

# Bibliography

- Aaron LA, Buchwald D. Chronic diffuse musculoskeletal pain, fibromyalgia and co-morbid unexplained clinical conditions, *Best Pract. Res. Clin. Rheumatol* (2003) 563–574.
- Abele J. *Schröpfungbehandlung. Theorie und Praxis*, 6. Aufl, Haug, Stuttgart, 1999.
- Acupuncture: NIH consensus development panel on acupuncture, *J. Am. Med. Assoc.* 280 (17) (1998) 1518–1524.
- Acupuncture: Review and analysis of reports on controlled clinical trials, WHO, Geneva, 2002.
- Adler R, Hemmler W. *Praxis und Theorie der Anamnese*, Gustav Fischer, Stuttgart, New York, 1986.
- Allgemeine ärztliche Berufspflichten der ärztlichen Berufsordnung § 2 (abzurufen bei den Ärztekammern).
- Almeida-Lopes L, et al. Comparison of the low level laser therapy effects on cultured human gingival fibroblasts proliferation using different irradiance and same fluence, *Lasers Surg. Med.* 29 (2001) 179–184.
- Amberger R. *Schulungsmaterial von Medi-ABC*.
- Andersen JH, Gaardboe O. Prevalence of persistent neck and upper limb pain in a historical cohort of sewing machine operators, *Am. J. Ind. Med.* 24 (1993) 677–687.
- Appenzeller O. Reflex vasomotor function: Clinical and experimental studies in migraine, *Res. Clin. Stud. Headache* 6 (1978) 160–166.
- Arndt R, Schulz H. *Biologisches Grundgesetz*, in: *Großer Brockhaus*, 2. Aufl, Brockhaus, Wiesbaden, 1953.
- Auberger A, Biermann E. *Schmerzausstrahlung und schmerzinduzierte Phänomene*, in: *Praktische Schmerztherapie*, Thieme, Stuttgart, 1988.
- Auroy J, et al. Major complications of regional anesthesia in France: The SOS regional anesthesia hotline service, *Anesthesiology* 97 (2002) 1274–1280.
- AWMF-Leitlinie Behandlung akuter perioperativer und posttraumatischer Schmerzen AWMF Nr. 041/001 (21.05.2007).
- Azevedo LH, et al. Influence of different power densities of LILT on cultured human fibroblast growth: a pilot study, *Lasers Med. Sci.* 21 (2006) 86–89.
- Back pain. A systematic review within the framework of the Cochrane Collaboration Back Review Group, *Spine* 24 (1999) 1113–1123.
- Bäcker M, Dobos GJ. *Psychophysiologische Wirkmechanismen von Akupunktur in der Behandlung von Schmerzen*, *Dt Ztschr f Akup* 49 (2006).
- Bäcker M, Hammes M. *Akupunktur in der Schmerztherapie*, Urban & Fischer, München, 2004.
- Bäcker M, et al. *Akupunktur in der Schmerztherapie. Hypothesen zu adaptiven Prozessen*, *Forsch. Kompl. Med* 11 (2004) 335–345.
- Bäcker M, et al. *Acupuncture: quo vadis?* *Dtsch. Med. Wochenschr.* 131 (2006) 506–511.
- Baldry P. *Akupunktur, Triggerpunkte und muskuloskeletale Schmerzen*, MLV, Uelzen, 1997.
- Baling M. *Der Arzt, sein Patient und die Krankheit*, Klett, Stuttgart, 1957.
- Banzer W, et al. Short-time effects of laser needle stimulation on the peripheral microcirculation assessed by laser Doppler spectroscopy and near-infrared spectroscopy, *Photomed. Laser Surg.* 24 (2006) 575–580.
- Banzer W, Hübscher M, Schikora D. Laser-needle therapy for spontaneous osteonecrosis of the knee, *Photomed. Laser Surg.* 26 (4) (2008) 301–306.
- Barker PJ, Briggs CA. Attachments of the posterior layer of lumbar fascia, *Spine* 24 (1999) 1757–1764.
- Barker PJ, et al. Effects of tensioning the lumbar fasciae on segmental stiffness during flexion and extension: Young Investigator Award winner, *Spine* 15 (2006) 397–405.
- Basmajian J. *Muscles alive: Their function revealed with electromyography*, Williams & Wilkins, Baltimore, 1978.
- Basmajian J, Nyberg R. *Rational Manual Therapies*, Williams & Wilkins, Baltimore, 1993.
- Bauer J. *Warum ich fühle, was du fühlst. Intuitive Kommunikation und das Geheimnis der Spiegelzellen*, 9. Aufl, Heyne, München, 2006.
- Baxter GD. *Therapeutic lasers: theory and practice*, Churchill Livingstone, Edinburgh, 1994.
- BDY - Berufsverband der Yogalehrenden in Deutschland (Hrsg.), *'Der Weg des Yoga'*, Via Nova, Petersberg, 2007.
- Bednar DA, et al. Observations on the pathomorphology of the thoracolumbar fascia in chronic mechanical back pain. A microscopic study, *Spine* 20 (1995) 1161–1164.



- Bendtsen L, et al. Qualitatively altered nociception in chronic myofascial pain, *Pain* 65 (1996) 259–264.
- Berghoff C, et al. Diagnostik bei Myalgien – Bundeseinheitliche Konsensuspapiere, *Nervenheilkunde* (2005) 703.
- Berman BM, Swyers JP. Complementary medicine treatments for fibromyalgia syndrome, *Baillières Best Pract. Res. Clin. Rheumatol* (1999) 487–492.
- Bernstein DA, Borkovec TD. Entspannungstraining. *Handbuch der progressiven Muskelentspannung nach Jacobson*, Pfeiffer, München, 1975.
- Birch S, Jamison RN. Controlled trial of Japanese acupuncture for chronic myofascial neck pain: assessment of specific and nonspecific effects of treatment, *Clin. J. Pain*. 14 (1998) 248–255.
- Bircher-Benner M. Ordnungsgesetze des Lebens, Bircher-Benner Verlag, Bad Homburg, 1999.
- Bjordal JM, et al. Photoradiation in acute pain: a systematic review of possible mechanisms of action and clinical effects in randomized placebo-controlled trials, *Photomed. Laser Surg.* 24 (2006) 158–168.
- Bjordal JM, et al. Short-term efficacy of physical interventions in osteoarthritic knee pain. A systematic review and meta-analysis of randomised placebo-controlled trials, *BMC Musculoskelet. Disord* (2007) 8–51.
- Böcker W, et al. *Pathologie*, Urban & Schwarzenberg, München, 1997.
- Böls J. *Qigong. Heilung mit Energie. Eine alte chinesische Gesundheitsmethode*, Herder, Freiburg, 1994.
- Bossy J. *Die Mikrosysteme der Akupunktur*, VGM, Essen, 1993.
- Bouche K, et al. Comparison of postural control in unilateral stance between healthy controls and lumbar discectomy patients with and without pain, *Eur. Spine J.* 15 (2006) 423–432.
- Braddom RL, et al. *Physical Medicine & Rehabilitation*, second ed., Saunders, Philadelphia, 2000.
- Braun WL, et al. Regional anesthesia and local anesthetic-in-use systemic toxicity: seizure frequency and accompanying cardiovascular changes, *Anesth. Analg.* 8 (1995) 221–228.
- Brenke R, Polonius D. Hydro- und Thermotherapie, in: Melchart D, et al. (Hrsg.), *Naturheilverfahren*, Schattauer, Stuttgart, New York, 2002, pp. 294–331.
- Brosseau L, et al. Low level laser therapy for osteoarthritis and rheumatoid arthritis: a metaanalysis, *J. Rheumatol.* 27 (2000) 1961–1969.
- Brückle W, et al. Gewebe-pO<sub>2</sub>-Messung in der verspannten. Rückenmuskulatur (M. erector spinae), *Z. Rheumatol.* 49 (1990) 208–216.
- Brumagne S, et al. Proprioceptive weighting changes in persons with low back pain and elderly persons during upright standing, *Neurosci. Lett.* 366 (2004) 63–66.
- Brune K, et al. *Schmerz*, 1. Aufl, Springer, Berlin, Heidelberg, New York, 2001.
- Bruns T, Praun N. *Biofeedback*, Vandenhoeck & Ruprecht, Göttingen, 2002.
- Burdon RH. Superoxide and hydrogen peroxide in relation to mammalian cell proliferation, *Free Radic. Biol. Med.* 18 (1995) 775–794.
- Buytendijk FJJ. *Das Menschliche der menschlichen Bewegung*, *Nervenarzt* 28 (1) (1957) S. 1 7, \*28 Jahrgang 1. Heft.
- Cantu RI, Grodin AJ. *Myofascial Manipulation – Theory and Clinical Application*, Aspen, 1992.
- Carano A, Siciliani G. Effects of continuous and intermittent forces on human fibroblasts in vitro, *J. Orthod.* 18 (1996) 19–26.
- Carlsson C. Acupuncture for chronic low back pain: a randomized placebo-controlled study, *Clin. J. Pain.* 17 (2001) 296–305.
- Ceccherelli F. Comparison between superficial and deep acupuncture in the treatment of the shoulder's myofascial pain: a randomized and controlled study, *Acupunct. Electrother. Res.* 26 (2001) 229–238.
- Ceccherelli F, et al. Comparison of superficial and deep acupuncture in the treatment of lumbar myofascial pain, *Clin. J. Pain.* 18 (2002) 149–153.
- Ceylan Y, et al. The effects of infrared laser and medical treatments on pain and serotonin degradation products in patients with myofascial pain syndrome. A controlled trial, *Rheumatol. Int.* 24 (2004) 260–263.
- Chaitow L. *Neuromuskuläre Techniken in der Manuellen Medizin und Osteopathie*, Urban & Fischer, München, 2002.
- Chaitow L. *Positional Release-Techniken in der Manuellen Medizin und Osteopathie*, Urban & Fischer, München, 2003.
- Chang CW, et al. Evidence of neuroaxonal degeneration in myofascial pain syndrome, *Eur. J. Pain.* 12 (2008) 1026–1030.
- Chen CS, Ingber DE. Tensegrity and mechanoregulation: from skeleton to cytoskeleton, *Osteoarthritis Cartilage* 7 (1999) 81–94.
- Chen E. *Cross-sectional anatomy of acupoints*, Churchill Livingstone, Edinburgh, 1995.
- Chen Q, et al. Identification and quantification of myofascial taut bands with magnetic resonance elastography, *Arch. Phys. Med. Rehabil.* 88 (2007) 1658–1661.
- Xinnong Cheng. *Chinese acupuncture and moxibustion*, 1. Aufl, Foreign Languages Press, Beijing, 1987.
- Cherkin DC, et al. Physician variation in diagnostic testing for low back pain. Who you see is what you get, *Arthritis Rheum.* 37 (1994) 15–22.
- Childers MK. *Use of Botulinum Toxin Type A in Pain Management*, Academic Information System, 1999.
- Cholewicki J, et al. Stabilizing function of the trunk flexor-extensor muscles around neutral posture, *Spine* 22 (1997) 2207–2212.
- Chu J, Schwartz I. The muscle twitch in myofascial pain relief: effects of acupuncture and other needling methods, *Electromyogr. Clin. Neurophysiol.* 42 (2002) 307–311.
- Classen M, et al. (Hrsg.), *Innere Medizin*. Elsevier, Urban & Fischer, München, 2006.
- Clauw DJ, Crofford LJ. Chronic widespread pain and fibromyalgia: what we know, and what we need to know, *Best Pract. Res. Clin. Rheumatol.* (2003) 685–701.
- Clemente CD. *Anatomy: a regional atlas of the human body*, second ed., Urban & Schwarzenberg, Baltimore, 1981.



- Conradi S, Smolenski UC. Testgütekriterien manualmedizinischer Tests bei Low-back-pain-Patienten Eine Literaturrecherche, *Manuelle Medizin* 43 (2005) 227–234.
- Colwell HA. An essay on the history of electrotherapy and diagnosis, Heinemann, London, 1922.
- Cottingham JT, et al. Shifts in pelvic inclination angle and parasympathetic tone produced by Roling soft tissue manipulation, *Phys. Ther.* 68 (1988) 1364–1370.
- Cotton AM. A review of the principles and use of lasers in lower limb problems, *Int. J. Low Extrem. Wounds* 3 (2004) 133–142.
- Cummings TM, White AR. Needling therapies in the management of myofascial trigger point pain: a systematic review, *Arch. Phys. Med. Rehabil.* 82 (2001) 986–992.
- Dalai Lama. Die Essenz der Meditation, Ansata, München, 2001.
- Dale R. The micro-acupuncture systems, vol. I–III, Dialectic Publ, Surfside, 1980/1985.
- Danneskiold-Samsoe B, et al. Myofascial pain and the role of myoglobin, *Scand. J. Rheumatol.* 15 (1986) 174–178.
- Deadman P, et al. A manual of acupuncture, J Chin Med Publ, Hove, East Sussex (UK), 1998.
- Dejung B. Triggerpunkt- und Bindegewebsbehandlung – neue Wege in Physiotherapie und Rehabilitationsmedizin, *Physiotherapeut* 6 (1988) 3–12.
- Dejung B. Der informierte Arzt, *Gazette Medicale: Muskulär bedingter Schmerz*, Sonderdruck DIA/GM, 12, (1991).
- Dejung B. Triggerpunkt-Therapie: Die Behandlung akuter und chronischer Schmerzen im Bewegungsapparat mit manueller Triggerpunkt-Therapie und Dry Needling, 2. korrigierte Aufl, Huber, Bern, 2006 (1. Aufl. 2003).
- Deutsche Ärztesgesellschaft für Akupunktur (DÄGfA), Stellungnahme, DÄGfA, www.daegfa.de.
- DGSS, <http://www.dgss.org>.
- Dicke E, et al. Bindegewebsmassage, 6. Aufl, Hippokrates, Stuttgart 1982.
- Dilling H, et al. Internationale Klassifikation psychischer Störungen. ICD-10 Kapitel V (F), S. 41 184, Huber, Bern, Göttingen, Toronto, 1991.
- Dommerholt J, Simons DG. Myofascial pain syndromes – trigger points, *J. Musculosk. Pain* 15 (2007).
- Dörner K. Der gute Arzt: Lehrbuch der ärztlichen Grundhaltung, Schattauer, Stuttgart, New York, 2001.
- Dorsher PT. Acupuncture points and trigger points: anatomic and clinical correlations, *Med. Acupunct.* 17 (2006) 20–23.
- Douglas A, et al. Entspannungs-Training. Handbuch der, progressiven Muskelentspannung nach Jacobsen, Klett-Cotta, Stuttgart, 2002.
- Dressler D. Botulinum-Toxin-Therapie, Thieme, Stuttgart 1995.
- Drewes AM, Jennum P. Epidemiology of myofascial pain, low back pain, morning stiffness and sleep-related complaints in the general population, *J. Musculosk. Pain* 3 (Suppl. 1) (1995) 68 (Abstract).
- Dvorak J, Dvorak V, et al. Manuelle Medizin, Diagnostik, 4. Aufl, Thieme, Stuttgart, New York, 1991.
- Dworkin SF, Le Resche L. Research diagnostic criteria for temporomandibular disorders: review, criteria, examinations and specifications, critique, *J. Craniomandib. Disord.* 6 (4) (1992) 301–355.
- Edel H. Fibel der Elektrodiagnostik und Elektrotherapie, 5. Aufl, Müller & Steinicke, München, 1983.
- Egle UT, et al. Psychoanalytisch orientierte Gruppentherapie mit psychogenen Schmerzpatienten. Ein Beitrag zur Behandlungsmethodik, *Psychother. Psychosom. Med. Psychol.* 42 (1992) 79–90.
- Egle UT, Nickel R. Kindheitsbelastungsfaktoren bei Patienten mit Somatoformen Störungen, *Z. Psychosom. Med. Psychoanal.* 44 (1998) 21–36.
- Egle UT, et al. Die somatoforme Schmerzstörung, *Deutsches Ärzteblatt* 97 (2000) 1469–1472.
- Eliade M. Yoga, Insel Verlag, Frankfurt a. M., 2004.
- Elliott FA. *Lancet* 1 (1944) 47.
- Eriksson MBE. Hazard from transcutaneous nerve stimulation in patients with pacemakers, *Lancet* 1 (1975) 13–19.
- Eriksson MBE, Söhlund BH. Transcutane Nervenstimulierung für Schmerzlinderung, *Verl f Med Fischer*, Heidelberg, 1979.
- Ernst E. The efficacy of Phytodolor for the treatment of musculoskeletal pain – a systematic review of randomized clinical trials, *Nat. Med.* J. (1999) 14–17.
- Ernst E, et al. Acupuncture for back pain: meta-analysis of randomised controlled trials and an update with data from the most recent studies, *Schmerz* 16 (2002) 129–139.
- Fachinformationen der Roten Liste Service GmbH, Frankfurt/Main.
- Fassbender HG, Wagener K. Morphologie und Pathogenese des Weichteil-Rheumatismus, *Z. Rheumaforsch.* 32 (1975) 355–374.
- Feng TY. Treatment of soft tissue injury with traditional Chinese Medicine and Western medicine, People's Medical Publishing House, Beijing, 1983.
- Fernández-de-las-Peñas C, et al. Myofascial trigger points and sensitization: an updated pain model for tension-type headache, *Cephalalgia* 27 (2007a) 383–393.
- Fernández-de-Las-Peñas C, et al. Myofascial trigger points, neck mobility, and forward head posture in episodic tension-type headache, *Headache* 47 (2007b) 662–672.
- Fernández-de-Las-Peñas C, et al. The role of myofascial trigger points in musculoskeletal pain syndromes of the head and neck, *Curr. Pain Headache Rep.* 11 (5) (2007c) 365–372.
- Fernández-de-Las-Peñas C, et al. Referred pain elicited by manual exploration of the lateral rectus muscle in chronic tension-type headache, *Pain Med.* 10 (1) (2009) 43.
- Fikáčová H, et al. Effectiveness of low-level laser therapy in temporomandibular joint disorders: a placebo-controlled study, *Photomed. Laser Surg.* 25 (2007) 297–303.
- FIMM. Reproducibility and Validity Studies of Diagnostic Procedures in Manual/Musculoskeletal Medicine for Low back pain patients, Scientific Committee FIMM, 2001.
- Findley T, Schleip R (Eds.), *Fascia Research – Basic Science and*



- Implications for Conventional and Complementary Health Care, Elsevier Urban & Fischer, München, 2007.
- Finestone DH, et al. Physical and psychiatric impairment in patients with myofascial pain syndrome compared to patients with fibromyalgia, *J. Musculosk. Pain* 3 (Suppl. 1) (1995) 86 (Abstract).
- Finkel T. Redox-dependent signal transduction, *FEBS Lett.* 476 (2000) 52–54.
- Fishbain DA, et al. Male and female chronic pain patients categorized by DSM-III psychiatric diagnostic criteria, *Pain* 26 (2) (1986) 181–197.
- Fisher AA. Pressure threshold meter: ist use for quantification of tender points, *Arch. Phys. Med. Rehabil.* 67 (1986) 836–838.
- Fisher AA. Pressure threshold measurement for diagnosis of myofascial pain and evaluation of treatment results, *Clin. J. Pain.* 2 (1987) 207.
- Fisher AA. Local injections in pain management, trigger point needling with infiltration and somatic blocks, *Phys. Med. Rehabil. Clin. N. Am.* 6 (1995) 851–870.
- Fisher P, Ward A. Medicine in Europe: complementary medicine in Europe, *BMJ* 309 (1994) 107–111.
- Fleischhauer M, et al. Leitfaden Physiotherapie in der Orthopädie und Traumatologie, Urban & Fischer, München, 2002.
- Flitney FW, Megson IL. Nitric oxide and the mechanism of rat vascular smooth muscle photorelaxation, *J. Physiol.* 550 (2003) 819–828.
- Focks C. Leitfaden Akupunktur, Elsevier, Urban & Fischer, 2004.
- Focks C, Hillenbrand N. Leitfaden Chinesische Medizin, Elsevier, Urban & Fischer, München, 2006.
- Forth W, et al. Allgemeine und spezielle Pharmakologie und Toxikologie, 6. Aufl, BI-Wiss.-Verlag, 1992.
- Fourie WJ. Fascia lata: Merely a thigh stocking, or a coordinator of complex thigh muscular activity, in: Franz M, Schepank H (Eds.), *Mood disorders. Prevalence and course of unspecified functional disorders from the epidemiologic and psychosomatic viewpoint*, *Z Arztl Fortbild Qualitätssich.* vol. 91, 1997, pp. 723–727.
- Freisens U. Pain in Europe, in: Medienkonferenz der Schweizerischen Gesellschaft für Gesundheitspolitik, publiziert in *Mundipharma-Bulletin*, Bern, 4.11.2003.
- Freiwald J, et al. Neuere Forschungsergebnisse und deren praktische Umsetzung, *Manuelle Medizin* 1 (1999) 3–10.
- Frettlöh, et al. Validation of the German Mainz Pain Staging System in different pain syndromes, *Schmerz* 17 (2003) 240–251.
- Fricton JR, et al. Myofascial pain syndrome of the head and neck: A review of clinical characteristics of 164 patients, *Oral Surg. Oral Med. Oral Pathol.* 60 (1985) 615–623.
- Fricton JR, et al. Myofascial pain syndrome: Electromyographic changes associated with local twitch response, *Arch. Phys. Med. Rehabil.* 66 (1986) 314–317.
- Fricton JR. Etiology and management of masticatory myofascial pain, *J. Musculosk. Pain* 7 (1999) 143–160.
- Fröhlich D, Fröhlich R. Das Piriformissyndrom: eine häufige Differentialdiagnose des lumboglütären Schmerzes, *Manuelle Medizin* 33 (1995) 7–10.
- Furlan AD, et al. Massage for low-back pain: a systematic review within the framework of the Cochrane Collaboration Back Review Group, *Spine* 127 (2002) 1896–1910.
- Garavello-Freitas I, et al. Low-power laser irradiation improves histomorphometrical parameters and bone matrix organization during tibia wound healing in rats, *J. Photochem. Photobiol. B* 70 (2003) 81–89.
- Gautschi R. Latent myofascial trigger points: their effects on muscle activation and movement efficiency. Latente myofasziale Triggerpunkte: Ihre Wirkungen auf Muskelaktivität und Bewegungseffizienz, *Manuelle Therapie* 11 (2007) 32–34.
- Gautschi R. Myofasziale Triggerpunkt-Therapie, in: van den Berg Frans (Hrsg.), *Angewandte Physiologie*, Bd. 4: Schmerzen verstehen und beeinflussen, 2. erw. Aufl, Thieme, Stuttgart, 2008, pp. 310–366.
- Gessler L. *Arzt und Patient – Begegnung im Gespräch*, 3. erw. Aufl, Peter Hoffmann/Pharma Verlag, Frankfurt, 1992.
- Gerdesmeyer L, et al. Physikalisch-technische Grundlagen der extrakorporalen Stoßwellentherapie (ESWT), *Orthopäde* 31 (2002) 610–617.
- Gerwin R, Gevirtz R. Chronic myofascial pain: Iron insufficiency and coldness as risk factors, *J. Musculosk. Pain* 3 (Suppl. 1) (1995) 120 (Abstract).
- Gerwin R, et al. Ultrasound identification of the myofascial triggerpoint, *Muscle Nerve* 20 (1997a) 767–768.
- Gerwin R, et al. Interrater reliability in myofascial trigger point examination, *Pain* 69 (1997b) 65–73.
- Gerwin RD, et al. An expansion of Simons' integrated hypothesis of trigger point formation, *Curr. Pain Headache Rep.* 8 (2004) 468–475.
- Gessler M. Stumpf- und Phantomschmerzen, in: Pothmann R (Hrsg.), *TENS*, 2. Aufl, Hippokrates, Stuttgart, 1996, pp. 47–52.
- Glaser V. *Eutonie – das Verhaltensmuster menschlichen Wohlbefindens – Lehr- und Übungsbuch für Psychotonik*, Glaser, 4. Aufl, Haug, Heidelberg, 1993.
- Gleditsch JM. *Akupunktur in der Hals-Nasen Ohrenheilkunde*, Hippokrates Verlag, Stuttgart, 1997.
- Gleditsch JM. *Reflexzonen und Somatotopien*, 9. Aufl, Urban & Fischer, München, 2005.
- Gleditsch JM. Oral acupuncture in the therapy of craniomandibular dysfunction syndrome, *Wien. Klin. Wochenschr.* 118 (2006) 36–42.
- Gleditsch JM. *Lehrbuch und Atlas der MikroAkuPunktSysteme (MAPS). Grundlagen und Praxis der somatotopischen Therapie*, KVM Dr. Kolster & Co 2. Aufl, 2007.
- Gmunder R, Kissling R. The Efficacy of homeopathy in the treatment of chronic low back pain compared to standardized physiotherapy, *Z. Orthop. Ihre Grenzgeb.* 140 (2002) 503–508.
- Goepel R, et al. Transcutane Nervenstimulation bei Migräne-Patienten, *Fortschr. Med.* 103 (1985) 865.



- Goldenberg DL, et al. Management of fibromyalgia syndrome, *JAMA* 292 (2004) 2388–2395.
- Gran JT. The epidemiology of chronic generalized musculoskeletal pain, *Best Pract. Res. Clin. Rheumatol.* (2003) 547–561.
- Granges G, Littlejohn GO. A comparative study of clinical signs in fibromyalgia/fibrositis syndrome, healthy and exercising subjects, *J. Rheumatol.* 20 (1993) 344–351.
- Graven-Nielsen T, et al. Painful and non-painful pressure sensations from human skeletal muscle, *Exp. Brain Res.* 159 (2004) 273–283.
- Grossarth-Maticke R. Systemische Epidemiologie und präventive Verhaltensmedizin chronischer Erkrankungen. Strategien zur Aufrechterhaltung der Gesundheit, De Gruyter, Berlin, New York, 1999.
- Grossarth-Maticke R. Selbstregulation, Autonomie und Gesundheit. Krankheitsfaktoren und soziale Gesundheitsressourcen im sozio-psycho-biologischen System, De Gruyter, Berlin, New York, 2003.
- Guorui J. Qigong Yangsheng. Chinesische Übungen zur Stärkung der Lebenskraft, Fischer, Frankfurt/Main, 1996.
- Guorui J. Die fünfzehn Ausdrucksformen des Taiji-Qigong, Medizinisch Literarische Verlagsanstalt, Uelzen, 1997.
- Guorui J. Qigong Yangsheng, Medizinisch Literarische Verlagsanstalt, Uelzen, 1998.
- Gür A, et al. Effects of low power laser and low dose amitriptyline therapy on clinical symptoms and quality of life in fibromyalgia: a single-blind, placebo-controlled trial, *Rheumatol. Int.* 22 (2002a) 188–193.
- Gür A, et al. Efficacy of low power laser therapy in fibromyalgia: a single-blind, placebo-controlled trial, *Lasers Med. Sci.* 17 (2002b) 57–61.
- Gür A, et al. Efficacy of 904 nm gallium arsenide low level laser therapy in the management of chronic myofascial pain in the neck: a double-blind and randomize-controlled trial, *Lasers Surg. Med.* 35 (2004) 229–235.
- Hackethal HJ. Gesundheit und Lebensfreude durch Kranich Qigong, Maudrich, Wien, 2000.
- Hakgüder A, et al. Efficacy of low level laser therapy in myofascial pain syndrome: an algometric and thermographic evaluation, *Lasers Surg. Med.* 33 (2003) 339–343.
- Haltenhof H, et al. Beurteilung und Verbreitung komplementärmedizinischer Verfahren, *Gesundheitswesen* 57 (1995) 192–195.
- Hamm A. Progressive Muskelentspannung, in: Vaitl D, Petermann F (Hrsg.), *Handbuch der Entspannungsverfahren. Bd. 1: Grundlagen und Methoden*, Psychologie Verlags Union, Weinheim, 1993.
- Han C. Leitfaden Tuina, 2. Aufl. Urban & Fischer, München, 2005.
- Han JS. Acupuncture and endorphins, *Neurosci. Lett.* 361 (1–3) (2004) 258–261.
- Han JS. Acupuncture: neuropeptide release produced by electrical stimulation of different frequencies, *Trends Neurosci.* 26 (1) (2003) 17–22.
- Hanna T. Beweglich sein, ein Leben lang, Kösel, Stuttgart, 2003.
- Harris RI, Beath T. The short first metatarsal; its incidence and clinical significance, *J. Bone Joint Surg.* 31A (3) (1949) 553–565.
- Hatzenbühler M, et al. Repetitorium Schmerztherapie, 2. Aufl, Springer, Heidelberg, 2007.
- Hausdorf J, et al. Molecular basis for pain mediating properties of extracorporeal shock waves, *Schmerz* 18 (2004) 492–497.
- Hawkins D, et al. Low level laser therapy (LLLT) as an effective therapeutic modality for delayed wound healing, *Ann. N. Y. Acad. Sci.* 1056 (2005) 486–493.
- Head H. Sensibilitätsstörungen der Haut, Berlin (1898).
- Hecker H, et al. Ohr- Schädel-, Mund-, Hand-Akupunktur, 3. Aufl, Hippokrates, Stuttgart 2002.
- Heilpraktikergesetz. <http://de.wikipedia.org/wiki/Heilpraktikergesetz>.
- Helms JM. Acupuncture energetics: A clinical approach for physicians, Medical Acupuncture Publishers, Berkeley, 1995.
- Hesse J, et al. Acupuncture versus metoprolol in migraine prophylaxis: a randomized trial of trigger point inactivation, *J. Intern. Med.* 235 (1994) 451–456.
- Heydenreich A, et al. *Handbuch der transkutanen Nervenstimulation schwa-medico*, 6. Aufl, A.M.I.-Verlag, Gießen, 1995.
- Hides JA, et al. Multifidus muscle recovery is not automatic after resolution of acute first episodes of low back pain, *Spine* 21 (1996) 276–279.
- Hildenbrand G. Qigong – chinesische Heilkunde in Aktion, *Akupunktur* 27 (1999) 76–85.
- Hillman SK. Interactive functional anatomy [DVD-ROM], Primal Pictures, London, 2002.
- Ho KY, Tan KH. Botulinum toxin A for myofascial trigger point injection: a qualitative systematic review, *Eur. J. Pain* 11 (2007) 519–527.
- Hodges PW, Richardson CA. Inefficient stabilization of the lumbar spine associated with low back pain. A motor control evaluation of the transversus abdominis, *Spine* 21 (1996) 2640–2650.
- Hofmann E. Progressive Muskelentspannung. Ein Trainingsprogramm, Hogrefe, Göttingen, 1998.
- Hoheisel U, et al. Excitatory and modulatory effects of inflammatory cytokines and neurotrophins on mechanosensitive group IV muscle afferents in the rat, *Pain* 114 (2005) 168–176.
- Hoheisel U, et al. Sensitization of rat dorsal horn neurons by NGF-induced subthreshold potentials and low-frequency activation. A study employing intracellular recordings in vivo, *Brain Res.* 12 (2007) 34–43.
- Hong CZ. Pathophysiology of myofascial trigger point, *J. Formos. Med. Assoc.* 95 (1996) 93–104.
- Hong C, et al. Interexaminer reliability of the palpation of trigger points in the trunk and lower limb muscles, *Arch. Phys. Med. Rehabil.* 81 (2000) 258–264.
- Hong CZ. Myofascial trigger point pathophysiology and correlation with acupuncture points, *Acupunct. Med.* 18 (2000) 41–47.



- Hong CZ, Torigoe Y. *Electrophysiological characteristics of localized twitch responses in responsive taut bands of rabbit skeletal muscle*, *J. Musculosk. Pain* 2 (1994) 17–43.
- Hou DR, et al. Immediate effects of various therapeutic modalities on cervical myofascial pain and trigger-point sensitivity, *Arch. Phys. Med. Rehabil.* 83 (2003) 1406–1414.
- Huang Di Nei Jing (Yellow Emperor's Inner Classic), 100–200 bc.
- Hubbard DR, Berkoff GM. Myofascial trigger points show spontaneous needle EMG activity, *Spine* 18 (1993) 1803–1807.
- Huijing PA, et al. Extramuscular myofascial force transmission also occurs between synergistic muscles and antagonistic muscles, *J. Electromyogr. Kinesiol.* 17 (2007) 708–724.
- Ilbuldu E, et al. Comparison of laser, dry needling, and placebo laser treatments in myofascial pain syndrome, *Photomed. Laser Surg.* 22 (2004) 306–311.
- Irnich D. Münchner naturheilkundliches Schmerzintensivprogramm – Ein 3 Stufen Konzept, *Dt Zeitschr f Akup* 46 (2003) 45–49.
- Irnich D, Beyer A. Neurobiologische Grundlagen der Akupunkturanalgesie, *Schmerz* 16 (2002) 93–102.
- Irnich D, et al. Randomised trial of acupuncture compared with conventional massage and 'sham' laser acupuncture for treatment of chronic neck pain, *BMJ* 322 (2001) 1574–1577.
- Irnich D, et al. Immediate effects of acupuncture on pain and mobility in chronic neck pain: results of a randomised, double-blind, placebo-controlled crossover trial, *Pain* 99 (2002) 83–89.
- Irnich D, et al. (Munich Outpatient Program in Complementary and Alternative Medicine for Chronic Pain (MOCAM) – one year follow up (2005), Abstracts 11, in: *World Congress on Pain*, IASP-Press, Sydney, Australia, p. 639.
- Jäckel WH, et al. Epidemiologie rheumatischer Beschwerden in der Bundesrepublik Deutschland, *Z. Rheumatol.* 52 (1993) 281–288.
- Jacobson E. *Entspannung als Therapie. Progressive Relaxation in Theorie und Praxis*, Pfeiffer, München, 1990.
- Janda V. *Manuelle Muskelfunktionsdiagnostik*, Elsevier, München, 2000.
- Jeanmonod D, et al. Low threshold calcium spike bursts in the human thalamus, *Brain* 119 (1996) 363–375.
- Jenckner FL. *Nervenblockaden auf pharmakologischem und auf elektrischem Weg*, 3. Aufl, Springer, Wien, New York 1980.
- Jensen R, et al. Muscle tenderness and pressure pain thresholds in headache. A population study, *Pain* 52 (1993) 193–199.
- Jones L. *Strain Counterstrain*, Urban & Fischer, München, 2004.
- Junghans H, Schmorl G. *Die gesunde und kranke Wirbelsäule in Röntgenbild und Klinik: pathologisch-anatomische Untersuchungen*, *Archiv und Atlas der normalen und pathologischen Anatomie in typischen Röntgenbildern*, Band 43 von Fortschritte auf dem Gebiete der Röntgenstrahlen: Ergänzungsbd (1951).
- Kaergaard A, Andersen JH. Musculoskeletal disorders of the neck and prevalence, incidence, and prognosis shoulders in female sewing machine operators, *Occup. Environ. Med.* 57 (2000) 528–534.
- Kane K, Taub A. A history of local analgesia, *Pain* 1 (1975) 125.
- Karlsson JO, et al. Effects of ultraviolet radiation on the tension and the cyclic GMP level of bovine mesenteric arteries, *Life Sci.* 34 (1984) 1555–1563.
- Karnath HO, et al. The perception of body orientation after neck-proprioceptive stimulation. Effects of time and of visual cueing, *Exp. Brain Res.* 143 (2002) 350–353.
- Kasai S, et al. Effect of low-power laser irradiation on impulse conduction in anesthetized rabbits, *J. Clin. Laser Med. Surg.* 14 (1996) 107–109.
- Keidel D (Hrsg.), *Kurzgefasstes Lehrbuch der Physiologie (gebundene Ausgabe)*, Thieme, Stuttgart, 1994.
- Khadra M, et al. Effect of laser therapy on attachment, proliferation and differentiation of human osteoblast-like cells cultured on titanium implant material, *Biomaterials* 26 (2005) 3503–3509.
- Knappe V, et al. Principles of lasers and biophotonic effects, *Photomed. Laser Surg.* 22 (2004) 411–417.
- Köhle K, Raspe HH. *Das Gespräch während der ärztlichen Visite. Empirische Untersuchungen*, Urban & Schwarzenberg, München, Wien, Baltimore, 1982.
- Kolár P. The sensomotor nature of postural function. Its fundamental role in rehabilitation of the motor system, *J. Orthop. Med* 21 (1999) 40–45.
- Kolár P. Facilitation of agonist-antagonist co-activation by reflex stimulation, in: Liebensohn C (Ed.), *Rehabilitation of the spine*, Lippincott, Williams & Wilkins, Philadelphia, 2006, pp. 531–565.
- Korr IM. Proprioceptors and somatic dysfunction, *J. Am. Osteop. Assoc.* 74 (1975) 638–650.
- Krampen G. *Autogenes Training*, in: Steinebach C (Hrsg.), *Heilpädagogik für chronisch kranke Kinder und Jugendliche*, Lambertus, Freiburg i. Br, 1997.
- Krampen G. *Einführungskurse zum Autogenen Training: Ein Lehr- und Übungsbuch für die psychosoziale Praxis*, 2. Aufl, Verlag für Angewandte Psychologie Hogrefe, Göttingen, 1998.
- Kuan TS, et al. The spinal cord connections of the myofascial trigger spots, *Eur. J. Pain* 11 (2007) 624–634.
- Langemark M, Olesen J. Pericranial tenderness in tension headache. A blind, controlled study, *Cephalalgia* 7 (1987) 249–255.
- Langen D. *Autogenes Training. Dreimal täglich zwei Minuten abschalten, loslassen, erholen*, Gräfe & Unzer, München, 1999.
- Langer H. *Allgemeinerkrankungen durch Störfelder (Trigeminusbereich)*, E. Fischer, Heidelberg, 1977.
- Langevin HM, et al. Connective tissue fibroblast response to acupuncture: dose-dependent effect of bidirectional needle rotation, *J. Altern. Complement. Med.* 13 (2007) 355–360.
- Larbig W. *Schmerz*, Kohlhammer, Stuttgart, 1982.



- Larsen R. *Anästhesie*, 8. Aufl, Elsevier, Urban & Fischer, München, 2006.
- Lavelle ED, et al. Myofascial trigger points, *Anesthesiol. Clin.* 25 (2007) 841–851.
- LeBoeuf M. *Imagination, Inspiration, Innovation. Kreative Kräfte nutzen*, mvg, München, 1991.
- Leitlinie Fibromyalgiesyndrom, www.leitlinien.net, HTML der Langversion, <http://www.uni-duesseldorf.de/AWMF/II/041-004.htm>.
- Leuner H. *Lehrbuch des Katathymen Bilderlebens*, Huber, Bern, Stuttgart, Toronto, 1994.
- Levin S. The tensegrity-truss as a model for spine mechanics: biotensegrity, *J. Mech. Med. Biol.* 2 (2002) 375–388.
- Lewit K. The needle effect in the relief of myofascial pain, *Pain* 6 (1979) 83–90.
- Lewit K. The functional approach, *J. Orthop. Med.* 10 (1993) 73–77.
- Lewit K. X ray of trunk rotation, *J. Manipulative Physiol. Ther.* 28 (1997) 454–458.
- Lewit K. Editorial. Relationship of structure and function in the motor system, *J. Orthop. Med* 23 (2001) 45–46.
- Lewit K. Criteria for the most physiological manipulative techniques, *J. Orthop. Med.* 27 (2003a) 50–53.
- Lewit K. Verkettungen in der muskuloskeletalen, *Medizin Funktionskrankheiten des Bewegungssystems* 11 (2003b) 159–168.
- Lewit K. Managing common pain syndromes and finding the key link, in: Liebenson C (Ed.), *Rehabilitation of the Spine*, Lippincott, Williams & Wilkins, 2006a, pp. 776–797.
- Lewit K. *Manuelle Medizin bei Funktionsstörungen des Bewegungssystems*, 8. Aufl, Elsevier, Urban & Fischer, München, 2006b.
- Licht G, et al. Untersuchung Myofaszialer Triggerpunkte ist reliabel! Intertester-Reliabilität überprüft an insgesamt 304 Muskeln, *Manuelle Medizin* 45 (2007) 402–408.
- Lie FT, Skopek H. *Chinesische Heilmassage*, Maudrich, Wien, 1992.
- Liebermann JS, et al. Skeletal muscle: structure, chemistry, and function, in: Downey JA, et al. (Ed.), *The Physiological Basis of Rehabilitation Medicine*, second ed., Butterworth-Heinemann, Boston, 1994.
- Lin TY, et al. Cervicogenic headache, *J. Musculosk. Pain* 3 (Suppl. 1) (1995) 151 (Abstract).
- Lindel K. *Muskeldehnung. Grundlagen – Differenzialdiagnostik – Therapeutische Dehnungen – Eigendehnungen*, Springer, Heidelberg, 2006.
- Linke WA, Leake MC. Multiple sources of passive stress relaxation in muscle fibres, *Phys. Med. Biol.* 49 (2004) 3613–3627.
- Litscher G, Schikora D (Eds.), *Laserneedle-Acupuncture. Science and Practice*, Pabst Science Publishers, Lengerich, 2005.
- Litscher G, et al. Acupuncture using laser needles modulates brain function: first evidence from functional transcranial Doppler sonography and functional magnetic resonance imaging, *Lasers Med. Sci.* 19 (2004) 6–11.
- Loeser JD, et al. Relief of pain by transcutaneous stimulation, *J. Neurosurg.* 42 (1975) 308.
- Lubart R, et al. Low-energy laser irradiation promotes cellular redox activity, *Photomed. Laser Surg.* 23 (2005) 3–9.
- Lubart R, et al. Photochemistry and photobiology of light absorption by living cells, *Photomed. Laser Surg.* 24 (2006) 179–185.
- Lucas, et al. Latent myofascial triggerpoints: their effects on muscle activation and movement efficiency, *J. Bodywork Movement Therapies* 8 (2004) 160–164.
- Mackenzie J. *Symptoms and their interpretation*, London, 1909.
- Maegawa Y, et al. Effects of near-infrared low-level laser irradiation on microcirculation, *Lasers Surg. Med.* 27 (2000) 427–437.
- Magni G, et al. Chronic musculoskeletal pain and depressive symptoms in the general population. An analysis of the 1st National Health and Nutrition Examination, Survey data, *Pain* 43 (1990) 299–307.
- Maier M. *Extrakorporale Stoßwellentherapie – von der experimentellen Untersuchung zur differenzierten Indikation*, Z. Orthop. Ihre Grenzgeb. 141 (2003) 254–256.
- Maier M, et al. Substance P and prostaglandin E2 release after shock wave application to the rabbit femur, *Clin. Orthop. Relat. Res.* 406 (2003) 237–245.
- Marcus Schiltenswolf in FAZ-net vom 08.06.2008.
- Matsumoto K, Euler D. Kiiko Matsumoto's Clinical Strategies, vol. 1, Kiiko Matsumoto International, Natick, 2001.
- McCue D. The effects of stress on physicians and their medical practice, *N. Engl. J. Med.* 8 (1982) 458–463.
- Meerwein F. *Das ärztliche Gespräch*, 3. Aufl, Huber, Bern, Stuttgart, Toronto, 1986.
- Meisekoth L. Myofascial pain syndrome: a multidisciplinary approach, *Nurse Pract.* (1995) 20.
- Melchart D, et al. Prospective investigation of adverse effects of acupuncture in 97 733 patients, *Arch. Intern. Med.* 164 (2004) 104–105.
- Melnick J. Treatment of trigger mechanism in gastrointestinal disease, *N. Y. State J. Med.* 54 (1954) 1324–1330.
- Melzack R. Myofascial trigger points – relation to acupuncture and mechanisms of pain, *Pain* 3 (1981) 1–9.
- Melzack R, Wall PD. Pain mechanisms: a new theory, *Science* 150 (1965) 971–979.
- Melzack R, et al. Triggerpoints and acupuncture points for pain: correlations and implications, *Pain* 3 (1977) 3–23.
- Meng ACL. *Die traditionelle chinesische Massage: Tuina-Therapie*, Haug, Heidelberg, 1981.
- Mense S. Nociception from skeletal muscle in relation to clinical muscle pain, *Pain* 54 (1993) 241–289.
- Mense S. Pathophysiologic basis of muscle pain syndroms, *Phys. Med. Rehabil. Clin. N. Am.* 8 (1997) 23–53.
- Mense S. Neurobiological basis of muscle pain, *Schmerz* 13 (1999) 3–17.
- Mense S, Hoheisel U. Stickstoffmonoxid-Mangel im Rückenmark, *Schmerz* 15 (2001) 19–25.



- Mense S. Funktionelle Neuroanatomie und Schmerzreize, *Schmerz* 18 (2004a) 225–237.
- Mense S. Neurobiological basis for the use of botulinum toxin in pain therapy, *J. Neurol.* 251 (Suppl. 1) (2004b) I/1–I/7.
- Mense S, et al. Muscle pain, understanding its nature, diagnosis, and treatment, Lippincott Williams & Wilkins, Philadelphia, 2001.
- Mergner T, et al. Role of vestibular and neck inputs for the perception of object motion in space, *Exp. Brain Res.* 89 (1992) 655–668.
- Middendorf I. Der erfahrbare Atem. Eine Atemlehre, 8. Aufl, Junfermann, Paderborn, 1995.
- Mink ASF, et al. Manuelle Therapie der Extremitäten, Urban & Fischer, München, 2001.
- Mitchell JH, Schmidt RF. Cardiovascular reflex control by afferent fibers from skeletal muscle receptors, in: Shepherd, JT, et al. (Ed.), *Handbook of physiology*. Sect.2, vol.III, part 2, American Physiological Society, Bethesda, MD, 1977, pp. 623–658.
- Mochizuki-Oda N, et al. Effects of near-infra-red laser irradiation on adenosine triphosphate and adenosine diphosphate contents of rat brain tissue, *Neurosci. Lett.* 323 (2002) 207–210.
- Molcho S. Körpersprache, Mosaik, München, 1983.
- Morton DJ. The Human Foot, Columbia University Press, New York, 1935.
- Myers TW. Anatomy Trains: Myofasziale Leitungsbahnen, Elsevier Urban & Fischer, München, 2005.
- Netter FH. Atlas of Human Anatomy, Ciba-Geigy, 1989.
- Neumann HD. Manuelle Medizin, Einführung in Theorie, Diagnostik und Therapie, 3. Aufl, Springer, Berlin, Heidelberg, New York, 1989.
- Niboyet JEH. Cours de médecine manuelle chinoise – première année, Maisonneuve, 1978.
- Nice D, et al. Intertester reliability of judgments of the presence of trigger points in patients with low back pain, *Arch. Phys. Med. Rehabil.* 73 (1992) 893–898.
- Nielsen AJ. Spray and stretch for myofascial pain, *Phys. Ther.* 58 (1978) 567–569.
- Niemz MH. Laser-Tissue Interaction. Fundamentals and Applications, Springer, Berlin, 2003.
- Njoo K, van der Does E. The occurrence and inter-rater reliability of myofascial trigger points in the quadratus lumborum and gluteus medius: a prospective study in non-specific low back pain patients and controls in general practice, *Pain* 58 (1994) 317–323.
- Nogier P. From Auriculotherapy to Auriculomedicine, Maisonneuve, Moulins-les-Metz, 1983.
- Norbu N. Yantra Yoga: Yoga der Bewegungen, Edition Tsaparang, Gleisdorf, 1988.
- O'Connor J, Bensky D. Acupuncture: a comprehensive text, Eastland Press, Chicago, 1981.
- Offenbächer M, Stucki G. Physical therapy in the treatment of fibromyalgia, *Scand. J. Rheumatol. Suppl.* (2000) 78–85.
- Ogal H, Kolster C. Propädeutik der Neuen Schädelakupunktur nach Yamamoto (YNSA), Hippokrates, Stuttgart, 2004.
- Olschewski A. Progressive Muskelentspannung, Hüthig, Stuttgart, 1996.
- O'Malley PG, et al. Antidepressant therapy for unexplained symptoms and symptom syndromes, *J. Fam. Pract* 48 (1999) 980–990.
- Ombregt L, et al. A System of Orthopaedic Medicine, WB Saunders, Philadelphia, 1999.
- Ostwald W. Die Welt der vernachlässigten Dimensionen. Eine Einführung in die moderne Kolloidchemie mit besonderer Berücksichtigung ihrer Anwendung, Steinkopf, Dresden und Leipzig, 1915.
- Ots T. Klinische diagnostisch-therapeutische Mitteilung: Sternales Druck- und Engegefühl xiong men, *Dt Ztschr f Akup* 44 (4) (2002) 286–288.
- Pal, et al. Effect of low intensity laser interaction with human skin fibroblast cells using fiber optic nano-probes, *J. Photochem. Photobiol. B* 86 (3) (2007) 252–261.
- Panjabi MM. The stabilizing system of the spine. Part I, Function, dysfunction, adaption and enhancement, *J. Spinal Disord* 5 (1992a) 383–390.
- Panjabi MM. The stabilizing system of the spine. Part II, Neutral zone and instability hypothesis, *J. Spinal Disord* 5 (1992b) 390–397.
- Paramhans Swami Maheshwarananda, Yoga im täglichen Leben – Das System, Ibero, Wien.
- Passarella S, et al. Increase in the ADP/ATP exchange in rat liver mitochondria irradiated in vitro by helium-neon laser, *Biochem. Biophys. Res. Commun.* 156 (1988) 978–986.
- Patañjali, Die Wurzeln des Yoga: Die klassischen Lehrsprüche des Patañjali – die Grundlage aller Yoga-Systeme, O.W. Barth, Frankfurt.
- Patijn J. Studien zur Reproduzierbarkeit und Validität diagnostischer Verfahren in der Manuellen Medizin, *Manuelle Medizin* 40 (2002) 339–351.
- Paulus W, Schöps P. Schmerzsyndrome des Kopf- und Halsbereichs. Klinik, Diagnostik, medikamentöse und physikalische Therapie, Wissenschaftliche Verlagsgesellschaft, Stuttgart, 1998.
- Pedrosa Gil F, et al. Parental bonding and alexithymia in adults with fibromyalgia, *Psychosomatics* 49 (2008) 115–122.
- Perschke O. Atlas der Manuellen Therapie und Akupunkturmassage, Hippokrates, Stuttgart, 2001.
- Petermann F, Vaitl D (Hrsg.), *Handbuch der Entspannungsverfahren*. Bd. 2: Anwendungen, Psychologie Verlags Union, Weinheim, 1994.
- Philipp CM, Berlien HP. Physikalisch-medizinische Grundlagen, *Laryngorhinootologie* 82 (2003) 1–20.
- Pipelzadeh MH, Naylor IL. The in vitro enhancement of rat myofibroblast contractility by alterations to the pH of the physiological solution, *Eur. J. Pharmacol.* 357 (1998) 257–259.
- Pischinger A. Zellstrukturen und Kolloidchemie, *Wien. Klin. Wochenschr.* 5 (1938) 130.
- Pischinger A. Das System der Grundregulation, 3. Aufl, Haug, Heidelberg, 1980.
- Pomeranz B. Wissenschaftliche Grundlagen der Akupunktur, in: Stux G, et al. (Eds.), *Akupunktur*, Springer, Hamburg, 1999, pp. 5–55.



- Pontari MA, Ruggieri MR. Mechanisms in prostatitis/chronic pelvic pain syndrome, *J. Urol.* 179 (2008) 61–67.
- Pothmann R. Transcutane elektrische Nervenstimulation, in: Pothmann R (Hrsg.), *Chronische Schmerzen im Kindesalter*, Hippokrates, Stuttgart, 1988.
- Pothmann R (Ed.), *TENS*, 3. Aufl., Hippokrates, Stuttgart, 2003, pp. 47–52.
- Pothmann R, Göbel U. Schmerzdiagnostik und -therapie in der Kinderonkologie, *Klin. Pädiat.* 198 (1986) 479–483.
- Prado LG, et al. Isoform diversity of giant proteins in relation to passive and active contractile properties of rabbit skeletal muscles, *J. Gen. Physiol.* 126 (2005) 461–480.
- Preusser W. *Die Gelosenmassage*, Hippokrates, Stuttgart, 1957.
- Preusser W. *Gelopunktur*, Hippokrates, Stuttgart, 1961.
- Preusser W. *Regulationstherapie. Über palpable Kolloidveränderungen im Bindegewebe (Gelosenbehandlung)*, Haug, Heidelberg, 1987.
- Putz R, et al. (Hrsg.), *Sobotta Atlas der Anatomie des Menschen*, 22. Aufl., Elsevier Urban & Fischer, München, 2006.
- Rasmussen BK, et al. Epidemiology of headache in a general population – A prevalence study, *J. Clin. Epidemiol.* 44 (1991) 1147–1157.
- Rasmussen BK, et al. Impact of headache on sickness absence and utilisation of medical services: A Danish population study, *J. Epidemiol. Community Health* 46 (1992) 443–446.
- Rehfish HP, Basler HD. *Entspannung und Imagination*, in: Basler HD, et al. (Hrsg.), *Psychologische Schmerztherapie. Grundlagen, Krankheitsbilder, Behandlung*, Springer, Berlin, Heidelberg, New York, 1999.
- Richardson CA, et al. *Therapeutic Exercise for spinal Stabilization in Low Back Pain*, 2. Aufl., Churchill Livingstone, Edinburgh, 2004.
- Richtlinien für die Physiotherapeuten Gesetz über die Berufe in der Physiotherapie vom 26. Mai(1994).
- Rief W, Bierbaumer N. *Biofeedback-Therapie. Grundlagen, Indikation und praktisches Vorgehen*, Schattauer, Stuttgart, 2000.
- Rief W, Hiller W. *Somatoforme Störungen: Körperliche Symptome ohne organische Ursache*, Huber, Bern, Göttingen, Toronto, 1992.
- Roche P, et al. Modification of Haemophilic Haemorrhage Pain by Transcutaneous Electrical Nerve Stimulation, *Pain* 21 (1985) 43–48.
- Rolf I. *Rolfing*, Harper, London, 1997a.
- Rolf I. *Rolfing: Strukturelle Integration. Wandel und Gleichgewicht der Körperstruktur*, Irisiana, München, 1997b.
- Rosted P. Practical recommendations for the use of acupuncture in the treatment of temporomandibular disorders based on the outcome of published controlled studies, *Oral. Dis.* 7 (2001).
- Sakyong Mipham. *Wie der weite Raum. Die Kraft der Meditation*, dtv, München, 2005.
- Sammer U. *Entspannung erfolgreich vermitteln. Progressive Muskelentspannung und andere Verfahren*, Klett-Cotta, Stuttgart, 1999.
- Scarinci IC, et al. Altered pain perception and psychosocial features among women with gastrointestinal disorders and history of abuse: a preliminary model, *Am. J. Med.* 97 (1997) 108–118.
- Schade H. Über den Rheumatismus, insbesondere den Muskelrheumatismus (Myogelosen), *MMW* 4 (1921a) 95.
- Schade H. Von der Bedeutung der Kolloide im menschlichen Körper, *MMW* 5 (1921b) 144.
- Scharf HP, et al. (Ed.), *Orthopädie und Unfallchirurgie*, Elsevier, Urban & Fischer, München, 2008.
- Schepank H. *Beeinträchtigungsschwere-Score (BSS)*, Beltz, Weinheim, 1995.
- Scherer H. *Das Gleichgewicht*, Springer, Berlin, 1997.
- Schiffman EL, et al. The prevalence and treatment needs of subjects with temporomandibular disorders, *J. Am. Dent. Assoc.* 120 (1990) 295.
- Schiltewolf M, Henningsen P. *Deutscher Ärzteverlag*, Köln, 2007.
- Schiltewolf M. *Heidelberg, Quelle: FAZ-net vom 8.6.2008.*
- Schleip R. *Faszien und Nervensystem, Osteopathische Medizin* 4 (2003) 20–28.
- Schleip R. Fascial plasticity – a new neurobiological explanation, *J. Bodywork Movement Therapies* 7 (2002) 11 197; 104–116.
- Schleip R, et al. Fascia is able to contract in a smooth muscle-like manner and thereby influence musculoskeletal mechanics, in: Liepsch D (Ed.), *Proceedings of the 5th World Congress of Biomechanics*, München, 2006, pp. 51–54.
- Schmerzfragebögen, [http://www.drk-schmerz-zentrum.de/content/07\\_infos/7-5\\_schmerzfragebogen.htm](http://www.drk-schmerz-zentrum.de/content/07_infos/7-5_schmerzfragebogen.htm).
- Schmidt KL, et al. *Lehrbuch der Physikalischen Medizin und Rehabilitation*, 6. Aufl., Gustav Fischer, Stuttgart, 1995.
- Schneider W, et al. *Manuelle Medizin*, Thieme, Stuttgart, 1986.
- Schneider W, et al. (Hrsg.), *Sozialmedizinische Begutachtung in Psychosomatik und Psychotherapie*, Huber, Bern, Göttingen, Toronto, 2001.
- Schnorpfeil F, Reuter W (Hrsg.), *Neurologische Untersuchung*, Elsevier, Urban & Fischer, München, 2006.
- Schüller BK, Neugebauer EAM. Evidenz zur Laserakupunktur bei orthopädischen Erkrankungen. Ein systematisches Review, *Schmerz* 22 (2008) 9–15.
- Schultz JH. *Das autogene Training*, Thieme, Stuttgart, 1991.
- Schwind P. *Faszien- und Membran-Manipulation*, Elsevier, München, 2004.
- Seem M. *Akupunktur und myofasziale Lösung*, Medizinisch Literarische Verlagsgesellschaft mbH, Uelzen, 1999.
- Seemann H, Nilges P. *Schmerzdocumentation*, in: Zenz M, Jurna I (Hrsg.), *Lehrbuch der Schmerztherapie: Grundlagen, Theorie und Praxis für Aus- und Weiterbildung*, Wissenschaftliche Verlagsgesellschaft GmbH, Stuttgart, 2001.
- Senn E, Rusch D. *Elektrotherapie: Gebräuchliche Verfahren der physikalischen Therapie; Grundlagen, Wirkungsweisen, Stellenwert*, Thieme, Stuttgart, 1990.
- Senn E. *Wirbelsäulensyndrome*, in: Brandt J, et al. (Hrsg.), *Therapie und Verlauf neurologischer*



- Erkrankungen, 2. Aufl, Kohlhammer, Stuttgart, Berlin, Köln, 1993.
- Servan-Schreiber D. Die Neue Medizin der Emotionen, Goldmann, München, 2006.
- Sessle BJ, et al. Convergence of cutaneous, tooth pulp, visceral, neck and muscle afferents onto nociceptive and non-nociceptive neurones in trigeminal subnucleus caudalis (medullary dorsal horn) and its implications for referred pain, *Pain* 27 (1986) 219–235.
- Shah JP. Integrating dry needling with new concepts of myofascial pain, muscle physiologie, and sensitisation, in: Audette J, Bailey A (Eds.), *Integrative Pain Medicine*, Humana Press, Totowa, 2008, pp. 107–122.
- Shah JP, et al. An in vivo microanalytical technique for measuring the local biochemical milieu of human skeletal muscle, *J. Appl. Physiol.* 99 (2005) 1977–1984.
- Shah JP, et al. Biochemicals associated with pain and inflammation are elevated in sites near to and remote from active myofascial trigger points, *Arch. Phys. Med. Rehabil.* 89 (2008) 16–23.
- Shi S, Klotz U. Clinical use and pharmacological properties of selective COX-2 inhibitors, *Eur. J. Clin. Pharm.* 64 (2008) 233–252.
- Siddall PJ, Cousins MJ. Spine update; spinal pin mechanisms, *Spine* 22 (1997) 98–104.
- Siedentopf CM, et al. Functional magnetic resonance imaging detects activation of the visual association cortex during laser acupuncture of the foot in humans, *Neurosci. Lett.* 327 (2002) 53–56.
- Siedentopf CM, et al. Laser acupuncture induced specific cerebral cortical and subcortical activations in humans, *Lasers Med. Sci.* 20 (2005) 68–73.
- Siener R. NPSO – Neue Punktuelle Schmerz- und Organtherapie, Henrich, Wiesbaden, 1996.
- Simons DG. Clinical and etiological update of myofascial pain from triggerpoints, *J. Musculosk. Pain* 4 (1/2) (1996) 93–121.
- Simons DG. Review of enigmatic mTrPs as a common cause of enigmatic musculoskeletal pain and dysfunction, *J. Electromyogr. Kinesiol.* 14 (2004) 95–107.
- Simons DG. New views of myofascial trigger points: Etiology and diagnosis, *Arch. Phys. Med. Rehabil.* 89 (1) (2008) 157–159.
- Simons DG, Dommerholt J. Myofascial pain syndrome – trigger points, *J. Musculosk. Pain* 13 (2005) 53–64.
- Simons DG, Dommerholt J. Myofascial pain syndrome – trigger points literature review, *J. Musculoskel. Pain* 1 (15) (2007) 70–71.
- Simons DG, Mense S. Understanding and measurement of muscle tone related to clinical muscle pain, *Pain* 75 (1998) 1–17.
- Simons DG, Mense S. Diagnose und Therapie myofaszialer Triggerpunkte, *Schmerz* 17 (2003) 419–424.
- Simon DG, Travell J. Myofascial trigger points, a possible explanation, *Pain* 10 (1981) 106–109.
- Simons DG, et al. *Myofascial Pain and Dysfunction*, 2. Aufl, Williams & Wilkins, Baltimore, 1999.
- Simunovic Z (Ed.), *Lasers in medicine and dentistry: basic science and up-to-date clinical application of low level laser therapy: LLLT, Vitagraf*, Rijeka, 2000.
- Singer KP, Giles LGF. Manual therapy considerations at the thoracolumbar junction: an anatomical and functional perspective, *J. Manipulative Physiol. Ther.* 13 (1990) 83–88.
- Skládal J, et al. Posturální funkce bránice, (Die posturale Funktion des Zwerchfells) *Čs fysiolo* 19 (1970) 279–280.
- Skootsky SA, et al. Prevalence of myofascial pain in general internal medicine practice, *West. J. Med.* 151 (1989) 157–160.
- Slocumb JC. Neurological factors in chronic pelvic pain: trigger points and the abdominal pelvic pain syndrome, *Am. J. Obstet. Gynecol.* 149 (1984) 536–543.
- Smith J. *Structural Bodywork: an Introduction for Students and Practitioners*, Churchill Livingstone, Edinburgh, 2005.
- Smith M, et al. *Acupuncture Treatment of Drug and Alcohol Abuse: 8 Years Experience Emphasizing Tonification rather than Sedation, Substance Abuse Division, Lincoln Hospital, New York*, 1982.
- Sola AE, et al. Incidence of hypersensitive areas in posterior shoulder muscles, *Am. J. Phys. Med.* 34 (1955) 585.
- Spezzano C. *Karten der Erkenntnis auf dem Weg nach innen/Das Buch der Erkenntnis*, 9. Aufl, Via Nova, Petersberg, 2004.
- Sriram A, Sriram R. *Yoga und Gefühle, Theseus*, Stuttgart, 2004.
- Stecco C, et al. Anatomy of the deep fascia of the upper limb. Second part: study of innervation, *Morphologie* 292 (2007) 38–43.
- Stein A, et al. Low-level laser irradiation promotes proliferation and differentiation of human osteoblasts in vitro, *Photomed. Laser Surg.* 23 (2005) 161–166.
- Stetter F. Was geschieht, ist gut. Entspannungsverfahren in der Psychotherapie, *Psychotherapeut* 43 (1998) 209–220.
- Stör W. *Abrechnung in der Akupunktur*, Elsevier, Urban & Fischer, München, 2006.
- Stör W, Irmich D. *Acupuncture: basics, practice, and evidence*, *Schmerz* 23 (4) (2009) 405–417.
- Strupp M, et al. Perceptual and oculomotor effects of neck muscle vibration in vestibular neuritis. Ipsilateral somatosensory substitution of vestibular function, *Brain* 121 (1998) 677–685.
- Sun SC (Ed.), *Atlas of Therapeutic Motion for Treatment and Health*, Foreign Languages Press, Beijing, 1989.
- Sun SC (Ed.), *Chinese Massage Therapy*, Shandong Science and Technology Press, Jinan, 1990.
- Swami Vishnudevananda. *Das große illustrierte Yoga Buch*, J. Kamphausen, Bielefeld, 2001.
- Taguchi T, et al. Neuroanatomical pathway of nociception originating in a low back muscle (multifidus) in the rat, *Neurosci. Lett.* 427 (2007) 22–27.
- Tilscher H, Eder M. *Reflextherapie*, 2. Aufl, Hippokrates, Stuttgart, 1989.
- Tough EA, et al. Acupuncture and dry needling in the management of myofascial trigger point pain: A systematic review and meta-analysis of randomised controlled trials, *Eur. J. Pain* (2008).



- Tough EA, et al. Variability of criteria used to diagnose myofascial trigger point pain syndrome - Evidence from a review of the literature, *Clin. J. Pain* 23 (2007) 278–286.
- Tramèr MR, et al. Quantitative estimation of rare adverse events which follow a biological progression: a new model applied to chronic NSAID use, *Pain* 85 (2000) 169–182.
- Travell JG. Myopain Seminars, curriculum. <http://www.painpoints.com/seminars>.
- Travell JG, Rinzler SH. The myofascial genesis of pain, *Postgrad. Med.* 11 (1952) 425–434.
- Travell JG, Simons DG. Myofascial Pain and Dysfunction, vol. 1, The Trigger Point Manual, Williams & Wilkins, Baltimore, 1983 (2nd ed 1992).
- Travell JG, Simons DG. Handbuch der Muskeltriggerpunkte (Trigger Point Manual), 2. Aufl, Urban & Fischer, München, Jena, 2002.
- Travell JG, Simons DG. Flipchart Triggerpunkte, Elsevier, Urban & Fischer, München, 2004.
- Trökes A. Das große Yogabuch, Verlag Gräfe & Unzer, München, 2000.
- Tsuchiya K, et al. Diode laser irradiation selectively diminishes slow component of axonal volleys to dorsal roots from the saphenous nerve in the rat, *Neurosci. Lett.* 161 (1993) 65–68.
- Uexküll Tv (Hrsg.), Psychosomatische Medizin, 3. Aufl, Urban und Schwarzenberg, München, 1986.
- Unschuld P. Huang Di Nei Jing Su Wen: Nature, Knowledge, Imagery in an Ancient Chinese Medical Text, University of California Press, Berkeley, Los Angeles, London, 2003.
- Usichenko T, et al. Auricular acupuncture for pain relief after ambulatory knee surgery: a randomized trial, *CMAJ* 176 (2007) 179–183.
- Vaitl D, Petermann F (Hrsg.), Handbuch der Entspannungsverfahren. Bd. 1: Grundlagen und Methoden, Psychologie Verlags Union, Weinheim, 1993 (2000).
- van den Berg F. Angewandte Physiologie: Therapie, Training, Tests, Thieme, Stuttgart, 2001.
- van Koullil S, et al. Cognitive-behavioural therapies and exercise programmes for patients with fibromyalgia: state of the art and future directions, *Ann. Rheum. Dis.* 66 (2007) 571–581.
- van Wingerden BAM. Connective Tissue in Rehabilitation, Scipro, Vaduz, 1995.
- Vojta V, Peters A. Das Voita Prinzip, Springer, Heidelberg, 1993.
- Voll R. Topographische Lage der Messpunkte der Elektroakupunktur, ML, Uelzen, 1973–1976.
- von Harder Y. Paint herapy – legal reference points and stumbling blocks, *Schmerz* 21 (2007) 62–66.
- Wagner B. Chinesische Meditationsform. Qigong: Von Bär und Tiger lernen. Serie Entspannungstechniken. Folge 1: Die Lebensenergie bündeln, *Fortschr. Med.* 117 (1999) 55.
- Wancura J. Segment-Anatomie. Der Schlüssel zu Akupunktur, Neuraltherapie und Manualtherapie, Elsevier, Urban & Fischer, München, 2009.
- Weber M. Nadeln aus Licht – Vorstellung einer neuen Therapiemethode, *Dt Ztschr f Akup* 48 (2005) 24–32.
- Weeks VD, Travell JG. How to give painless injections. AMA Scientific Exhibits, Grune & Stratton, New York, 1957.
- Weinberg RS, Hunt VV. Effects of structural integration on state-trait anxiety, *J. Clin. Psychol.* 35 (1979) 19–322.
- Werner G, et al. Physikalische und Rehabilitative Medizin (Checkliste), Thieme, Stuttgart, 1997.
- White A. E-mail correspondence from editor of *Acupuncture in Medicine* 2007.
- Whittaker P. Laser acupuncture: past, present, and future, *Lasers Med. Sci.* 19 (2004) 69–80.
- Whittaker P. Laser acupuncture and analgesia: preliminary evidence for a transient and opioid-mediated effect, in: Hamblin MR, et al. (Eds.), *Proceedings of SPIE – Volume 6140 Mechanisms for Low-Light Therapy*, 2006.
- Williams NH, et al. Randomized osteopathic manipulation study (ROMANS): pragmatic trial for spinal pain in primary care, *Fam. Pract.* 20 (2003) 662–669.
- Wiseman N, Ellis A. Fundamentals of Chinese Medicine, Paradigm Publications, Brookline, MA, 1991.
- Wolfe F, et al. The fibromyalgia and myofascial pain syndromes: a preliminary study of tender points and trigger points in persons with fibromyalgia, myofascial pain syndrome and no disease, *J. Rheumatol.* 19 (1992) 944–951.
- World Association for Laser Therapy (WALT), Dosage recommendations, 2005. Zugriff am 5.6.2008 unter <http://www.walt.nu/dosage-recommendations.html>.
- Wurz H. Das Sonnengebet, Herder, Freiburg, 2002.
- Yamamoto T. YNSA – Yamamoto New Scalp Acupuncture, Springer, Tokyo, 1997.
- Zahnd F. Stretching - Suche nach Erklärungen. *Physiotherapie in Sport und Orthopädie, Manuelle Therapie* 9 (2005a) 1–8.
- Zahnd F. Trainingsmaßnahmen bei schmerzhaften Funktionsstörungen der LWS, *Manuelle Therapie* 9 (2005b) 161–170.
- Zeier H. Biofeedback. Physiologische Grundlagen – Anwendungen in der Psychotherapie, 2. Aufl, Hans Huber, Bern, 1997.
- Zenz M, Jurna I. Lehrbuch der Schmerztherapie, Grundlagen, Theorie und Praxis für Aus- und Weiterbildung, 2. Aufl, Wissenschaftliche Verlagsgesellschaft, 2001.
- Zhang Y. Bio-Holographic Diagnosis and Therapy, Shandong University Press, 1987.
- Zimmermann M, Handwerker HO (Hrsg.), Schmerz, Konzepte und ärztliches Handeln, Springer, Berlin, Heidelberg New York Tokyo, 1984.
- Zink W, et al. Myotoxizität von Lokalanästhetika, *Der Anästhesist* 56 (2007) 118–127.
- Zollmann C, Vickers A. What is complementary medicine? *BMJ* 319 (1999a) 693–696.
- Zollmann C, Vickers A. Users and practitioners of complementary medicine, *BMJ* 319 (1999b) 836–838.
- Zorn A. The spring-like function of the lumbar fascia in human walking, in: Findley T, Schleip R (Eds.), *Fascia Research – Basic Science and Implications for Conventional and Complementary Health Care*, Elsevier, Urban & Fischer, München, 2007.