

## References

### Chapter 1

1. Hatze, H. (1974). The meaning of the term "biomechanics." *Journal of Biomechanics*, 7:189-190.
2. European Society of Biomechanics. The founding and goals of the society. Available at [http://www.esbiomech.org/current/about\\_esb/index.html/](http://www.esbiomech.org/current/about_esb/index.html).
3. Richie, D. H., et al. (1985). Aerobic dance injuries: A retrospective study of instructors and participants. *The Physician and Sportsmedicine*, 13:130-140.
4. Ulibarri, V. D., et al. (1987). Ground reaction forces in selected aerobics movements. *Biomechanics in Sport*. New York: Bioengineering Division of the American Society of Mechanical Engineering, pp. 19-21.

### Chapter 2

1. An, K.N., et al. (1991). Pressure distribution on articular surfaces: Application to joint stability evaluation. *Journal of Biomechanics*, 23:1013.
2. Beaupre, G. S., et al. (2000). Mechanobiology in the development, maintenance and degeneration of articular cartilage. *Journal of Rehabilitation Research & Development*, 37:145-151.
3. Bennell, K., et al. (2004). Ground reaction forces and bone parameters in females with tibial stress fractures. *Medicine & Science in Sports & Exercise*, 36:397-404.
4. Bird, H. A. (1986). A clinical review of the hyperlaxity of joints with particular reference to osteoarthritis. *Engineering in Medicine*, 15:81.
5. Bonifasi-Lišta, C., et al. (2005). Viscoelastic properties of the human medial collateral ligament under longitudinal, transverse and shear loading. *Journal of Orthopaedic Research*, 23: 67-76.
6. Brewer, V., et al. (1983). Role of exercise in prevention of involutional bone loss. *Medicine & Science in Sports & Exercise*, 15:445.
7. Bubanj, S., Obradovic, B. (2002) Mechanical force and bones density. *Physical Education and Sport*, 9:37-50.
8. Choi, K., Goldstein, S. A. (1922). A comparison of the fatigue behavior of human trabecular and cortical bone tissue. *Journal of Biomechanics*, 25:1371.
9. Cook, S. D., et al. Trabecular bone density and menstrual function in women runners. *American Journal of Sports medicine*, 15:503, 1987.
10. Cussler, E. C., et al. (2003). Weight lifted in strength training predicts bone changes in postmenopausal women. *Medicine & Science in Sports & Exercise*, 35:10-17.
11. Dolinar, J. (1990). Keeping ski injuries on the down slope. *The Physician and Sportsmedicine*. 19(2):120-123.
12. Downing, J. F., et al. (Eds.) (1991). Four complex joint injuries. *The Physician and Sportsmedicine* 19(10):80-97.
13. Egan, J. M. (1987). A constitutive model for the mechanical behavior of soft connective tissues. *Journal of Biomechanics*, 20:681-692, 14. Eisele, S. A. (1991). A precise approach to anterior knee pain. *The Physician and Sportsmedicine*, 19(6):126-130, 137-139.
15. Fine, K. M., et al. (1991). Prevention of cervical spine injuries in football. *The Physician and Sportsmedicine*, 19(10): 54-64.
16. Frost, H. M. (1985). The pathomechanics of osteoporosis. *Clinical Orthopaedics and Related Research*, 200:198.
17. Frost, H. M. (1997). On our age-related bone loss: Insights from a new paradigm. *Journal of Bone and Mineral Research*, 12:1539-1546.
18. Griffin, T. M., Guilak, F. (2005). The role of mechanical loading in the onset and progression of osteoarthritis. *Exercise and Sport Sciences Review*, 33:195-200.
19. Halpern, B., et al. (1987). High school football injuries: Identifying the risk factors. *American Journal of Sports medicine*, 15:316.
20. Halpern, B. C., Smith, A. D. (1991). Catching the cause of low back pain. *The Physician and Sportsmedicine*, 19(6):71-79.
21. Healey, J. H., et al. (1985). The coexistence and characteristics of osteoarthritis and osteoporosis. *Journal of Bone & Joint Surgery*, 67A:586-592.
22. Henning, C. E. (1988). Semilunar cartilage of the knee: Function and pathology. In K. N. Pandorf (Ed.). *Exercise and Sport Sciences Reviews*. New York: Macmillan, 205-214.
23. Hettinga, D. L. (1985). Inflammatory response of synovial joint structures. In J. Gould, G. J. Davies (Eds.). *Journal of Orthopaedics & Sports Physical Therapy*. St. Louis, MO: Mosby, 87-117.
24. Hoffman, A. H., Grigg, P. (1989). Measurement of joint capsule tissue loading in the cat knee using calibrated mechanoreceptors. *Journal of Biomechanics*, 22:787-791.
25. Iskrant, A. P., Smith, R. W. (1969). Osteoporosis in women 45 years and related to subsequent fractures. *Public Health Reports*, 84:33-38.
26. Jackson, D. L. (1990). Stress fracture of the femur. *The Physician and Sportsmedicine*, 19(7):39-44.
27. Jacobs, C. R. (2000). The mechanobiology of cancellous bone structural adaptation. *Journal of Rehabilitation Research & Development*, 37:209-216.
28. Kazarian, L. E., Von Gierke, H. E. (1969). Bone loss as a result of immobilization and chelation. Preliminary results in *Macaca mulatta*. *Clinical Orthopaedics*, 65:67-75.
29. Kohrt, W. M., et al. (2004) Physical activity and bone health. ACSM position stand. *Medicine & Science in Sports & Exercise*, 36:1985-1996.
30. Lakes, R. S., et al. (1990). Fracture mechanics of bone with short cracks. *Journal of Biomechanics*, 23:967-975.
31. Lane, N. E., et al. (1990). Running, osteoarthritis, and bone density: Initial 2-year longitudinal study. *American Journal of Medicine*, 88:452-459.
32. Matheson, G. O., et al. (1987). Stress fractures in athletes. *American Journal of Sports Medicine*, 15:46-58.
33. McConkey, J. P., Meeuwisse, W. (1988). Tibial plateau fractures in alpine skiing. *American Journal of Sports Medicine*, 16:159-164.
34. McGee, A. M., et al. (2004). Review of the biomechanics and patterns of limb fractures. *Trauma*, 6:29-40.
35. Milgrom, C., et al. (2000). In vivo strain measurements to evaluate strengthening potential of exercises on the tibial bone. *Journal of Bone & Joint Surgery*, 82-B:591-594.
36. Mosley, J. R. (2000). Osteoporosis and bone functional adaptation: Mechanobiological regulation of bone architecture in growing and adult bone, a review. *Journal of Rehabilitation Research & Development*, 37:189-199.
37. Mow, V. C., et al. (1989). Biomechanics of articular cartilage. In M. Nordin, V. H. Frankel (Eds.). *Basic Biomechanics of the Musculoskeletal System*. Philadelphia, PA: Lea & Febiger, 31-58.
38. Navarro, A. H., Sutton, J. D. (1985). Osteoarthritis IX: Biomechanical factors, prevention, and nonpharmacologic management. *Maryland Medical Journal*, 34:591-594.
39. Nordin, M., Frankel, V. H. (1989). Biomechanics of bone. In M. Nordin, V. H. Frankel (Eds.). *Basic Biomechanics of the Musculoskeletal System*. Philadelphia, PA: Lea & Febiger, 3-30.
40. Oyster, N., et al. (1984). Physical activity and osteoporosis in post-menopausal women. *Medicine & Science in Sports & Exercise*, 16:44-50.
41. Radin, E. L., et al. (1972). Role of mechanical factors in the pathogenesis of primary osteoarthritis. *Lancet*, 1:519-522.
42. Rieger, C. L. (1985). Mechanical properties of bone. In J. A. Gould, G. J. Davies (Eds.). *Journal of Orthopaedic and Sports Physical Therapy*. St. Louis, MO: Mosby, 3-49. 43. Robling, A. G., et al. (2002). Shorter, more frequent mechanical loading sessions enhance bone mass. *Medicine & Science in Sports & Exercise*, 34:196-202.

44. Schaffler, M. B., Burr, D. B. (1988). Stiffness of cortical bone: Effects of porosity and density. *Journal of Biomechanics*, 21:13-16.
45. Shipman, P., et al. (1985). *The Human Skeleton*. Cambridge, MA: Harvard University.
46. Soderberg, G. L. (1986). *Kinesiology: Application to Pathological Motion*. Baltimore, MD: Williams & Wilkins, 1986.
47. Turner, C. H. (2002). Biomechanics of bone: Determinants of skeletal fragility and bone quality. *Osteoporosis International*, 13:97-104.
48. Turner, C. H., et al. (2003) Designing exercise regimens to increase bone strength. *Exercise Sport Science Reviews*, 31:45-50.
49. van Rietbergen, B., et al. (2003). Trabecular bone tissue strains in the healthy and osteoporotic human femur. *Journal of Bone and Mineral Research* 18:1781-1788.
50. Wallace, L. A., et al. (1985). The knee. In J. A. Gould, G. J. Davies (Eds.). *Journal of Orthopaedic & Sports Physical Therapy*. St. Louis, MO: Mosby, 342-364.
51. Weiss, J. A., et al. (2001). Computational modeling of ligament mechanics. *Critical Reviews in Biomedical Engineering*, 29:1-70.
52. Whalen, R. T., et al. (1988). Influence of physical activity on the regulation of bone density. *Journal of Biomechanics*, 21:825-837.
53. Zernicke, R. F., et al. (1990). Biomechanical response of bone to weightlessness. In K. B. Pandolf, J. O. Holloszy (Eds.). *Exercise and Sport Sciences Reviews*. Baltimore, MD: Williams & Wilkins, 167-192.

### **Chapter 3**

1. ACSM Position Stand. (1990). The recommended quantity and quality of exercise for developing and maintaining cardiorespiratory and muscular fitness in healthy adults. *Medicine & Science in Sports & Exercise*, 22:265-274.
2. Ariel, G. (1984). Resistive exercise machines. In J. Terauds, Publications, 21-26.
3. Asmussen, E. (1952). Positive and negative muscular work. *Acta Physiologica Scandinavica*, 28:364-382.
4. Asmussen, E., Bonde-Petersen, F. (1974). Apparent efficiency and storage of elastic energy in human muscles during exercise. *Acta Physiologica Scandinavia*, 92:537-545.
5. Billeter, R., Hoppeler, H. (1992). Muscular basis of strength. In P. Komi (Ed.). *Strength and Power in Sport*. Boston, MA: Blackwell Scientific, 39-63.
6. Bobbert, M. F., van Ingen Schenau, G. J. (1988). Coordination in vertical jumping. *Journal of Biomechanics*, 21:249-262.
7. Carpinelli, R. N. (2002). Berger in retrospect: effect of varied weight training programmes on strength. *British Journal of Sports Medicine*, 36:319-324.
8. Cook, E. E., et al. (1987). Shoulder antagonistic strength ratios: A comparison between college-level baseball pitchers and nonpitchers. *Journal of Orthopaedic & Sports Physical Therapy*, 8:451-461.
9. Cutlip, R. G., et al. (2005). Impact of stretch-shortening cycle rest interval on in vivo muscle performance. *Medicine & Science in Sports & Exercise*, 37:1345-1355.
10. Edman, K. A. P. (1992). Contractile performance of skeletal muscle fibers. In P. Komi (Ed.). *Strength and Power in Sport*. Boston: Blackwell Scientific, 96-114.
11. Faigenbaum, A. D. (2003). Youth resistance training. *President's Council on Physical Fitness and Sports Research Digest*, 4:1-8.
12. Fleming, B. C., et al. (2005). Open or closed-kinetic chain exercises after anterior cruciate reconstruction? *Exercise and Sport Sciences Reviews*, 33:134-140.
13. Fuglevand, A. J., et al. (1993). Impairment of neuromuscular propagation during human fatiguing contractions at submaximal forces. *Journal of Physiology*, 460:549-572.
14. Fukunaga, T., et al. (1992). Physiological cross-sectional area of human leg muscles based on magnetic resonance imaging. *Journal of Orthopedic Research*, 10:928-934.
15. Garhammer, J., Takano, B. (1992). Training for weight-lifting. In P. Komi (Ed.). *Strength and Power in Sport*. Boston, MA: Blackwell Scientific, 357-369.
16. Garrett, W. E. (1991). Muscle strain injuries: Clinical and basic aspects. *Medicine & Science in Sports & Exercise*, 22: 436-443.
17. Goldspink, G. (1992). Cellular and molecular aspects of adaptation in skeletal muscle. In P. Komi (Ed.). *Strength and Power in Sport*. Boston, MA: Blackwell Scientific, 211-229.
18. Gowitzke, B. A. (1984). Muscles alive in sport. In M. Adrian, H. Deutsch (Eds.). *Biomechanics*. Eugene, OR: Microform Publications, 3-19.
19. Hay, J. G. (1992). Mechanical basis of strength expression. In P. Komi (Ed.). *Strength and Power in Sport*. Boston, MA: Blackwell Scientific, 197-207.
20. Henneman, E., et al. (1965). Excitability and inhibitory of motor neurons of different sizes. *Journal of Neurobiology*, 28:599-620.
21. Hill, A. V. (1938). Heat and shortening and the dynamic constants of muscle. *Proceedings of the Royal Society of London (Biology)*, 126:136-195.
22. Hill, A. V. (1970). *First and Last Experiments in Muscle Mechanics*. Cambridge: Cambridge University Press.
23. Huijing, P. A. (1992). Mechanical muscle models. In P. Komi (Ed.). *Strength and Power in Sport*. Boston, MA: Blackwell Scientific, 130-150.
24. Huijing, P. A. (1992). Elastic potential of muscle. In P. Komi (Ed.). *Strength and Power in Sport*. Boston, MA: Blackwell Scientific, 151-168.
25. Huijing, P.A. (2003). Muscular force transmission necessitates a multilevel integrative approach to the analysis of function of skeletal muscle. *Exercise and Sport Sciences Reviews*, 31:167-175.
26. Huxley, A. F. (1957). Muscle structure and theories of contraction. *Progress in Biophysics and Biophysical Chemistry*, 7:255-318.
27. Israel, S. (1992). Age-related changes in strength and special groups. In P. Komi (Ed.). *Strength and Power in Sport*. Boston, MA: Blackwell Scientific, 319-328.
28. Kamel, H. K. (2003). Sarcopenia and aging. *Nutrition Reviews*, 61:157-167.
29. Kawakami, Y., et al. (1998). Architectural and functional features of human triceps surae muscles during contraction. *Applied Physiology*, 85:398-404.
30. Knutgen, H. G., Komi, P. (1992). Basic definitions for exercise. In P. Komi (Ed.). *Strength and Power in Sport*. Boston, MA: Blackwell Scientific, 3-6.
31. Komi, P. V. (1984). Physiological and biomechanical correlates of muscle function: Effects of muscle structure and stretch- shortening cycle on force and speed. In R. L. Terjund (Ed.). *Exercise and Sport Sciences Reviews*, 12:81-121.
32. Komi, P. V. (1986). The stretch-shortening cycle and human power output. In N. L. Jones et al. (Eds.). *Human Muscle Power*. Champaign, IL: Human Kinetics, 27-40.
33. Komi, P. V. (1992). Stretch-shortening cycle. In P. Komi (Ed.). *Strength and Power in Sport*. Boston, MA: Blackwell Scientific, 169-179.
34. Komura, T. Nagano, A. (2004). Evaluation of the influence of muscle deactivation on other muscles and joints during gait motion. *Journal of Biomechanics*, 37:425-436.
35. Kornecki, S. (1992). Mechanism of muscular stabilization process in joints. *Journal of Biomechanics*, 25:235245.
36. Kraemer, W. J., et al. (2002). Progression models in resistance training for healthy adults. *Medicine & Science in Sports & Exercise*, 34:364-380.
37. Kraemer, W. J., Ratamess, N. A. (2004). Fundamentals of resistance training: progression and exercise prescription. *Medicine & Science in Sports & Exercise*, 36:674-688.
38. Kulig, K., et al. (1984). Human strength curves. In R. L. Terjund (Ed.). *Exercise and Sport Sciences Reviews*, 12:417-466.
39. LaStayo, P. C., et al. (2003). Eccentric muscle contractions: Their contribution to injury, prevention, rehabilitation and sport. *Journal of Orthopaedic & Sports Physical Therapy*, 33:557-571.
40. MacDougall, J. D. (1992). Hypertrophy or hyperplasia. In P. Komi (Ed.). *Strength and Power in Sport*. Boston, MA: Blackwell Scientific, 230-238.

41. Machida, S, Booth, F. W. (2004). Regrowth of skeletal muscle atrophied from inactivity. *Medicine & Science in Sports & Exercise*, 36:52-59.
42. McMahon, T. A. (1984). Muscles, Reflexes, and Locomotion. Princeton, NJ: Princeton University Press, 3-25.
43. Moritani, T. (1992). Time course of adaptations during strength and power training. In P. Komi (Ed.). Strength and Power in Sport. Boston, MA: Blackwell Scientific, 226-278.
44. Munn, J., et al. (2005). Resistance training for strength: Effect of number of sets and contraction speed. *Medicine & Science in Sports & Exercise*, 37:1622-1626.
45. Perrine, J. J. (1986). The biophysics of maximal muscle power outputs: Methods and problems of measurement. In N. L. Jones, et al. (Eds.). Human Muscle Power. Champaign, IL: Human Kinetics, 15-46.
46. Proske, U., Allen, T. J. (2005). Damage to skeletal muscle from eccentric exercise. *Exercise and Sport Sciences Reviews*, 33:98-104.
47. Proske, U., Morgan, D. L. (1987). Tendon stiffness: Methods of measurement and significance for the control of movement. *Journal of Biomechanics*, 20:75-82.
48. Sale, D. G. (1986). Neural adaptation in strength and power training. In N. L. Jones et al. (Eds.). Human Muscle Power. Champaign, IL: Human Kinetics, 289-308.
49. Schmidtbleicher, D. (1992). Training for power events. In P. Komi (Ed.). Strength and Power in Sport. Boston, MA: Blackwell Scientific, 381-395.
50. Stauber, W. T. (1989). Eccentric action of muscles: Physiology, injury, and adaptation. In K. Pandolf (Ed.). *Exercise and Sports Sciences Reviews*, 17: 157-185.
51. Stensdotter, A., et al. (2003) Quadriceps activation in closed and in open kinetic chain exercise. *Medicine & Science in Sports & Exercise*, 35:2043-2047.
52. Stevens, J. E., et al. (2004). Muscle adaptations with immobilization and rehabilitation after ankle fracture. *Medicine & Science in Sports & Exercise*, 36:1695-1701.
53. Stone, M. H. (1990). Muscle conditioning and muscle injuries. *Medicine & Science in Sports & Exercise*, 22:457-462.
54. Stone, M. H. (1992). Connective tissue and bone response to strength training. In P. Komi (Ed.). Strength and Power in Sport. Boston, MA: Blackwell Scientific, 279-290.
55. Toumi, H. T., et al. (2004). Muscle plasticity after weight and combined (weight + jump) training. *Medicine & Science in Sports & Exercise*, 36:1580-1588.
56. Vanderhelm, F. C. T., Veenbaas, R. (1991). Modeling the mechanical effect of muscles with large attachment sites: Application to the shoulder mechanism. *Journal of Biomechanics*, 24:1151-1163.
57. Van Soest, A. J., et al. (1993). The influence of the biarticularity of the gastrocnemius muscle on vertical jumping achievement. *Journal of Biomechanics*, 26:1-8.
58. Voronov, A. V. (2003). Anatomical cross-section areas and volumes of the muscles of the lower extremities. *Human Physiology*, 29:210-211.
59. Weiss, L. W. (1991). The obtuse nature of muscular strength: The contribution of rest to its development and expression. *Journal of Applied Sport Science Research*, 5:219-227.
60. Wells, R. P. (1988). Mechanical energy costs of human movement: An approach to evaluating the transfer possibilities of two-joint muscles. *Journal of Biomechanics*, 21:955-964.
61. Zajac, F. E., Gordon, M. E. (1989). Determining muscle's force and action in multi-articular movement. In K. B. Pandolf (Ed.). *Exercise and Sports Sciences Reviews*, 17:187-230.
62. Zernicke, R. F., Loitz, B. J. (1992). Exercise-related adaptations in connective tissue. In P. Komi (Ed.). Strength and Power in Sport. Boston, MA: Blackwell Scientific, 77-95.

## Chapter 4

1. Aagaard, P. (2003). Training induced changes in neural function. *Exercise and Sport Sciences Reviews*, 31:61-67.
2. Asmussen, E., Bonde-Peterson, F. (1974). Storage of elastic energy in skeletal muscles in man. *Acta Physiologica Scandinavia*, 91:385-392.
3. Basmajian, J. V., DeLuca, C. J. (1985). Muscles Alive: Their Functions Revealed by Electromyography, 5th ed. Baltimore, MD: Lippincott Williams & Wilkins.
4. Basmajian, J. V. (1978). Muscles Alive: Their Functions Revealed by Electromyography, 4th ed. Baltimore, MD: Lippincott Williams & Wilkins.
5. Bedi, J. F., et al. (1987). Increase in jumping height associated with maximal vertical depth jumps. *Research Quarterly for Exercise and Sport*, 58(1):11-15.
6. Bigland-Ritchie, B. (1980). EMG/force relations and fatigue of human voluntary contractions. *Exercise and Sport Sciences Reviews*, 8:75-117.
7. Bigland-Ritchie, B., et al. (1983). Changes in motor neuron firing rates during sustained maximal voluntary contractions. *Journal of Physiology*, 340:335-346.
8. Billeter, R., Hoppeler, H. (1992). Muscular basis of strength. In P. Komi (Ed.). Strength and Power in Sport. Boston, MA: Blackwell Scientific, 39-63.
9. Blanke, D. (1982). Flexibility training: Ballistic, static, or proprioceptive neuromuscular facilitation. *Archives of Physical Medicine Rehabilitation*, 63:261-263.
10. Bobet, J., Norman, R. W. (1982). Use of the average electromyogram in design evaluation investigation of a whole-body task. *Ergonomics*, 25:1155-1163.
11. Bobbert, M. F., Casius, L. J. R. (2005). Is the effect of a countermovement on jump height due to active state development? *Medicine & Science in Sports & Exercise*, 37:440-446.
12. Bosco, C., et al. (1982). Neuromuscular function and mechanical efficiency of human leg extensor muscles during jumping exercises. *Acta Physiologica Scandinavica*, 114:543-550.
13. Burke, R. E. (1981). Motor units: Anatomy, physiology, and functional organization. In J. M. Brookhart, V. B. Mountcastle (Eds.). *Handbook of Physiology: The Nervous System*. Bethesda, MD: American Physiological Society, 345-422.
14. Burke, R. E. (1986). The control of muscle force: Motor unit recruitment and firing patterns. In N. L. Jones, et al. (Eds.). Human Muscle Power. Champaign, IL: Human Kinetics, 97-109.
15. Chu, D. (1983). Plyometrics: The link between strength and speed. *National Strength and Conditioning Association Journal*, 5:20-21.
16. Chu, D., Plummer, L. (1985). The language of plyometrics. *National Strength and Conditioning Association Journal*, 6:30-31.
17. DeGroot, J. P. (1987). Electromyographic analysis of a postal sorting task. *Ergonomics*, 30:1079-1088.
18. Ebben, W., et al. (2000). Electromyographic and kinetic analysis of complex training variables. *Journal of Strength & Conditioning Research*, 14:451-456.
19. Enoka, R. (2005). Central modulation of motor unit activity. *Medicine & Science in Sports & Exercise*, 37:2111-2112.
20. Entyre, B. R., Abraham, L. D. (1986). Reflex changes during static stretching and two variations of proprioceptive neuromuscular facilitation techniques. *Electroencephalography & Clinical Neurophysiology*, 63:174-179.
21. Farina, D. (2006). Interpretation of the surface electromyogram in dynamic contractions. *Exercise and Sport Sciences Reviews*, 34:121-127.
22. Fuglevand, A. J., et al. (1993). Impairment of neuromuscular propagation during human fatiguing contractions at submaximal forces. *Journal of Physiology*, 460:549-572.
23. Garrett, W. E., et al. (1987). Biomechanical comparison of stimulated and nonstimulated skeletal muscle pulled to failure. *American Journal of Sports Medicine*, 15:448-454.

24. Gregory, J. E., et al. (2002). Effect of eccentric muscle contractions on Golgi tendon organ responses to passive and active tension in the cat. *Journal of Physiology*, 538:209-218.
25. Grimby, L. (1986). Single motor unit discharge during voluntary contraction and locomotion. In N. L. Jones, et al. (Eds.). *Human Muscle Power*. Champaign, IL: Human Kinetics, 111-129.
26. Hakkinen, K., Komi, P. V. (1986). Training-induced changes in neuromuscular performance under voluntary and reflex conditions. *European Journal of Applied Physiology*, 55:147-155.
27. Hardy, L., Jones, D. (1986). Dynamic flexibility and proprioceptive neuromuscular facilitation. *Research Quarterly for Exercise and Sport*, 51:625-635.
28. Hof, A. L., van den Berg, J. (1981). EMG to force processing: 1. An electrical analog of the Hill muscle model. *Journal of Biomechanics*, 14:747-758.
29. Hultborn, H., et al. (1971). Recurrent inhibition of interneurons monosynaptically activated from group Ia afferents. *Journal of Physiology*, 215:613-636.
30. Hultborn, H. (1972). Convergence on interneurons in the reciprocal Ia inhibitory pathway to motoneurones. *Acta Physiologica Scandinavica*, 85(s375), 1-42.
31. Hunter, S. K., et al. (2004). Muscle fatigue and the mechanisms of task failure. *Exercise and Sport Sciences Reviews*, 32:44-49.
32. Jacobs, R., van Ingen Schenau, G. J. (1992). Control of an external force in leg extensions in humans. *Journal of Physiology*, 457:611-626.
33. Jansen, J. K., Rudford, T. (1964). On the silent period and Golgi tendon organs of the soleus muscle of the cat. *Acta Physiologica Scandinavica*, 62:364-379.
34. Kamen, G., et al. (1981). Fractionated reaction time in power trained athletes under conditions of fatiguing isometric exercise. *Journal of Motor Behavior*, 13:117-129.
35. Kamen, G., Caldwell, G. E. (1996). Physiology and interpretation of the electromyogram. *Journal of Clinical Neurophysiology*, 13:366-384.
36. Knot, M., Voss, D. E. (1968). Proprioceptive Neuromuscular Facilitation: Patterns and Techniques, 2nd ed. New York: Harper & Row.
37. Knudson, D. V., Magnusson, P., McHugh, M. (2000). Current issues in flexibility fitness. *President's Council of Physical Fitness and Sport Research Digest*, 3:1-8.
38. Koceja, D. M., Kamen, G. (1992). Segmental reflex organization in endurance-trained athletes and untrained subjects. *Medicine & Science in Sports & Exercise*, 24(2):235-241.
39. Kofotolis, N., Kellis, E. (2006). Facilitation programs on muscle endurance, flexibility, and functional performance in women with chronic low back pain. *Physical Therapy*, 86: 1001-1012.
40. Komi, P. V. (1986). The stretch-shortening cycle and human power output. In N. L. Jones, et al. (Eds.). *Human Muscle Power*. Champaign, IL: Human Kinetics, 27-42.
41. Kottke, F. J., et al. (1966). The rationale for prolonged stretching for correction of shortening of connective tissue. *Archives of Physical Medicine and Rehabilitation*, 47:345-352.
42. LeVeau, B., Andersson, G. (1992). Output forms: Data analysis and applications. In G. L. Soderberg (Ed.). *Selected Topics in Surface Electromyography for the Use in the Occupational Setting*. Washington, DC: National Institute for Occupational Safety and Health, U.S. Public Health Service, 70-102.
43. Lippold, O. C. J. (1952). The relation between integrated action potential in human muscle and its isometric tension. *Journal of Physiology*, 117:492-499.
44. Loeb, G. E., Gans, C. (1986). *Electromyography for Experimentalists*. Chicago, IL: University of Chicago Press.
45. Lundin, P. (1985). A review of plyometric training. *National Strength and Conditioning Association Journal*, 7(3):69-74.
46. Marek, S. M., et al. (2005). Acute strength effects of static and proprioceptive neuromuscular facilitation stretching on muscle strength and power output. *Journal of Athletic Training*, 40: 94-103.
47. McCrea, D. A. (1992). Can sense be made of spinal interneuron circuits? *Behavioral and Brain Sciences*, 15:633-643.
48. McGill, S. M. (1991). Electromyographic activity of the abdominal and low back musculature during the generation of isometric and dynamic axial trunk torque: Implications for lumbar mechanics. *Journal of Orthopaedic Research*, 9: 91-103.
49. McGill, S. M., Sharrat, M. T. (1990). The relationship between intra-abdominal pressure and trunk EMG. *Clinical Biomechanics*, 5:59-67.
50. McHugh, M. P., et al. (1992). Viscoelastic stress relaxation in human skeletal muscle. *Medicine & Science in Sports & Exercise*, 24(12):1375-1382.
51. Mills, K. R. (1982). Power spectral analysis of electromyogram and compound muscle action potential during muscle fatigue and recovery. *Journal of Physiology*, 326:401-409.
52. Moritani, T. (1993). Neuromuscular adaptations during the acquisition of muscle strength, power, and motor tasks. *Journal of Biomechanics*, 26:95-107.
53. Moritani, T., DeVries, H. A. (1979). Neural factors versus hypertrophy in the time course of muscle strength gain. *American Journal of Physical Medicine*, 58(3):115-130.
54. Newton, R. A. (1982). Joint receptor contributions to reflexive and kinesthetic responses. *Physical Therapy*, 62(1):23-29.
55. Olney, S. J., Winter, D. A. (1985). Predictions of knee and ankle moments of force in walking from EMG and kinematic data. *Journal of Biomechanics*, 18:9-20.
56. Östernig, L. R., et al. (1990). Differential responses to proprioceptive neuromuscular facilitation (PNF) stretch techniques. *Medicine & Science in Sports & Exercise*, 22: 106-111.
57. Reid, D., McNair, P. J. (2004). Passive force, angle and stiffness changes after stretching of hamstring muscles. *Medicine & Science in Sports & Exercise*, 36:1944-1948.
58. Sale, D. G. (1987). Influence of exercise and training on motor unit activation. In K. B. Pandolf (Ed.). *Exercise and Sport Sciences Reviews*, 16:95-151.
59. Sale, D. G. (1988). Neural adaptation to resistance training. *Medicine & Science in Sport & Exercise*, 20:S135-S145.
60. Sandy, S. P., et al. (1982). Flexibility training: Ballistic, static, or proprioceptive neuromuscular facilitation? *Archives of Physical Medicine and Rehabilitation*, 6:132-138.
61. Sapega, A. A., et al. (1981). Biophysical factors in range of motion exercises. *The Physician and Sportsmedicine*, 9:57.
62. Schuldt, K., et al. (1986). Effects of sitting work posture on static neck and shoulder muscle activity. *Ergonomics*, 29: 1525-1537.
63. Smith, J. L. (1976). Fusimotor loop properties and involvement during voluntary movement. In J. Keogh, R. S. Hutton (Eds.). *Exercise and Sport Sciences Reviews*, 4:297-333.
64. Soderberg, G. L., et al. (1986). An EMG analysis of posterior trunk musculature during flat and anteriorly inclined sitting. *Human Factors*, 28:483-491.
65. Solomonow, M., et al. (1990). Electromyogram power spectra frequencies associated with motor unit recruitment strategies. *Journal of Applied Physiology*, 68:1177-1185.
66. Taylor, D. C., et al. (1990). Viscoelastic properties of muscle-tendon units: The biomechanical effects of stretching. *American Journal of Sports Medicine*, 18:300-309.
67. Thacker, S. B et al (2004). The impact of stretching on sports injury risk: A systematic review of the literature. *Medicine & Science in Sports & Exercise*, 36:371-378.
68. Wallin, D. V., et al. (1985). Improvement of muscle flexibility: A comparison between two techniques. *American Journal of Sports Medicine*, 13:263-268.