

- Abumi, K., Panjabi, M. M., Kramer, K. M., Duranceau, J., Oxland, T. και Crisco, J. J. (1990). Biomechanical evaluation of lumbar spinal stability after graded facetectomies. *Spine*, 15 (11), 1142-1147.
- Adams, M. A., Dolan, P. και Hutton, W. C. (1988). The lumbar spine in backward bending. *Spine*, 13 (9), 1019-1026. Adams, M. A., Freeman, B. J., Morrison, H. P., Nelson, I. W. και Dolan, P. (2000). Mechanical initiation of intervertebral disc degeneration. *Spine*, 25 (13), 1625-1636.
- Andersen, L.L., Andersen, C. H., Mortensen, O. S., Poulsen, O. M., Bjørnlund, I. B. T. και Zebis, M. K. (2010). Muscle activation and perceived loading during rehabilitation exercises: Comparison of dumbbells and elastic resistance. *Physical Therapy*, 90 (4), 538-549.
- Andersen, L. L., Saervoll, C. A., Mortensen, O. S., Poulsen, O. M., Hannerz, H. και Zebis, M. K. (2011). Effectiveness of small daily amounts of progressive resistance training for frequent neck/shoulder pain: Randomised controlled trial. *Pain*, 152, 440-446.
- Arendt-Nielsen, L., Laursen, R. J. και Drewes, A. M. (2000). Referred pain as an indicator for neural plasticity. *Progress in Brain Research*, 129, 343-356.
- Badley, E. M. και Tennant, A. (1992). Changing profile of joint disorders with age: Findings from a postal survey of the population of Calderdale, West Yorkshire, United Kingdom. *Ann Rheum Dis*, 51, 366-371.
- Becker, N., Sjogren, P., Bech, P., Olsen, A. K. και Eriksen, J. (2000). Treatment outcome of chronic non-malignant pain patients managed in a Danish multidisciplinary pain centre compared to general practice: A randomised controlled trial. *Pain*, 84, 203-211.
- Beneka, A., Malliou, P. και Gioftsidou, A. (2014). Neck pain and office workers: An exercise program for the workplace. *ACSM's Health and Fitness Journal*, 18 (3), 18-24.
- Bernard, B. (1997). *Musculoskeletal Disorders and Workplace Factors: A Critical Review of Epidemiologic Evidence for Work-Related Musculoskeletal Disorders of the Neck, Upper Extremity, and Low Back*. Atlanta, GA: US Dept of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Institute for Occupational Safety and Health.
- Bogduk, N. (1997). *Clinical Anatomy of the Lumbar Spine and Sacrum* (3η έκδ.). New York: Churchill Livingstone.
- Bogduk, N. (2004). Management of chronic low back pain. *Medical Journal of Australia*, 180, 79-83.
- Bogduk, N. (2006). *Evidence-Based Clinical Guidelines for the Management of Acute Low Back Pain*. Bowen Hills: Australian Academic Press.
- Bronfort, G., Goldsmith, C. H., Nelson, C. F., Boline, P. D. και Anderson, A. V. (1996). Trunk exercise combined with spinal manipulative or NSAID therapy for chronic low back pain: A randomized, observer-blinded clinical trial. *Journal of Manipulative and Physiological Therapeutics*, 19 (9), 570-582.
- Γεροντέλη, Α., Μπενέκα, Α., Μάλλιου, Π., Θεοδωράκης, Ι. και Ζήση, Β. (2013). Θεραπευτική άσκηση με αναπνοή σε εργαζόμενους γραφείου - χρήστες ηλεκτρονικών υπολογιστών με χρόνια πόνο στον αυχένα. *Εργοθεραπεία*, 54 (Απρίλιος-Ιούνιος).
- Carpenter, D. και Nelson, B. (1999). Low back strengthening for the prevention and treatment of low back pain. *Medicine and Science in Sports & Exercise*, 31, 18-24.
- Chang, C. W., Chen, Y. R. και Chang, K. F. (2008). Evidence of neuroaxonal degeneration in myofascial pain syndrome: A study of neuromuscular jitter by axonal microstimulation. *European Journal of Pain*, 12, 1026-1030.
- Chen, C. K. και Nizar, A. J. (2011). Myofascial pain syndrome in chronic back pain patients. *Korean Journal of Pain*, 24 (2): 100-104.
- Cholewicki, J. και Van Vliet, J. (2002). Relative contribution of trunk muscles to the stability of the lumbar spine during isometric exertions. *Clinical Biomechanics*, 17, 99-105.
- Chu, J. (1995). Dry needling (intramuscular stimulation) in myofascial pain related to lumbosacral radiculopathy. *European Journal Physical Medicine and Rehabilitation*, 5, 106-121.
- Cochrane (2004). Cochrane collaboration back review group: Reviews.

<http://www.cochrane.iwh.on.ca/review.htm>

Cresswell, A., Grundstrom, H. και Thorstensson, A. (1992). Observations on intra-abdominal pressure and patterns of abdominal intra-muscular activity in man. *Acta Physiologica Scandinavica*, 144, 409-418.

Croft, P. A., Mac Farlan, G. J., Papageorgiou, A. J., Thomas, E. και Silman, A. J. (1998). Outcome of low back pain in general practice: A prospective study. *British Medical Journal*, 316, 1356-1359.

Cummings, M. και Baldry, P. (2007). Regional myofascial Pain: Diagnosis and management. *Best Practice & Research Clinical Rheumatology*, 21 (2), 367-387.

Daniels, J. M., Ishael, T. και Wesley, R. M. (2003). Managing myofascial pain syndrome: Sorting through the diagnosis and honing treatment. *Physician & Sports Medicine*, 31, 39-45.

Farasyn, A. (2007). Referred muscle pain is primary peripheral in origin: The «barrier-dam» theory. *Medical Hypotheses*, 68, 144-150.

Farfan, H. (1973). *Mechanical Disorders of the Low Back*. Philadelphia: Lea and Febiger.

Ge, H. Y., de las Peñas, C. F. και Yue, S. W. (2011). Myofascial trigger points: spontaneous electrical activity and its consequences for pain induction and propagation. *Chinese Medicine*, 6, 13.

Gerwin, R. D. (2002). Myofascial and visceral pain syndromes: viscerosomatic pain representations. *Journal of Musculoskeletal Pain*, 10, 165-175.

Gerwin, R. D., Dommerholt, J. και Shah, J. P. (2004). An expansion of Simons' integrated hypothesis of trigger point formation. *Current Pain & Headache Reports*, 8 (6), 468-475.

Ghamkhar, L., Emami, M., Mohseni-Bandpe, M. A. και Behtash, H. (2011). Application of rehabilitative ultrasound in the assessment of low back pain: A literature review. *Journal of Bodywork & Movement Therapies*, 15 (4), 465-477.

Glossary Guide to Physical Therapist Practice. (1997). *Physical Therapy*, 1620-1623.

Gluck, J. V. και Oleinick, A. (1998). Claim rates of compensable back injuries by age, gender, occupation and industry: Do they relate to return-to-work experience? *Spine*, 23, 1572-1587.

Gossman, M., Sahrmann, S. και Rose, S. (1982). Review of length-associated changes in muscle. *Physical Therapy*, 62 (12), 1799-1808.

Graven-Nielsen, T., Arendt-Nielsen, L., Svensson, P., και Jensen, T. S. (1997). Quantification of local and referred muscle pain in humans after sequential im injections of hypertonic saline. *Pain*, 69, 111-117.

Gunn, C. C. (1997). *The Gunn Approach to the Treatment of Chronic Pain* (2η έκδ.). New York: Churchill Livingstone.

Hansen, F., Bendix, T. και Skov, P. (1993). Intensive, dynamic back-muscle exercises, conventional physiotherapy, or placebo-control treatment of low back Pain. *Spine*, 18, 98-108.

Hemmila, H., Keinanen-Kiukaanniemi, S., Levoska, S. και Puska, P. (2002). Longterm effectiveness of bonesetting, light exercise therapy, and physiotherapy for prolonged back pain: A randomized controlled trial. *Journal of Manipulative & Physiological Therapeutics*, 25 (2), 99-104.

Hodges, P., Cresswell, A., Daggfeldt, K. και Thorstensson, A. (2000). Three dimensional preparatory trunk motion precedes asymmetrical upper limb movement. *Gait and Posture*, 11, 92-101.

Hodges, P., Cresswell, A. και Thorstensson, A. (1999). Preparatory trunk motion accompanies rapid upper limb movement. *Experimental Brain Research*, 124, 69-79.

Hodges, P. και Gandevia, S. (2000). Activation of the human diaphragm during a repetitive postural task. *Journal of Physiology*, 522, 165-175.

Hodges, P. και Richardson, C. (1996). Inefficient muscular stabilisation of the lumbar spine associated with low back pain: a motor control evaluation of transversus abdominis. *Spine*, 21, 2640-2650.

Hodges, P. και Richardson, C. (1997). Feedforward contraction of transversus abdominis is not influenced by the direction of arm movement. *Experimental Brain Research*, 114, 362-370.

Hodges, P., Kaigle-Holm, A., Holm, S., Ekstrom, L., Cresswell, A., Hansson, A. και Thorstensson, A. (2003). Intervertebral stiffness of the spine is increased by evoked contraction of transversus abdominis and the diaphragm: in vivo porcine studies. *Spine*, 28 (23), 2594-2601.

Hodges, P., Moseley, G., Gabrielsson, A. και Gandevia, S. (2001). Acute experimental pain changes postural recruitment of the trunk muscles in pain-free humans. *Society for Neuroscience, Abstracts*

Holm, S., Holm, A. K., Ekstrom, L., Karladani, A. και Hansson, T. (2004). Experimental disc degeneration due to endplate injury. *Journal of Spinal Disorders & Techniques*, 17 (1), 64-71.

Hubbard, D. R. και Berkoff, G. M. (1993). Myofascial trigger points show spontaneous needle EMG activity. *Spine*, 18, 1803-1807.

Kankaanpää, M., Taimela, S., Airaksinen, O. και Hanninen, O. (1999). The efficacy of active rehabilitation in chronic low back pain. Effect on pain intensity, self-experienced disability and lumbar fatigability. *Spine*, 24, 1034-1042.

Keefe, F. J. και Gill, K. M. (1986). Behavioral concepts in the analysis of chronic pain syndrome. *Journal of Consulting and Clinical Psychology*, 54, 776-783.

Kendall, F. P., McCreary, E. K. και Provance, P. G. (1993). *Muscles Testing and Function* (4η εκδ.). Baltimore: Williams & Wilkins.

Kisner, C. και Colby, L. (2003). **Θεραπευτικές ασκήσεις: Βασικές αρχές και τεχνικές** (μτφρ. Κ. Σπυριδόπουλος, Γ. Σάτκα). Αθήνα: Ιατρικές Εκδόσεις Σιώκης.

Lamb, C. (1979). The neurology of spinal pain. *Physical Therapy*, 59, 971.

Large, R. G. (1986). DSM III diagnosis in chronic pain: confusion or clarity? *J Nerv Ment Dis*, 174, 295-303. Leboeuf-Yde, C., Klougart, N. και Lauristen, T. (1996). How common is low back pain in the Nordic population? *Spine*, 21 (13), 1518-1526.

Lehmkuhl, L. D. και Smith, L. K. (1983). *Brunnstrom's Clinical Kinesiology* (4η εκδ.). Philadelphia: FA Davis.

Leinonen, V., Kankaanpää, M., Luukkonen, M., Hänninen, O., Airaksinen, O. και Taimela, S. (2003). Lumbar paraspinal muscle function, perception of lumbar position, and postural control in disc herniation related back pain. *Spine*, 28 (8), 842-848.

Malliou, P., Giftofidou, A., Beneka, A. και Godolias, G. (2006). Measurements and evaluations in low back pain patients. *Scandinavian Journal of Medicine and Science in Sports*, 16, 219-230.

Manniche, C., Hesselsoe, G., Bentzen, L., Christensen, I. και Lundberg, E. (1988). Clinical trial of intensive muscle training for chronic low back pain. *Lancet*, 1473-1476.

Manniche, C., Lundberg, E., Christensen, I. και Bentz, L. (1991). Intensive dynamic back exercises for chronic low back pain: A clinical trial. *Pain*, 47 (1), 53-63.

Mannion, A., Muntener, M., Taimela, S. και Dvorak, J. (1999). A randomized clinical trial of three active therapies for chronic low back pain. *Spine*, 24 (23), 2435-2448.

Mannion, A., Muntener, M., Taimela, S. και Dvorak, J. (2001). Comparison of three active therapies for chronic low back pain: results of a randomized clinical trial with one-year follow-up. *Rheumatology (Oxford)*, 40 (7), 772-778.

Marek, S., Cramer, J., Fincher, L., Massey, L., Dangelmaier, S., Purkayastha, S., Fitz, K. και Culbertson, J. (2005). Acute effects of static and proprioceptive neuromuscular facilitation stretching on muscle strength and power output. *Journal of Athletic Training*, 40 (2), 94-103.

Martin, P., Rose, M., Nichols, P., Russel, P. και Hughes, I. (1986). Physiotherapy exercises for low back pain: Process and clinical outcome. *International Rehabilitation Medicine*, 8 (1), 34-38.

Μαυρομούστακος, Σ. Π. (2008). Αποτελεσματικότητα της μεθόδου PNF στον κινητικό έλεγχο ασθενών με χρόνια οσφυϊκό πόνο (διδακτορική διατριβή). Δημοκρίτειο Πανεπιστήμιο Θράκης, Κομοτηνή.

- Melzack, R. και Wall, P. D. (1988). *The Challenge of Pain* (2η έκδ.). Middlesex: Penguin. Merksey, H. και Bogduk, N. (1994). *Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms*. Seattle: IASP Press.
- Moseley, G., Hodges, P. και Gandevia, S. (2001). Attention demand, anxiety and acute pain cause differential effects on postural activation of the abdominal muscles in humans. *Society for Neuroscience Abstracts*.
- Mulder, T. και Hochstenbach, S. (2001). *Motor Control and Motor Learning: Implications For Neurological Rehabilitation. Handbook of Neurological Rehabilitation*. Groningen: Erlbaum.
- O'Neil, R. (2001). *Europe under Strain*. Athens: Livanis Publications.
- O'Neill, S., Manniche, C., Graven-Nielsen, T. και Arendt-Nielsen, L. (2004). Generalized deep-tissue hyperalgesia in patients with chronic low-back pain. *European Journal of Pain*, 11 (4), 415-420.
- O'Sullivan, P., Twomey, L. και Allison, G. (1997). Evaluation of specific stabilizing exercise in the treatment of chronic low back pain with radiologic diagnosis of spondylolysis or spondylolisthesis. *Spine*, 22 (24), 2959-2967.
- Panjabi, M. M. (1992). The stabilising system of the spine. Part 1. Function, dysfunction, adaptation, and enhancement. *Journal of Spinal Disorders*, 5, 383-389.
- Panjabi, M. M. (2003). Clinical spinal instability and low back pain. *Journal of Electromyography & Kinesiology*, 13 (4), 371-379.
- Papageorgiou, A. C., Croft, P. R., Ferry, S., Jayson, M. I. V. και Silman, A. J. (1995). Estimating the prevalence of low back pain in the general population: Evidence from the south Manchester pain survey. *Spine*, 20 (17), 1889-1894.
- Petersen, T., Kryger, P., Ekdahl, C., Olsen, S. και Jacobsen, S. (2002). The effect of McKenzie therapy as compared with that of intensive strengthening training for the treatment of patients with subacute or chronic low back pain: A randomized controlled trial. *Spine*, 27 (16), 1702-1709.
- Picavet, H. S., Schouten, J. S. και Smit, H. A. (1999). Prevalence and consequences of low back problems in the Netherlands, working vs non-working population, the MORGEN-study. *Public Health*, 113, 73-77.
- Quintner, J. και Cohen, M. (1994). Referred pain of peripheral nerve origin: An alternative to the myofascial Pain construct. *The Clinical Journal of Pain*, 10, 243-251.
- Radebold, A., Cholewicki, J., Panjabi, M. και Patel, T. (2000). Muscle response pattern to sudden trunk loading in healthy individuals and in patients with chronic low back pain. *Spine*, 25 (8), 947-954.
- Radebold, A., Cholewicki, J., Polzhofer, G. και Greene, H. (2001). Impaired postural control of the lumbar spine is associated with delayed muscle response times in patients with chronic idiopathic low back pain. *Spine*, 26 (7), 724-730.
- Rainville, J., Jouve, C. A., Hartigan, C., Martinez, E. και Hipona, M. (2002). Comparison of short- and longterm outcomes for aggressive spine rehabilitation delivered two versus three times per week. *Spine*, 2 (6), 402-407.
- Richardson, C., Jull, G. και Hodges, P. (1999). *Therapeutic Exercise for Spinal Segmental Stabilization in Low Back Pain*. Edinburg: Livingstone C.
- Roland, M. και Morris, R. (1983). A study of the natural history of low back pain. Part II: development of guidelines for trials for treatment in primary care. *Spine*, 8 (2), 145-150.
- Rubin, T. K., Gandevia, S. C., Henderson, L. A. και Macefield, V. G. (2009). Effects of intramuscular anesthesia on the expression of primary and referred pain induced by intramuscular injection of hypertonic saline. *Journal of Pain*, 10, 829-835.
- Shah, J. P., Danoff, J. V., Desai, M. J., Parikh, S., Nakamura, L. Y., Phillips, T. M. και Gerber, L. H. (2008). Biochemicals associated with pain and inflammation are elevated in sites near to and remote from active myofascial trigger points. *Archives of Physical Medicine & Rehabilitation*, 89, 16-23.

Shah, J. P., Phillips, T. M., Danoff, J. V. και Gerber, L. H. (2005). An in vivo microanalytical technique for measuring the local biochemical milieu of human skeletal muscle. *Journal of Applied Physiology*, 99 (5), 1977-1984.

Simons, D. G. (2001). Myofascial pain caused by trigger points. Στο S. Mense, D. G. Simons και I. G. Russel, *Muscle Pain: Understanding its Nature, Diagnosis, and Treatment* (σσ. 205-288). Philadelphia: Lippincott Williams & Wilkins.

Simons, D. G., Hong, C. Z. και Simons, L. S. (2002). Endplate potentials are common to midfiber myofascial trigger points. *American Journal of Physical Medicine & Rehabilitation*, 81 (3), 212-222.

Simons, D. G., Travel, J. G. και Simons, L. S. (1999). *Travell & Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual*. Baltimore: Lippincott Williams & Wilkins.

Suzuki, N. και Endo, S. (1983). A quantitative study of trunk muscle strength and fatigability in the low-backpain syndrome. *Spine*, 8 (1), 69-74.

Taimela, S., Diederich, C., Hubsch, M. και Heinrich, M. (2000). The role of physical exercise and inactivity in pain recurrence and absenteeism from work after active outpatient rehabilitation for recurrent or chronic low back pain. *Spine*, 25 (14), 1809-1816.

Therra-Band (2012). *Thera-Band Systems off Progressive Exercise*. Ohio: The Hygenic Corporation.

Troup, J. D. G., Foreman, T. K., Baxter, C. E. και Brown, D. (1987). The perception of back pain and the role of psychophysical tests of lifting capacity. *Spine*, 12 (7), 645-657.

Van den Hoogen, H. J., Koes, B. W., van Eijk, J. T., Bouter, L. M. και Deville, W. (1998). On the course of low back pain in general practice: A one year follow up study. *Ann Rheum Dis*, 57, 13-19.

Van der Velde, G. και Mierau, D. (2000). The effect of exercise on percentile rank aerobic capacity, pain, and self-rated disability in patients with chronic low-back pain: A retrospective chart review. *Archives of Physical Medicine and Rehabilitation*, 81 (11), 1457-1463.

Van der Windt, D. A., Koes, B. W., Boeke, A. J., Deville, W., De Jong, B. A. και Bouter, L. M. (1996). Shoulder disorders in clinical practice: Prognostic indicators of outcome. *British Journal of General Practice*, 46, 519-523.

Van Tulder, M., Malmivaara, A. και Esmail, R. (2003). *Exercise Therapy for Low Back Pain*. Oxford: The Cochrane Library.

Van Tulder, M. W., Ostelo, R., Vlaeyen, J. W., Linton, S. J., Morley, S. J. και Assendelft W. J. (2000). Behavioral treatment for chronic low back pain: A systematic review within the framework of the Cochrane Back Review Group. *Spine*, 25 (20), 2688-2699.

Vingard, E., Mortimer, M., Wiktorin, C., Pernold, R., Fredriksson, K., Nemeth, G. και Alfredsson, L. (2002). Seeking care for low back pain in the general population. A two-year follow-up study: Results from the MUSIC-Norrtälje study. *Spine*, 27 (19), 2159-2165.

Von Korff, M. και Saunders, K. (1996). The course of back pain in primary care. *Spine*, 21 (24), 2833-2839.

Von Korff, M., Ormel, J., Keefe, F. J. και Dworkin, S. (1992). Grading the severity of chronic pain. *Pain*, 50(2), 133-149

Waddell, G. (1987). A new clinical model for the treatment of low-back pain. *Spine*, 12(7), 632-644.

Waddell, G. (2004). *The Back Pain Revolution* (2η έκδ.). London: Charchill Livingstone.

Yelland, M., Glasziou, P., Bogduk, N., Schluter, P. και McKernon, M. (2004). Prolotherapy injections, saline injections, and exercises for chronic low-back pain: A randomized trial. *Spine*, 29 (1), 9-16.

Ylinen, J. J., Haekkinen, A. H., Takkala, E., Nykaenen, M. J., Kautiainen, H. J., Maelkiae, E. A., Pohjolainen,

T. H., Karppi, S. και Airaksinen, O. (2006). Effects of neck muscle training in women with chronic neck pain: One year follow-up study. *Journal of Strength and Conditioning Research*, 20 (1), 6-13.

Ylinen, J., Nikander, R., Nykaenen, M., Kautiainen, H. και Haekkinen, A. (2010). Effect of neck exercises on cervicogenic headache: A randomized controlled trial. *Journal of Rehabilitation Medicine*, 42 (4), 344-349.

Zhang, Y., Ge, H. Y., Yue, S. W., Kimura, Y. και Arendt-Nielsen, L. (2009). Attenuated skin blood flow response to nociceptive stimulation of latent myofascial trigger points. *Archives of Physical Medicine & Rehabilitation*, 90, 325-332.