

**Referencer til Fysioterapeut, ph.d. Deborah Fallas artikel "Træning af muskelfunktioner er central i behandlingen af nakkesmerter".  
Fysioterapeuten nr. 6 2009**

- [1] Cote P, Cassidy JP, Carroll LJ, Kristman V: The annual incidence and course of neck, and shoulder pain in the general population: a population based cohort study. Pain 2004;112:267-273.
- [2] Picavet HS, Schouten JS: Musculoskeletal pain in the Netherlands: prevalences, consequences and risk groups, the DMC(3)-study. Pain 2003;102:167-178.
- [3] Panjabi MM, Cholewicki J, Nibu K, Grauer J, Babat LB, Dvorak J: Critical load of the human cervical spine: An in vitro experimental study. Clinical Biomechanics 1998;13:11-17.
- [4] Barton PM, Hayes KC: Neck flexor muscle strength, efficiency, and relaxation times in normal subjects and subjects with unilateral neck pain and headache. Arch Phys Med Rehabil 1996;77:680-7.
- [5] Vernon HT, Aker P, Aramenko M, Battershill D, Alepin A, Penner T: Evaluation of neck muscle strength with a modified sphygmomanometer dynamometer: reliability and validity. J Manipulative Physiol Ther 1992;15:343-9.
- [6] Placzek JD, Pagett BT, Roubal PJ, Jones BA, McMichael HG, Rozanski EA, Gianotto KL: The influence of the cervical spine on chronic headache in women: a pilot study. J Man Manip Ther 1999;7:33-9.
- [7] Watson DH, Trott PH: Cervical headache: an investigation of natural head posture and upper cervical flexor muscle performance. Cephalgia 1993;13:272-284.

- [8] O'Leary S, Jull G, Kim M, Vicenzino B: Cranio-cervical flexor muscle impairment at maximal, moderate, and low loads is a feature of neck pain. *Man Ther* 2007;12:34-39.
- [9] Zwart JA: Neck mobility in different headache disorders. *Headache* 1997;37:6-11.
- [10] Dall'Alba P, Sterling M, Treleaven J, Edwards S, Jull G: Cervical range of motion discriminates between asymptomatic persons and those with whiplash. *Spine* 2001;26:2090-2094.
- [11] Falla D, Jull G, Hodges PW: Patients with neck pain demonstrate reduced electromyographic activity of the deep cervical flexor muscles during performance of the craniocervical flexion test. *Spine* 2004;29:2108-2114.
- [12] Falla D, Jull G, Edwards S, Koh K, Rainoldi A: Neuromuscular efficiency of the sternocleidomastoid and anterior scalene muscles in patients with chronic neck pain. *Disabil Rehabil* 2004;26:712-717.
- [13] Falla D, Bilenkij G, Jull G: Patients with chronic neck pain demonstrate altered patterns of muscle activation during performance of a functional upper limb task. *Spine* 2004;29:1436-1440.
- [14] Jull G, Kristjansson E, Dall'Alba P: Impairment in the cervical flexors: a comparison of whiplash and insidious onset neck pain patients. *Man Ther* 2004;9:89-94.
- [15] Falla D, Jull G, Hodges PW: Feedforward activity of the cervical flexor muscles during voluntary arm movements is delayed in chronic neck pain. *Exp Brain Res* 2004;157:43-48.
- [16] Revel M, Andre Deshays C, Minguet M: Cervicocephalic kinesthetic sensibility in patients with cervical pain. *Arch Phys Med Rehabil* 1991;72:288-91.

- [17] Treleaven J, Jull G, Sterling M: Dizziness and unsteadiness following whiplash injury: characteristic features and relationship with cervical joint position error. *J Rehabil Med* 2003;35:36-43.
- [18] Falla D, Farina D, Kanstrup Dahl M, Graven-Nielsen T: Muscle pain induces task-dependent changes in cervical agonist/antagonist activity. *J Appl Physiol* 2007;102:601-609.
- [19] Falla D, Farina D, Graven-Nielsen T: Experimental muscle pain results in reorganization of coordination among trapezius muscle subdivisions during repetitive shoulder flexion. *Exp Brain Res* 2007;178:385-393.
- [20] Falla D, Farina D: Neural and Muscular Factors Associated with Motor Impairment in Neck Pain. *Curr Rheumatol Rep* 2007;9:497-502
- [21] Falla D, Farina D: Neuromuscular adaptation in experimental and clinical neck pain. *J Electromyogr Kinesiol* 2008;18:255-261
- [22] Falla D, Jull G, Hodges P, Vicenzino B: An endurance-strength training regime is effective in reducing myoelectric manifestations of cervical flexor muscle fatigue in females with chronic neck pain. *Clin Neurophysiol* 2006;117:828-837.
- [23] Falla D, Jull G, Russell T, Vicenzino B, Hodges P: Effect of neck exercise on sitting posture in patients with chronic neck pain. *Phys Ther* 2007;87:408-417.
- [24] Jull G, Trott P, Potter H, Zito G, Niere K, Shirley D, Emberson J, Marschner I, Richardson C: A randomized controlled trial of exercise and manipulative therapy for cervicogenic headache. *Spine* 2002;27:1835-1843.

- [25] Ylinen J, Takala EP, Nykanen M, Hakkinnen A, Malkia E, Pohjolainen T, Karppi SL, Kautiainen H, Airaksinen O: Active neck muscle training in the treatment of chronic neck pain in women: a randomized controlled trial. *JAMA* 2003;289:2509-2516.
- [26] Jull G, Sterling M, Falla D, Treleaven J, O'Leary S: Whiplash, Headache and Neck Pain: Research Based Directions for Physical Therapies. Edinburgh, Elsevier, 2008.
- [27] Jull GA, O'Leary SP, Falla DL: Clinical assessment of the deep cervical flexor muscles: the craniocervical flexion test. *J Manipulative Physiol Ther* 2008;31:525-533.
- [28] Jull G, Barrett C, Magee R, Ho P: Further clinical clarification of the muscle dysfunction in cervical headache. *Cephalgia* 1999;19:179-85.
- [29] Jull G, Amiri M, Bullock-Saxton J, Darnell R, Lander C: Cervical musculoskeletal impairment in frequent intermittent headache. Part 1: Subjects with single headaches. *Cephalgia* 2007;27:793-802.
- [30] Jull G, Sterling M, Kenardy J, Beller E: Does the presence of sensory hypersensitivity influence outcomes of physical rehabilitation for chronic whiplash? - A preliminary RCT. *Pain* 2007;129:28-34.
- [31] Sterling M, Jull G, Vicenzino B, Kenardy J, Darnell R: Development of motor dysfunction following whiplash injury. *Pain* 2003;103:65-73.
- [32] Johnston V, Jull G, Souvlis T, Jimmieson NL: Neck movement and muscle activity characteristics in female office workers with neck pain. *Spine* 2008;33:555-563.
- [33] Heikkila H, Astrom P: Cervicocephalic Kinesthetic sensibility in patients with whiplash injury. *J Rehab Med* 1996;28:133-138.

- [34] Kristjansson E, Dall'Alba P, Jull G: A study of five cervicocephalic relocation tests in three different subject groups. *Clin Rehabil* 2003;17:768-774.
- [35] Treleaven J, Jull G, LowChoy N: The relationship of cervical joint position error to balance and eye movement disturbances in persistent whiplash. *Man Ther* 2006;11:99-106.
- [36] Feipel V, Salvia P, Klein H, Rooze M: Head repositioning accuracy in patients with whiplash-associated disorders. *Spine* 2006;31:E51-58.
- [37] Jordan A, Bendix T, Nielsen H, Hansen F, Host D, Winkel A: Intensive training, physiotherapy, or manipulation for patients with chronic neck pain. *Spine* 1998;23:311-319.
- [38] O'Leary S, Falla D, Hodges P, Jull G, Vicenzino B: Specific therapeutic exercise of the neck induces immediate local hypoalgesia. *J Pain* 2007;8:832-839.
- [39] Falla D, Jull G, Dall'Alba P, Rainoldi A, Merletti R: An electromyographic analysis of the deep cervical flexor muscles in performance of craniocervical flexion. *Phys Ther* 2003;83:899-906.
- [40] Jull G, Falla D, Hodges P, Vicenzino B. Cervical flexor muscle retraining: physiological mechanisms of efficacy. 2nd International Conference on Movement Dysfunction. 2005. Edinburgh, Scotland.
- [41] Elliott J, Jull G, Noteboom JT, Darnell R, Galloway G, Gibbon WW: Fatty infiltration in the cervical extensor muscles in persistent whiplash-associated disorders: a magnetic resonance imaging analysis. *Spine* 2006;31:847-855.

- [42] Falla D, Jull G, Rainoldi A, Merletti R: Neck flexor muscle fatigue is side specific in patients with unilateral neck pain. *Eur J Pain* 2004;8:71-77.
- [43] Uhlig Y, Weber BR, Grob D, Muntener M: Fiber composition and fiber transformations in neck muscles of patients with dysfunction of the cervical spine. *J Orthop Res* 1995;13:240-249.
- [44] Falla D, Rainoldi A, Merletti R, Jull G: Myoelectric manifestations of sternocleidomastoid and anterior scalene muscle fatigue in chronic neck pain patients. *Clin Neurophysiol* 2003;114:488-495.
- [45] Falla D, Farina D: Muscle fiber conduction velocity of the upper trapezius muscle during dynamic contraction of the upper limb in patients with chronic neck pain. *Pain* 2005;116:138-145.
- [46] Hides JA, Richardson CA, Jull GA: Multifidus muscle recovery is not automatic after resolution of acute, first-episode low back pain. *Spine* 1996;21:2763-9.
- [47] Heikkila H, Johansson H, Wenngren BI: Effects of acupuncture, cervical manipulation and NSAID therapy on dizziness and impaired head repositioning of suspected cervical origin: a pilot study. *Man Ther* 2000;5:151-157.
- [48] Jull G, Falla D, Treleaven J, Hodges P, Vicenzino B: Retraining cervical joint position sense: The effect of two exercise regimes. *J Orthop Res* 2007;25:404-412.
- [49] Revel M, Minguet M, Gergoy P, Vaillant J, Manuel JL: Changes in cervicocephalic kinesthesia after a proprioceptive rehabilitation program in patients with neck pain: A randomized controlled study. *Arch Phys Med Rehabil* 1994;75:895-899.

[50] Gross AR, Goldsmith C, Hoving JL, Haines T, Peloso P, Aker P, Santaguida P, Myers C, Cervical Overview Group: Conservative management of mechanical neck disorders: a systematic review. J Rheumatol 2007;34:1083-1102.