

References

- Baker, B. A. 1986. "The Muscle Trigger: Evidence of Overload Injury." *Journal of Neurological and Orthopedic Medicine and Surgery* 7: 35–44.
- Bell, W. E. 1969. "Clinical Diagnosis of the Pain-Dysfunction Syndrome." *Journal of the American Dental Association* 79: 154–60.
- Birch, S. 2003. "Trigger Point: Acupuncture Point Correlations Revisited." *Journal of Alternative and Complementary Medicine* 9, no. 1: 91–103.
- . 2008. "On the Impossibility of Trigger Point–Acupoint Equivalence: A Commentary on Peter Dorsher's Analysis." *Journal of Alternative and Complementary Medicine* 14, no. 4: 343–45.
- Bochetta, A., F. Bernardi, M. Pedditzi, A. Loviselli, F. Velluzzi, E. Martino, and M. Del Zompo. 1991. "Thyroid Abnormalities during Lithium Treatment." *Acta Psychiatrica Scandinavica* 83: 193–98.
- Bonica, J. J., and A. E. Sola. 1990. "Other Painful Disorders of the Upper Limb." In *The Management of Pain*, 2nd ed., edited by J. J. Bonica, J. D. Loeser, C. R. Chapman, et al. 947–58, 1114–133. Philadelphia: Lea & Febiger.
- Cailliet, R. 1966. *Shoulder Pain*. Philadelphia: F. A. Davis.
- Cantu, R. I., and A. J. Grodin. 1992. *Myofascial Manipulation: Theory and Clinical Application*. Gaithersburg, MD: Aspen.
- Chaitow, L. 2006. "The Pelvic Floor Paradox." *Massage Today* 6, no. 12. www.massagetoday.com/mpacms/mt/article.php?id=13515.
- Chaitow, L., and S. Fritz. 2006. *A Massage Therapist's Guide to Understanding, Locating, and Treating Myofascial Trigger Points*. Edinburgh, Scotland: Churchill Livingstone Elsevier.
- Chaitow, L., and R. L. Jones. 2012. *Chronic Pelvic Pain and Dysfunction: Practical Physical Medicine*. Edinburgh, Scotland: Churchill Livingston.
- Crow, N. E., and B. G. Brodgon. 1959. "The 'Normal' Lumbosacral Spine." *Radiology* 72: 97.
- Curl, D. D. 1989. "Discovery of a Myofascial Trigger Point in the Buccinator Muscle: A Case Report." *Journal of Craniomandibular Practice* 7, no. 4: 339–45.
- Danneskiold-Samoe, B., E. Christiansen, and R. B. Andersen. 1983. "Regional Muscle Tension and Pain ('Fibrositis')." *Scandinavian Journal of Rehabilitation Medicine* 15: 17–20.
- Davies, C. 2006. *The Frozen Shoulder Workbook: Trigger Point Therapy for Overcoming Pain and Regaining Range of Motion*. Oakland, CA: New Harbinger Publications.
- Dobrik, I. 1989. "Disorders of the Iliopsoas Muscle and Its Role in Gynecological Diseases." *Journal of Manual Medicine* 4: 130–33.

- Dommerholt, J. 2011. "Dry Needling: Peripheral and Central Considerations." *Journal of Manual and Manipulative Therapy* 19, no. 4: 223–27.
- Dommerholt, J., C. Bron, and J. Franssen. 2011. "Myofascial Trigger Points: An Evidence-Informed Review." In *Myofascial Trigger Points: Pathophysiology and Evidence-Informed Diagnosis and Management*, edited by Jan Dommerholt and Peter Huijbregts. Sudbury, MA: Jones and Bartlett.
- Dommerholt, J., and C. Fernández de las Peñas. 2013. *Trigger Point Dry Needling: An Evidence-Based Approach*. Edinburgh, Scotland: Elsevier.
- Dorsher, P. 2006. "Trigger Points and Acupuncture Points: Anatomic and Clinical Correlations." *Medical Acupuncture* 17, no. 3. http://www.medicalacupuncture.org/aama_marf/journal/vol17_3/volume_17_number_3.html.
- Edeiken, J., and C. C. Wolferth. 1936. "Persistent Pain in the Shoulder Region Following Myocardial Infarction." *American Journal of Medical Science* 191: 201–10.
- Epstein, S. E., L. H. Gerber, and J. S. Borer. 1979. "Chest Wall Syndrome: A Common Cause of Unexplained Cardiac Pain." *Journal of the American Medical Association* 241: 2793–97.
- Fishbain, D. S., M. Goldberg, B. R. Meagher, R. Steele, and H. Rosomoff. 1986. "Male and Female Chronic Pain Patients Categorized by DSM-III Psychiatric Diagnostic Criteria." *Pain* 26: 181–97.
- FitzGerald M. P., R. U. Anderson, J. Potts, C. K. Payne, K. M. Peters, J. Q. Clemens, et al. 2009. "Randomized Multicenter Feasibility Trial of Myofascial Physical Therapy for the Treatment of Urological Chronic Pelvic Pain Syndromes." *Journal of Urology* 182: 570–80.
- Foster, D. W., and A. H. Rubenstein. 1980. "Hypoglycemia, Insulinoma, and Other Hormone-Secreting Tumors of the Pancreas." In *Harrison's Principles of Internal Medicine*, 9th ed., edited by K. J. Isselbacher, R. D. Adams, E. Braunwald, et al., 1758–762. New York: McGraw-Hill.
- Frankl, V. E. 1984. *Man's Search for Meaning: An Introduction to Logotherapy*. New York: Simon & Schuster.
- _____. 1988. *The Will to Meaning: Foundations and Applications of Logotherapy*. New York: Meridian.
- Fulton, J. F. 1947. *Howell's Textbook of Physiology*. 15th edition. Philadelphia: W. B. Saunders.
- Ge, H. Y., Y. Wang, B. Danneskiold-Samsoe, T. Graven-Nielsen, and L. Arendt-Nielsen. 2010. "The Predetermined Sites of Examination for Tender Points in Fibromyalgia Syndrome Are Frequently Associated with Myofascial Trigger Points." *Journal of Pain* 11, no. 7: 644–51.
- Gerwin, R. D. 1995. "A Study of 96 Subjects Examined Both for Fibromyalgia and Myofascial Pain [abstract]." *Journal of Musculoskeletal Pain* 3 (Suppl. 1): 121.
- Good, M. G. 1950. "The Role of Skeletal Muscles in the Pathogenesis of Diseases." *Acta Medica Scandinavica* 138: 285–92, 348–53.
- Graff-Radford, S., B. Jaeger, and J. L. Reeves. 1986. "Myofascial Pain May Present Clinically as Occipital Neuralgia." *Neurosurgery* 19, no. 4: 610–13.
- Gray, J. C. 2004. "Visceral Referred Pain to the Shoulder." Chapter 13 *Physical Therapy of the Shoulder*, 4th edition, edited by R. A. Donatelli, 361. St. Louis: Churchill Livingstone.
- Hagberg, M. 1981. "Electromyographic Signs of Shoulder Muscular Fatigue in Two Elevated Arm Positions." *American Journal of Physical Medicine* 60, no. 3: 111–21.
- Hallin, R. P. 1983. "Sciatic Pain and the Piriformis Muscle." *Postgraduate Medicine* 74: 69–72.
- Harden, R. N., S. P. Bruehl, S. Gass, C. Niemiec, and B. Barbick. 2000. "Signs and Symptoms of the Myofascial Pain Syndrome: A National Survey of Pain Management Providers." *Clinical Journal of Pain* 16, no. 1: 64–72.

- Hong, C. Z. 1994. "Considerations and Recommendations regarding Myofascial Trigger Point Injection." *Journal of Musculoskeletal Pain* 2, no. 1: 29–59.
- Hwang, M., Y. K. Kang, and D. H. Kim. 2005. "Referred Pain Pattern of the Pronator Quadratus Muscle." *Pain* 116, no. 3 (August): 238–42.
- Hwang, M., Y. K. Kang, J. Y. Shin, and D. Hwee. 2005. "Referred Pain Pattern of the Abductor Pollicis Longus Muscle." *American Journal of Physical Medicine & Rehabilitation* 84, no. 8: 593–97.
- Jacobson, E. 1938. *Progressive Relaxation*. 2nd ed. Chicago: University of Chicago.
- . 1964. *Anxiety and Tension Control: A Physiological Approach*. Philadelphia: J. B. Lippincott.
- . 1967. *Biology of Emotions*. Springfield, Illinois: Charles C. Thomas.
- . 1970. *You Must Relax*. New York: McGraw-Hill.
- Jaeger, B. 1989. "Are 'Cervicogenic' Headaches Due to Myofascial Pain and Cervical Spine Dysfunction?" *Cephalgia* 9, no. 3: 157–64.
- Jeyaseelan, N. 1989. "Anatomical Basis of Compression of Common Peroneal Nerve." *Anatomischer Anzeiger* 169:49–51.
- Jones, R. L. 2012. "An Introduction to the Anatomy of Pelvic Pain." In *Chronic Pelvic Pain and Dysfunction: Practical Physical Medicine*, edited by Leon Chaitow and Ruth Lovegrove Jones. NP: Elsevier Churchill Livingstone.
- Jonsson, B., and M. Hagberg. 1974. "The Effect of Different Working Heights on the Deltoid Muscle: A Preliminary Methodological Study." *Scandinavian Journal of Rehabilitation Medicine*, Suppl. 3: 26–32.
- Kelley, W. N. 1980. "Gout and Other Disorders of Purine Metabolism." In *Harrison's Principles of Internal Medicine*, 9th ed., edited by K. J. Isselbacher, R. D. Adams, E. Braunwald, et al., 479–86. New York: McGraw-Hill.
- Kendall, F. P., E. K. McCreary, and P. G. Provance. 1993. *Muscles: Testing and Function*. 4th ed. Baltimore: Williams & Wilkins.
- Khan, K. M., J. L. Cook, J. E. Taunton, and F. Bonar. 2000. "Overuse Tendinosis—Tendinitis, Part 1: A New Paradigm for a Difficult Clinical Problem." *The Physician and Sportsmedicine* 28, no. 5: 38–48.
- Kidd, R. 1988. "Pain Localization with the Innominate Upsslip Dysfunction." *Manual Medicine* 3: 103–5.
- Kim, I. J., Y. K. Kang, D. H. Kim, M. Hwang. 2009. "Referred Pain Pattern of the Abductor Pollicis Brevis Muscle and Its Possible Mechanism." *Journal of Musculoskeletal Pain* 17: 350–57.
- Lewit, K. 1985. "The Muscular and Articular Factor in Movement Restriction." *Manual Medicine* 1: 83–85.
- . 1991. *Manipulative Therapy in Rehabilitation of the Locomotor System*. 2nd ed. Oxford, England: Butterworth Heinemann.
- Lilius, H. G., and E. J. Valtonen. 1973. "The Levator Ani Spasm Syndrome: A Clinical Analysis of 31 Cases." *Annales of Chirurgiae et Gynaecologiae Fenniae* 62: 93–97.
- Lindgren, K. A., H. Manninen, and H. Rytkonen. 1996. "Thoracic Outlet Syndrome [letter]." *Muscle Nerve* 19: 254–56.
- Lippitt, S., and F. Matsen. 1993. "Mechanisms of Glenohumeral Joint Stability." *Clinical Orthopedics and Related Research* 291: 20–28.
- Long, C. 1956. "Myofascial Pain Syndromes, Part III: Some Syndromes of the Trunk and Thigh." *Henry Ford Hospital Medical Bulletin* 4: 22–28, 102–6.
- Lowe, W. W. 2009. *Orthopedic Massage: Theory and Technique*. 2nd ed. Edinburgh, Scotland: Mosby Elsevier.
- Malleson, N. 1959. "Panic and Phobia: A Possible Method of Treatment." *Lancet* 1: 225–27.

- Marbach, J. J. 1972. "Therapy for Mandibular Dysfunction in Adolescents and Adults." *American Journal of Orthodontics* 62: 601–5.
- McParland, J.M., and D. G. Simons. 2011. "Myofascial Trigger Points: Translating Molecular Theory into Manual Therapy." In *Myofascial Trigger Points: Pathophysiology and Evidence-Informed Diagnosis and Management*, edited by J. Dommerholt and P. Huijbregts. Sudbury, MA: Jones and Bartlett.
- Mense, S., and R. Gerwin, eds. 2010. *Muscle Pain: Diagnosis and Treatment*. Heidelberg, Germany: Springer.
- Mense, S., and R. Gerwin, eds. 2010. *Muscle Pain: Understanding the Mechanism*. Heidelberg, Germany: Springer.
- Mense, S., and D. G. Simons. 2001. *Muscle Pain: Understanding Its Nature, Diagnosis, and Treatment*. Baltimore: Lippincott Williams & Wilkins.
- Morton, Dudley J. 1935. *The Human Foot: Its Evolution, Physiology, and Functional Disorders*. New York: Columbia University Press.
- Muscolino, J. E. 2009. *The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns, and Stretching*. St. Louis: Mosby Elsevier.
- Myers, T. W. 2001. *Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists*. Edinburgh, Scotland: Churchill Livingstone.
- Pace, J. B. 1975. "Commonly Overlooked Pain Syndromes Responsive to Simple Therapy." *Postgraduate Medicine* 58: 107–13.
- Pace, J. B., and D. Nagle. 1976. "Piriformis Syndrome." *Western Journal of Medicine* 124: 435–39.
- Porterfield, J. A. 1985. "The Sacroiliac Joint." In *Orthopaedic and Sports Physical Therapy*, vol. 2, edited by J. A. Gould III and G. J. Davies. St. Louis: Mosby.
- Rask, M. R. 1980. "Superior Gluteal Nerve Entrapment Syndrome." *Muscle Nerve* 3: 304–7.
- Retzlaff, E. W., A. H. Berry, A. S. Haight, P. A. Parente, H. A. Lichtry, D. M. Turner, A. A. Yezbick, J. S. Lapcevic, and D. J. Nowland. 1974. "The Piriformis Muscle Syndrome." *Journal of the American Osteopathic Association* 73: 799–807.
- Reynolds, M. D. 1981. "Myofascial Trigger Point Syndromes in the Practice of Rheumatology." *Archives of Physical Medicine Rehabilitation* 62: 111–14.
- Roy, S.H., S.L. Wolf, and D.A. Scalzitti. 2013. *The Rehabilitation Specialist's Handbook*, 4th ed. Philadelphia: F.A. Davis Company.
- Rubin, D. 1981. "An Approach to the Management of Myofascial Trigger Point Syndromes." *Archives of Physical Medicine Rehabilitation* 62: 107–10.
- Sauer, S., and M. Biancalana. 2010. *Trigger Point Therapy for Low Back Pain: A Self-Treatment Workbook*. Oakland, CA: New Harbinger Publications.
- Shah, J., and E. Gilliams. 2008. "Uncovering the Biochemical Milieu of Myofascial Trigger Points Using in Vivo Microdialysis: An Application of Muscle Pain Concepts to Myofascial Pain Syndrome." *Journal of Bodywork and Movement Therapies* 12: 371–84.
- Sherman, R. A. 1980. "Published Treatments of Phantom Limb Pain." *American Journal of Physical Medicine Rehabilitation* 59: 232–44.
- Shordania, J. F. 1936. "Die chronischer Entzündung Musculus piriformis—die Piriformitis—eine der Ursachen von Kreuzschmerzen Frauen." *Die Medizinische Welt* 10: 999–1001.
- Sikdar, S., J. P. Shah, T. Gebreab, R. H. Yen, E. Gilliams, J. Danoff, and L. H. Gerber. 2009. "Novel Applications of Ultrasound Technology to Visualize and Characterize Myofascial Trigger Points and Surrounding Soft Tissue." *Archives of Physical Medicine and Rehabilitation* 90, no. 11: 1829–38.

- Simons, D. G. 1960. *Man High: A Space Scientist's Account of His Record-Breaking Balloon Flight to 102,000 Feet.* New York: Doubleday.
- Simons, D. G., J. G. Travell, and L. S. Simons. 1999. *Myofascial Pain and Dysfunction: The Trigger Point Manual.* Vol. 1, *Upper Body.* 2nd ed. Baltimore: Lippincott Williams & Wilkins.
- Sirvent, P., J. Mercier, and A. Lacampagne. 2008. "New Insights into Mechanisms of Statin-Associated Myotoxicity." *Current Opinion in Pharmacology* 8, no. 3: 333–38.
- Smith, W. D., and L. S. Lal, S. Lincy. 2009. "Massage Therapy: Implications for Pharmaceutical Care." *U.S. Pharmacist* 34, no. 5."
- Sola, A. E. 1985. "Trigger Point Therapy." In *Clinical Procedures in Emergency Medicine*, edited by J. R. Roberts and J. R. Hedges. Philadelphia: W. B. Saunders.
- Sola, A. E., and R. L. Williams. 1956. "Myofascial Pain Syndromes." *Journal of Neurology* 6: 91–95.
- Sonkin, L. S. 1994. "Myofascial Pain Due to Metabolic Disorders: Diagnosis and Treatment." In *Myofascial Pain and Fibromyalgia*, edited by E. S. Rachlin. St. Louis: Mosby-Yearbook, Inc.
- Thiele, G. H. 1937. "Coccygodynia and Pain in the Superior Gluteal Region." *Journal of the American Medical Association* 109: 1271–75.
- Travell, J. G., and D. G. Simons. 1983. *Myofascial Pain and Dysfunction: The Trigger Point Manual.* Vol. 1, *Upper Body.* Baltimore: Lippincott Williams & Wilkins.
- Travell, J. G., and D. G. Simons. 1992. *Myofascial Pain and Dysfunction: The Trigger Point Manual.* Vol 2, *Lower Body.* Baltimore: Lippincott Williams & Wilkins.
- Voss, D. E., M. K. Ionta, and B. J. Myers. 1985. *Proprioceptive Neuromuscular Facilitation.* 3rd ed. Philadelphia: Harper & Row.
- Waslaski, J. 2011. Notes from lectures. Orthopedic Massage and Pain Management Seminars. Lexington, KY.
- . 2012. *Clinical Massage Therapy: A Structural Approach to Pain Management.* Boston: Pearson.
- Werner, R. 2013. *A Massage Therapist's Guide to Pathology.* 5th ed. Philadelphia: Wolters Kluwer Health/ Lippincott Williams & Wilkins.
- Wise, D. 2010. *Paradoxical Relaxation: The Theory and Practice of Dissolving Anxiety by Accepting It.* Occidental, CA: National Center for Pelvic Pain Research.
- Wise, D., and R. Anderson. 2003. *Headache in the Pelvic: A New Understanding for Prostatitis and Chronic Pelvic Pain Syndromes.* Occidental, CA: National Center for Pelvic Pain Research.
- Wolfe, F., D. J. Clauw, M. A. Fitzcharles, D. L. Goldenberg, R. S. Katz, P. Mease, A. S. Russell, I. J. Russell, J. B. Winfield, and M. B. Yunus. 2010. "The American College of Rheumatology Preliminary Diagnostic Criteria for Fibromyalgia and Measurement of Symptom Severity." *Arthritis Care and Research* 62, no. 5: 600–610.
- Wolfe, S. M., L. D. Sasich, P. Lurie, R. E. Hope, E. Barbehenn, D. E. Knapp, A. Ardati, S. Shubin, D. B. Ku, and Public Citizen Health Research Group. 2005. *Worst Pills, Best Pills: A Consumer's Guide to Avoiding Drug-Induced Death or Illness.* New York: Pocket Books.
- Wolpe, J. 1958. *Psychotherapy by Reciprocal Inhibition.* Stanford, CA: Stanford University Press.
- Yaksh, T. L., and S. E. Abram. 1993. "Preemptive Analgesia: A Popular Misnomer, but a Clinically Relevant Truth?" *American Pain Society Journal* 2: 116–21.
- Zohn, D. A. 1988. *Musculoskeletal Pain: Diagnosis and Physical Treatment.* 2nd ed. Boston: Little Brown and Company.