

# TREATMENT OF CERVICAL AND THORACIC SPINE AND THORACIC CAGE:

## Suggested Reading List

( some of these articles are hard to find, but copies may be sited at the course if required)

- Cusick J, et al (2001) Whiplash syndrome: kinematic factors influencing pain patterns. Spine, 26 (11) 1252-1258
- Falla D. (2007) Recruitment of the deep cervical flexor muscles during a postural correction exercise performed in sitting. Manual Therapy, 12 (2): 139-143.
- Hallgren, R. (1994) Atrophy of suboccipital muscles in patients with (1994) chronic pain. J.American Osteopathic Assoc.: 94 (12).
- Elliott J. et al (2008) MRI study of the cross sectional area for cervical extensor muscles in patients with persistent whiplash associated disorders. Manual Therapy, 13(3): 258-265
- Jull G et al (1988) The accuracy of manual diagnosis for cervical zygapophyseal joint pain syndromes. M ed. J Australia. 148(3) 233-236.
- Jull G et al (2002) A randomised control trial of exercise & manipulative therapy for cervicogenic headache. Spine, 27 (17): 1835-1843
- Jull G et al (2008) Clinical Assessment of the Deep Cervical Flexor muscles: Cranio cervical Flexion Test. J Manip & Physiolog Therap, 31(7) 525-533
- Lee, D. (1993) Biomechanics of the thorax: A clinical model of *in vivo* function. J. Manual & Manipulative Therapy. 1(1) 13-21.
- Lee Diane. (1996) Rotational instability of the mid-thoracic spine: assessment & management. Manual Therapy 1 (5): 234-241.
- Lee LJ et al (2005) Differential activation of the thoracic multifidus & longissimus thoracis during trunk rotation. Spine, 30 (8): 870-876.
- Lee LJ et al (2007) Anticipatory postural adjustments to arm movement reveal complex control of paraspinal muscles in the thorax. Electromyog & kinesiol, 19:46-54
- Lee LJ (2013) Thoracic Ring control: A Missing Link? MPA In Touch Magazine (APA) 4: 13-16
- Panjabi, M. *et al* (1991) Thoracic human vertebrae: Quantitative 3D anatomy. Spine: 16(8) 888-901.
- Twomey, L & Taylor, J. (1989) Joints of the Middle and Lower Cervical Spine. MTAA 6<sup>th</sup> Biennial Conference Proceedings, 1989 Adelaide 215 - 220.
- Valencia, F. (1988) Biomechanics of the thoracic spine. In: Grant, R. (ed.) Clinics of physical therapy - physical therapy of cervical and thoracic spine. (39-50), Churchill Livingstone, New York.

You may also find the following chapters of '**Grievess Modern Manual Therapy, 2004, ed: Boyling & Jull**' of interest when you are reviewing anatomy & biomechanics

Chapter 3: *Comparative anatomy of the zygapophysial joints.* Singer, Boyle & Fazey

Chapter 6: *Clinical biomechanics of the thoracic cage including the ribcage.* Edmondston

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