol. 21, no. 3, pp. 232-240.
- Vismara, L., Menegoni, F., Zaina, F., Galli, M., Negrini, S. & Capodaglio, P. 2010, "Effect of obesity and low back pain on spinal mobility: a cross sectional study in women", *Journal of neuroengineering and rehabilitation*, vol. 7, pp. 3-0003-7-3.
- Yildirim, Y., Gunay, S. & Karadibak, D. 2014, "Identifying factors associated with low back pain among employees working at a package producing industry", *Journal Of Back And Musculoskeletal Rehabilitation*, vol. 27, no. 1, pp. 25-32.
- Zaniewska, R., Okurowska-Zawada, B., Kulak, W. & Domian, K. 2012, "Analysis of quality of life in patients with low back pain after receiving transcutaneous electrical nerve stimulation (TENS)", *Medycyna pracy*, vol. 63, no. 3, pp. 295-302.

#### **- Avec l'aide d'un professionnel -**

- Atkins, D.V. & Eichler, D.A. 2013, "The effects of self-massage on osteoarthritis of the knee: a randomized, controlled trial", *International Journal Of Therapeutic Massage & Bodywork*, vol. 6, no. 1, pp. 4-14.
- Choi, J.C., Min, S., Kim, Y.K., Choi, J.H., Seo, S.M. & Chang, S.J. 2013, "Changes in pain perception and hormones pre- and post-kumdo competition", *Hormones and behavior*, vol. 64, no. 4, pp. 618-623.
- Dion, L., Rodgers, N., Cutshall, S.M., Cordes, M.E., Bauer, B., Cassivi, S.D. & Cha, S. 2011, "Effect of massage on pain management for thoracic surgery patients", *International journal of therapeutic massage & bodywork*, vol. 4, no. 2, pp. 2-6.

- Eghbali, M., Lellahgani, H., Alimohammadi, N., Daryabeigi, R. & Ghasempour, Z. 2010, "Study on effect of massage therapy on pain severity in orthopedic patients", *Iranian journal of nursing and midwifery research*, vol. 15, no. 1, pp. 32-36.
- Goertz, C.M., Long, C.R., Hondras, M.A., Petri, R., Delgado, R., Lawrence, D.J., Owens, E.F. & Meeker, W.C. 2013, "Adding chiropractic manipulative therapy to standard medical care for patients with acute low back pain: results of a pragmatic randomized comparative effectiveness study", *Spine*, vol. 38, no. 8, pp. 627-634.
- Hasegawa, T.M., Baptista, A.S., de Souza, M.C., Yoshizumi, A.M. & Natour, J. 2014, "Acupuncture for acute non-specific low back pain: a randomised, controlled, double-blind, placebo trial", *Acupuncture in medicine : journal of the British Medical Acupuncture Society*, vol. 32, no. 2, pp. 109-115.
- Hassed, C. 2013, "Mind-body therapies--use in chronic pain management", *Australian Family Physician*, vol. 42, no. 3, pp. 112-117.
- Silva, E.M., Andrade, S.C. & Vilar, M.J. 2012, "Evaluation of the effects of Global Postural Reeducation in patients with ankylosing spondylitis", *Rheumatology international*, vol. 32, no. 7, pp. 2155-2163.
- Vickers, A.J. & Linde, K. 2014, "Acupuncture for chronic pain", *JAMA : the journal of the American Medical Association*, vol. 311, no. 9, pp. 955-956.