

## REFERENCES

- Jones LH. Strain and counterstrain. Newark, OH: American Academy of Osteopathy. 1981
- Korr IM. Proprioceptors and somatic dysfunction. JAOA 74:638-50, 1975
- Zegarra-Parodi R et al. (2012) EBM in Clinical Practice: Implementation in Osteopathic Diagnosis and Manipulative Treatment for Non-Specific Low Back Pain Patients, Evidence Based Medicine-Closer to Patients or Scientists? Available from: <http://www.academia.edu>
- Tatom AJ & Laman FB. Jones Institute. [Online].  
<http://www.jiscs.com/PDFs/AbstractIntertesterReliability.Tatom.Laman.pdf>
- Snider KT et al. Frequency of Counterstrain Tender Points in Osteopathic Medical Students. JAOA Sept Vol. 113 No. 9, 690-702 2013
- Atienza-Mesegue A et al. Immediate Effects of the Strain/ Counterstrain Technique in Local Pain Evoked by Tender Points in the Upper Trapezius Muscle. Journal of Bodywork and Movement Therapies, Clinical Chiropractic, Sept, Vol 9, Iss 3, 112-118. 2006
- Ibáñez-García J et al. Changes in Masseter Muscle Trigger Points Following Strain-Counterstrain or Neuro-Muscular Technique. Journal of Bodywork and Movement Therapies, Jan, Vol 13, Issue 1, Pages 2-10. 2009
- Lewis C et al. A Randomised Controlled Study Examining the Short-Term Effects of Strain Counterstrain Treatment on Quantative Sensory Measures at Digitally Tender Points in the Low Back. Man Ther. Dec;15(6):536-41. 2010. Epub 2010 Jun 23.
- Wong CK et al., ""Strain counterstrain technique to decrease tender point palpation pain compared to control conditions: A systematic review with meta-analysis." , " *Journal of bodywork and movement therapies.*, vol. 18, no. 2, pp. 165-173, 2014.
- Wong CK & Schauer CS., "Reliability, validity, and effectiveness of Strain Counterstrain techniques. ," *J. Man. Manip. Ther.*, vol. 12, no. 2, pp. 103-108, 2004.
- Ibanez-Garcia J et al., "Changes in masseter muscle trigger points following strain-counterstrain or neuro-muscular technique.," *J. Bodyw. Mov. Ther.*, vol. 13, no. 1, pp. 2-10, 2009.
- Moskovitz N & Fabilla R. Wong CK, "The effect of strain counterstrain (SCS) on forearm strength compared to sham positioning.," *International Journal of Osteopathic Medicine*, vol. 14, no. 3, pp. 86-95, 2011.

Singh LR & Chauhan V., "Comparison of efficacy of myofascial release and positional release therapy in tension type headache.," *JMSCR*, vol. 2, no. 9, pp. 2372-2379., 2014.

MacDonald R & Leach CMJ. Peters T, "Counterstrain manipulation in the treatment of restless legs syndrome: A pilot single-blind randomized controlled trial; the CARL Trial. ," *International Musculoskeletal Medicine*, vol. 34, no. 4, pp. 136-140, 2012.

Masaracchio M & Cleland, JA. Collins CK., "The effectiveness of strain counterstrain in the treatment of patients with chronic ankle instability: A randomized clinical trial.," *Journal of Manual & Manipulative Therapy*, vol. 22, no. 3, pp. 119-128, 2014.

Tuckey B, "Strain and counterstrain for the viscera and lymphatics. Course Manual," Jones Institute, 2008.

Yahia LH et al. Visceroelastic properties of the human lumbodorsal fascia. *J Biomed Eng* 15: 425-429. 1993

Schliep R, "Fascia is able to contract in a smooth muscle-like manner and thereby influence musculoskeletal mechanics" , " in *Proceedings of the World Congress of Biomechanics*, Munich, Germany, 2005, ISBN 88-7587-270-8, pp. 51-54.