References and Resources

Chapter 1

Abernethy, B., Hanrahan, S., Kippers, V., Mackinnon, L., and Pandy, M. (2005). *The biophysical foundations of human movement.* 2nd ed. Champaign, IL: Human Kinetics.

American College of Sports Medicine (ACSM). (1997). Position stand: The female athlete triad. *Medicine and Science in Sports and Exercise,* 29(5): i-ix.

Andreoli, A., Monteleone, M., Van Loan, M., Promenzio, L., Tarantino, U., and Lorenzo, A. (2001). Effects of different sports on bone density and muscle mass in highly trained athletes. *Medicine and Science in Sports and Exercise,* 33(4): 507-511.

Beck, B., and Shoemaker, R. (2000). Osteoporosis: Understanding key risk factors and therapeutic options. *The Physician and Sportsmedicine,* 28(2): 69-84.

Bennell, K.L., Malcolm, S.A., Thomas, S.A., Reid, S.J., Bruckner, P.D., Ebeling, P.R., and Wark, J.D. (1996). Risk factors for stress fractures in track and field athletes. A twelve-month prospective study. *American Journal of Sport Medicine,* 24: 810-818.

Browning, K. (2001). Hip and pelvis injuries in runners. *The Physician and Sportsmedicine,* 29(1): 23-24.

Brukner, P. (2000). Exercise-related lower leg pain: An overview. *Medicine and Science in Sports and Exercise,* 32(3 Suppl.): S1-S3.

Brukner, P., Bradshaw, C., and Bennell, K. (1998). Managing common stress fractures: Let risk level guide treatment. *The Physician and Sportsmedicine,* 26(8): 39-47.

Burr, D. (1997). Bone, exercise and stress fractures. *Exercise and Sport Sciences Reviews,* 25: 171-194.

Clark, N. (1997). *Nancy Clark's sports nutrition guidebook.* 2nd ed. Champaign, IL: Leisure Press.

Clarkson, P. (1998). An overview of nutrition for female dancers. *Journal of Dance Medicine and Science,* 2(1): 32-39.

Clippinger, K. (1999). Smoking in young dancers. *Journal of Dance Medicine and Science,* 1(3): 115-125.

Dudek, S. (1997). *Nutrition handbook for nursing practice.* Philadelphia: Lippincott.

Enoka, R. (2002). *Neuromechanics of human movement.* 3rd ed. Champaign, IL: Human Kinetics.

Frost, H.M. (2000). Muscle, bone, and the Utah paradigm: A 1999 overview. *Medicine and Science in Sports and Exercise,* 32(5): 911-917.

Goss, C.M., ed. (1980). *Gray's anatomy of the human body.* Philadelphia: Lea & Febiger.

Guyton, A. (1976). *Textbook of medical physiology.* Philadelphia: W.B. Saunders.

Hall, S.J. (1999). *Basic biomechanics.* Boston: McGraw-Hill.

Hall-Craggs, E.C.B. (1985). *Anatomy as a basis for clinical medicine.* Baltimore: Urban & Schwarzenberg.

Hamill, J., and Knutzen, K.M. (1995). *Biomechanical basis of human movement.* Philadelphia: Lippincott Williams & Wilkins.

Hamilton, N., and Luttgens, K. (2002). *Kinesiology: Scientific basis of human motion.* New York: McGraw-Hill.

Hershman, E., and Mailly, T. (1990). Stress fractures. *Clinics in Sports Medicine,* 9(1): 183-214.

Huwyler, J.S. (1999). *The dancer's body: A medical perspective on dance and dance training.* McLean, VA: International Medical.

Kadel, N., Teitz, C., and Kronmal, R. (1992). Stress fractures in ballet dancers. *The American Journal of Sports Medicine,* 20(4): 446-449.

Kaufman, J. (2000). Osteoporosis tests. http://orthoinfo.aaos.org/fact/thr_report.cfm?Thread_ID=176&topcategory=Osteoporosis.

Kenney, R. (1982). *Physiology of aging: A synopsis.* Chicago: Year Book Medical.

Khan, K., Green, R., Saul, A., Bennell, K., Crichton, K., Hopper, J., and Wark, J. (1996). Retired elite female ballet dancers and nonathletic controls have similar bone mineral density at weightbearing sites. *Journal of Bone and Mineral Research,* 11(10): 1566-1574.

Khan, K., McKay, A., Stiehl, A., Warren, M., and Wark, J. (1999). Bone mineral density in active and retired ballet dancers. *Journal of Dance Medicine and Science,* 3(1): 15-23.

Kreighbaum, E., and Barthels, K.M. (1996). *Biomechanics: A qualitative approach for studying human movement.* 4th ed. Needham Heights, MA: Allyn & Bacon.

Levangie, P.K., and Norkin, C.C. (2001). *Joint structure and function: A comprehensive analysis.* Philadelphia: Davis.

Lundon, K., Melcher, L., and Bray, K. (1999). Stress fractures in ballet: A twenty-five year review. *Journal of Dance Medicine and Science,* 3(3): 101-107.

Marieb, E. (1995). *Human anatomy and physiology.* New York: Benjamin/Cummings.

Matheson, G., Clement, D., McKenzie, D., Taunton, J., Lloyd-Smith, D., and MacIntyre, J. (1987). Stress fractures in athletes: A study of 320 cases. *American Journal of Sports Medicine,* 15(1): 46-58.

McCarthy, P. (1989). Managing bursitis in the athlete: An overview. *The Physician and Sportsmedicine,* 17(11): 115-125.

Mercier, L. (1995). *Practical orthopedics.* St. Louis: Mosby.

Micheli, L., and Solomon, R. (1990). Stress fractures in dancers. In R. Solomon, S. Minton, and J. Solomon (eds.), *Preventing dance injuries: An interdisciplinary perspective* (pp. 133-153). Reston, VA: American Alliance for Health, Physical Education, Recreation and Dance.

Moore, K., and Agur, A. (1995). *Essential clinical anatomy.* Baltimore: Williams & Wilkins.

Myszkewycz, L., and Koutedakis, Y. (1998). Injuries, amenorrhea and osteoporosis in active females: An overview. *Dance Medicine and Science,* 2(3): 88-94.

Rasch, P. (1989). *Kinesiology and applied anatomy.* Philadelphia: Lea & Febiger.

Rasch, P., and Burke, R. (1978). *Kinesiology and applied anatomy.* Philadelphia: Lea & Febiger.

Roy, R., Baldwin, K., and Edgerton, V.R. (1996). Response of the neuromuscular unit to spaceflight: What has been learned from the rat model. *Exercise and Sport Sciences Reviews,* 24: 399-425.

Smith, L., Weiss, E., and Lehmkuhl, L. (1996). *Brunnstrom's clinical kinesiology.* Philadelphia: Davis.

Stewart, A., and Hannan, J. (2000). Total and regional bone density in male runners, cyclists, and controls. *Medicine and Science in Sports and Exercise,* 32(8): 1373-1377.

Taube, R., and Wadsworth, L. (1993). Managing tibial stress fractures. *The Physician and Sportsmedicine,* 21(4): 123-130.

Taunton, J.E., Clement, D.B., and Webber, D. (1981). Lower extremity stress fractures in athletes. *The Physician and Sportsmedicine,* 9: 77-86.

U.S. Department of Agriculture. (1981). Nutritive value of foods. Home and Garden Bulletin No. 72.

Warren, M., Brooks-Gunn, J., Hamilton, L., Warren, F., and Hamilton, W. (1986). Scoliosis and fractures in young ballet dancers. *New England Journal of Medicine,* 314(21): 1348-1353.

Whiting, W.C., and Zernicke, R.F. (1998). *Biomechanics of musculoskeletal injury.* Champaign, IL: Human Kinetics.

Williams, N. (1998). Reproductive function and low energy availability in exercising females: A review of clinical and hormonal effects. *Journal of Dance Medicine and Science,* 2(1): 19-31.

Zernicke, R.F., Vailas, A.C., and Salem, G.J. (1990). Biomechanical response of bone to weightlessness. *Exercise and Sport Sciences Reviews,* 18: 167-192.

Chapter 2

Alter, M. (2004). *Science of flexibility.* 3rd ed. Champaign, IL: Human Kinetics.

American College of Sports Medicine (ACSM). (1998). Position stand: The recommended quantity and quality of exercise for developing and maintaining cardiorespiratory and muscular fitness, and flexibility in healthy adults. *Medicine and Science in Sports and Exercise,* 30(6): 975-991.

American College of Sports Medicine (ACSM). (2001). *ACSM's resource manual for guidelines for exercise testing and prescription.* Philadelphia: Lippincott Williams & Wilkins.

Asmussen, E., and Bonde-Petersen, F. (1974). Storage of elastic energy in skeletal muscles in man. *Acta Physiologica Scandinavica,* 91: 385-392.

Basmajian, J., and DeLuca, C. (1985). *Muscles alive—Their functions revealed by electromyography.* Baltimore: Williams & Wilkins.

Behnke, R. (2006). *Kinetic anatomy.* 2nd ed. Champaign, IL: Human Kinetics.

Bosco, A., and Komi, P.V. (1979). Potentiation of the mechanical behavior of the human skeletal muscle through prestretching. *Acta Physiologica Scandinavica,* 106: 467-472.

Cronin, J.B., McNair, P.J., and Marshall, R.N. (2000). The role of maximal strength and load on initial power production. *Medicine and Science in Sports and Exercise,* 32(10): 1763-1769.

Dye, S., and Vaupel, G. (2000). Functional anatomy of the knee: Bony geometry, static and dynamic restraints, sensory and motor innervation. In S. Lephart and F. Fu (eds.), *Proprioception and neuromuscular control in joint stability* (pp. 59-76). Champaign, IL: Human Kinetics.

Enoka, R. (2002). *Neuromechanics of human movement.* 3rd ed. Champaign, IL: Human Kinetics.

Garrett, W. (1990). Muscle strain injuries: Clinical and basic aspects. *Medicine and Science in Sports and Exercise,* 22: 436-443.

Garrett, W. (1996). Muscle strain injuries. *The American Journal of Sports Medicine,* 24: S2-S8.

Gordon, T., and Pattullo, M.C. (1993). Plasticity of muscle fiber and motor unit types. *Exercise and Sport Sciences Reviews,* 21: 331-362.

Gowitzke, B., and Milner, M. (1988). *Understanding the scientific bases of human movement.* Baltimore: Williams & Wilkins.

Hall, S.J. (1999). *Basic biomechanics.* Boston: McGraw-Hill.

Hamill, J., and Knutzen, K.M. (1995). *Biomechanical basis of human movement.* Philadelphia: Lippincott Williams & Wilkins.

Hamilton, N., and Luttgens, K. (2002). *Kinesiology: Scientific basis of human motion.* New York: McGraw-Hill..

Hay, J., and Reid, J. (1982). *The anatomical and mechanical bases of human motion.* Englewood Cliffs, NJ: Prentice Hall.

Huxley, H.E. (1969). The mechanism of muscular contraction. *Science,* 164: 1356.

Irrgang, J., and Neri, R. (2000). The rationale for open and closed kinematic chain activities for restoration of proprioception and neuromuscular control following injury. In S. Lephart and F. Fu (Eds.), *Proprioception and neuromuscular control in joint stability* (pp. 363-374). Champaign, IL: Human Kinetics.

Jeon, H., Trimble, M., Brunt, D., and Robinson, M. (2001). Facilitation of quadriceps activation following a concentrically controlled knee flexion movement: The influence of transition rate. *Journal of Orthopaedic Sports Physical Therapy,* 31(4): 122-132.

Komi, P.V. (1979). Neuromuscular performance: Factors influencing force and speed production. *Scandinavian Journal of Sports Science,* 1: 2-15.

Kreighbaum, E., and Barthels, K.M. (1996). *Biomechanics: A qualitative approach for studying human movement.* 4th ed. Needham Heights, MA: Allyn & Bacon.

Lephart, S., and Fu, F. (2000). *Proprioception and neuromuscular control in joint stability.* Champaign, IL: Human Kinetics.

Levangie, P.K., and Norkin, C.C. (2001). *Joint structure and function: A comprehensive analysis.* Philadelphia: Davis.

McGinnis, P.M. (2005). *Biomechanics of sport and exercise.* 2nd ed. Champaign, IL: Human Kinetics.

Netter, F. (1995). *Interactive atlas of human anatomy* (CD-ROM). Summit, NJ: Ciba-Geigy, Medical Education and Publications.

Nieman, D. (1999). *Exercise testing and prescription.* Mountain View, CA: Mayfield.

Pitt-Brooke, J. (1998). *Rehabilitation of movement.* Philadelphia: Saunders.

Platzer, W. (1978). *Color atlas and textbook of human anatomy, volume 1: Locomotor system.* Chicago: Year Book Medical.

Powers, S.K., and Howley, E.T. (1990). *Exercise physiology.* Dubuque, IA: Brown.

Rasch, P. (1989). *Kinesiology and applied anatomy.* Philadelphia: Lea & Febiger.

Rasch, P., and Burke, R. (1978). *Kinesiology and applied anatomy.* Philadelphia: Lea & Febiger.

Shrier, I., and Gossal, K. (2000). Myths and truths of stretching: Individualized recommendations for healthy muscles. *The Physician and Sportsmedicine,* 28(8): 57-63.

Smith, L., Weiss, E., and Lehmkuhl, L. (1996). *Brunnstrom's clinical kinesiology.* Philadelphia: Davis.

Soderberg, G. (1986). *Kinesiology: Application to pathological motion.* Baltimore: Williams & Wilkins.

Takashi, A., Kumagai, K., and Brechue, W. (2000). Fascicle length of leg muscles is greater in sprinters than distance runners. *Medicine and Science in Sports and Exercise,* 32(6): 1125-1129.

Tanigawa, M. (1972). Comparison of hold-relax procedures and passive mobilization on increasing muscle length. *Physical Therapy,* 52: 725-734.

Taylor, D., Dalton, J., Seaber, A., and Garrett, W. (1990). Viscoelastic properties of muscle-tendon units: The biomechanical effects of stretching. *American Journal of Sports Medicine,* 18(3): 300-309.

Thys, H., Cavagna, G., and Margaria, R. (1975). The role played by elasticity in an exercise involving movements of small amplitude. *Pflugers Archives,* 354: 281-286.

Wallin, D., Ekblom, B., Grahn, R., and Nordinborg, T. (1985). Improvement of muscle flexibility: A comparison between two techniques. *American Journal of Sports Medicine,* 13(4): 263-268.

Wells, K., and Luttgens, K. (1976). *Kinesiology: Scientific basis of human motion.* Philadelphia: Saunders.

Wilmore, J., and Costill, D. (2004). *Physiology of sport and exercise.* 3rd ed. Champaign, IL: Human Kinetics.

Chapter 3

Adams, M., Dolan, P., and Hutton, W. (1988). The lumbar spine in backward bending. *Spine,* 13(9): 1019-1026.

Adams, M., and Hutton, W. (1982). Prolapsed intervertebral disc: A hyperflexion injury. *Spine,* 7(3): 184-191.

Aggrawal, N., Kaur, R., and Kumar, S. (1979). A study of changes in the spine in weight lifters and other athletes. *British Journal of Sports Medicine,* 13: 58-61.

Akella, P., Warren, M., Jonnavithula, S., and Brooks-Gunn, J. (1991). Scoliosis in ballet dancers. *Medical Problems of Performing Artists,* 6(3): 84-86.

American Academy of Orthopaedic Surgeons. (1965). *Joint motion: Method of measuring and recording.* Chicago: American Academy of Orthopaedic Surgeons.

Andersson, G., Ortengren, R., and Nachemson, A. (1977). Intradiskal pressure, intra-abdominal pressure and myoelectric back muscle activity related to posture and loading. *Clinical Orthopaedics and Related Research,* 129(Nov-Dec): 156-164.

Axler, C., and McGill, S. (1997). Low back loads over a variety of abdominal exercises: Searching for the safest abdominal challenge. *Medicine and Science in Sports and Exercise,* 29(6): 804-810.

Azegami, H., Murachi, S., Kitoh, J., Ishida, Y., Kawakami, N., and Makino, M. (1998). Etiology of idiopathic scoliosis. *Clinical Orthopaedics and Related Research,* 357: 229-236.

Bartelink, D. (1957). The role of the intra-abdominal pressure in relieving the pressure on the lumbar intervertebral disc. *Journal of Bone and Joint Surgery,* 39B: 718-725.

Basmajian, J., and DeLuca, C. (1985). *Muscles alive—Their functions revealed by electromyography.* Baltimore: Williams & Wilkins.

Becker, J. (1986). Scoliosis in swimmers. *Clinics in Sports Medicine,* 5: 149-158.

Beimborn, D., and Morrissey, M. (1988). A review of the literature related to trunk muscle performance. *Spine,* 13(6): 655-660.

Bejjani, F., Halpern, N., and Pavlidis, L. (1990). Spinal motion and strength measurements in flamenco dancers. *Medical Problems of Performing Artists,* 5(3): 121-126.

Beuerlein, M., Raso, V.J., Hill, D.L., Moreau, M.J., and Mahood, J.K. (2003). Changes in alignment of the scoliotic spine in response to lateral bending (abstract). *Spine,* 28(7): 693-698.

Bradford, F., and Spurling, R. (1945). *The intervertebral disc.* Springfield, IL: Charles C Thomas.

Bronner, S., Ojofeitimi, S., and Rose, D. (2003). Injuries in a modern dance company: Effect of comprehensive management on injury incidence and time loss. *American Journal of Sports Medicine,* 31(3): 365-373.

Burton, A., Tillotson, K., and Troup, J. (1989a). Prediction of low-back trouble frequency in a working population. *Spine,* 14(9): 939-946.

Burton, A., Tillotson, K., and Troup, J. (1989b). Variation in lumbar sagittal mobility with low-back trouble. *Spine,* 14(6): 584-590.

Caillet, R. (1996). *Soft tissue pain and disability.* Philadelphia: Davis.

Carpenter, D., Graves, J., Pollock, M., Leggett, S., Foster, D., Holmes, B., and Fulton, M. (1990). Effect of 12 and 20 weeks of training on lumbar extension strength (abstract). *Medicine and Science in Sports and Exercise,* 22(2 Suppl.): S19.

Chaffin, D. (1974). Human strength capability and low-back pain. *Journal of Occupational Medicine,* 16(4): 248-254.

Clippinger-Robertson, K. (1985). Prevention of low back injuries in athletes: Putting theory into practice. In J. Terauds and J. Barham (eds.), *Proceedings of the International Symposium of Biomechanics in Sports* (pp. 407-413). Del Mar, CA: Research Center for Sports.

Clippinger-Robertson, K. (1991). Flexibility in different level female ballet dancers. Presented at the International Association of Dance Medicine and Science annual meeting, Baltimore, June 23.

Clippinger-Robertson, K.S., Hutton, R.S., Miller, D.I., and Nicholas, T.R. (1986). Mechanical and anatomical factors relating to the incidence and etiology of patellofemoral pain in dancers. In C. Shell (ed.), *The dancer as athlete: The 1984 Olympic Scientific Congress Proceedings* (vol. 8, pp. 53-72). Champaign, IL: Human Kinetics.

Deckey, J., and Weidenbaum, M. (1997). The thoracic and lumbar spine. In G. Scuderi, P. McCann, and P. Bruno (eds.),

Sports medicine: Principles of primary care (pp. 202-219). St. Louis: Mosby.

De Troyer, A., Estenne, M., Ninane, V., Gansbeke, D., and Gorini, M. (1990). Transversus abdominis muscle function in humans. *Journal of Applied Physiology,* 68(3): 1010-1016.

Dolan, P., Adams, M., and Hutton, W. (1988). Commonly adopted postures and their effect on the lumbar spine. *Spine,* 13(2): 197-201.

Donisch, E., and Basmajian, J. (1972). Electromyography of deep back muscles in man. *American Journal of Anatomy,* 133: 25-36.

Drezner, J., and Herring, S. (2001). Managing low-back pain: Steps to optimize function and hasten return to activity. *The Physician and Sportsmedicine,* 29(8): 37-44.

Eck, J., and Riley, L. (2004). Return to play after lumbar spine conditions and surgeries. *Clinics in Sports Medicine,* 23(3): 367-379.

Eie, N. (1966). Load capacity of the low back. *Journal of the Oslo City Hospitals,* 16(4): 74-98.

Eie, N., and Wehn, P. (1962). Measurements of the intra-abdominal pressure in relation to weight bearing of the lumbosacral spine. *Journal of the Oslo City Hospitals,* 12: 205-217.

Evans, R.W., Evans, R.I., and Carvajal, S. (1996). A survey of injuries among Broadway performers: Types of injuries, treatments and perceptions of performers. *Medical Problems of Performing Artists,* 11(1): 15-19.

Fehlandt, A., and Micheli, L. (1993). Lumbar facet stress fracture in a ballet dancer. *Spine,* 18(16): 2537-2539.

Fiorini, G., and McCammond, D. (1976). Forces on lumbo-vertebral facets. *Annals of Biomedical Engineering,* 4: 354-363.

Flint, M., and Gudgell, J. (1965). Electromyographic study of abdominal muscular activity during exercise. *Research Quarterly,* 36(1): 29-37.

Floyd, W., and Silver, P. (1950). Electromyographic study of patterns of activity of the anterior abdominal wall muscles in man. *Journal of Anatomy,* 84: 132-145.

Frankel, V., and Nordin, M. (1980). *Basic biomechanics of the skeletal system.* Philadelphia: Lea & Febiger.

Garrick, J., and Requa, R. (1993). Ballet injuries: An analysis of epidemiology and financial outcome. *American Journal of Sports Medicine,* 21(4): 586-590.

Gerbino, P., and Micheli, L. (1995). Back injuries in the young athlete. *Clinics in Sports Medicine,* 14(3): 571-590.

Godfrey, K., Kindig, L., and Windell, J. (1977). Electromyographic study of duration of muscle activity in sit-up variations. *Archives of Physical Medicine and Rehabilitation,* 58: 132-135.

Goldberg, B., and Boiardo, R. (1984). Profiling children for sports participation. *Clinics in Sports Medicine,* 3: 153.

Grabiner, M. (1989). The vertebral column. In P. Rasch (ed.), *Kinesiology and applied anatomy* (pp. 169-192). Philadelphia: Lea & Febiger.

Grabiner, M., Koh, T., and Ghazawi, E. (1992). Decoupling of bilateral paraspinal excitation in subjects with low back pain. *Spine,* 17(10): 1219-1223.

Gracovetsky, S., Kary, M., Pitchen, I., Levy, S., Eng, B., and Said, R. (1989). The importance of pelvic tilt in reducing compressive stress in the spine during flexion-extension exercises. *Spine,* 14(4): 412-416.

Granhed, H., and Morelli, B. (1988). Low back pain among retired wrestlers and heavyweight lifters. *American Journal of Sports Medicine,* 16(5): 530-533.

Graves, J., Pollock, M., Carpenter, D., Leggett, S., Jones, A., MacMillan, M., and Fulton, M. (1990). Quantitative assessment of full range-of-motion isometric lumbar extension strength. *Spine,* 15: 289-294.

Graves, S., Pollock, M., Leggett, S., Carpenter, D., Fix, C., and Fulton, M. (1990). Nonspecificity of limited range-of-motion lumbar extension strength training (abstract). *Medicine and Science in Sports and Exercise,* 22(2 Suppl.): S19.

Grieve, D. (1978). The dynamics of lifting. *Exercise and Sport Sciences Reviews,* 5: 157-179.

Grillner, S., Nilsson, J., and Thorstensson, A. (1978). Intra-abdominal pressure changes during natural movements in man. *Acta Physiologica Scandinavica,* 103: 275-283.

Guimaraes, A., Vaz, M., Campos, M., and Marantes, R. (1991). The contribution of the rectus abdominis and rectus femoris in twelve selected abdominal exercises. *Journal of Sports Medicine and Physical Fitness,* 31(2): 222-230.

Gutin, B., and Lipetz, S. (1971). An electromyographic investigation of the rectus abdominis in abdominal exercises. *Research Quarterly,* 42(3): 256-263.

Hall, S.J. (1999). *Basic biomechanics.* Boston: McGraw-Hill.

Hall, S., Lee, J., and Wood, T. (1990). Evaluation of selected sit-up variations for the individual with low back pain. *Journal of Applied Sport Science Research,* 4(2): 42-46.

Hall, S., and Lindoo, J. (1985). Torque and myoelectric activity in the lumbar region during selected aerobic dance exercise. Presented at the 32nd annual ACSM meeting, Nashville.

Hall-Craggs, E.C.B. (1985). *Anatomy as a basis for clinical medicine.* Baltimore: Urban & Schwarzenberg.

Halpern, A., and Bleck, E. (1979). Sit-up exercises: An electromyographic study. *Clinical Orthopaedics and Related Research,* 145: 172-178.

Hamill, J., and Knutzen, K.M. (1995). *Biomechanical basis of human movement.* Philadelphia: Lippincott Williams & Wilkins.

Hamilton, L., Hamilton, W., Warren, M., Keller, K., and Molnar, M. (1997). Factors contributing to the attrition rate in elite ballet students. *Journal of Dance Medicine and Science,* 1(4): 131-138.

Hamilton, N., and Luttgens, K. (2002). *Kinesiology: Scientific basis of human motion.* Boston: McGraw-Hill.

Harvey, J., and Tanner, S. (1991). Low back pain in young athletes: A practical approach. *Sports Medicine,* 12(6): 394-406.

Hay, J., and Reid, J. (1982). *The anatomical and mechanical bases of human motion.* Englewood Cliffs, NJ: Prentice Hall.

Herman, J., Pizzutillo, P., and Cavalier, R. (2003). Spondylolysis and spondylolisthesis in the child and adolescent athlete. *Orthopedic Clinics of North America,* 34(3): 461-467.

Hides, J., Stokes, M., Saide, M., Jull, G., and Cooper, D. (1994). Evidence of lumbar multifidus muscle wasting ipsilateral to symptoms in patients with acute/subacute low back pain. *Spine,* 19(2): 165-172.

Hodges, P. (2003). Core stability exercise in chronic low back pain. *Orthopedic Clinics of North America,* 34(2): 245-254.

Hodges, P., and Richardson, C. (1996). Inefficient muscular stabilization of the lumbar spine associated with low back pain. *Spine,* 21(22): 2640-2650.

Hodges, P., and Richardson, C. (1997). Contraction of the abdominal muscles associated with movement of the lower limb. *Physical Therapy,* 77(2): 132-144.

Hutton, W., Cryon, B., and Stott, J. (1979). The compressive strength of lumbar vertebrae. *Journal of Anatomy,* 129(4): 753-758.

Imamura, K., Ashida, H., Ishikawa, T., and Fujii, M. (1983). Human major psoas muscle and sacrospinalis muscle in relation to age: A study by computed tomography. *Journal of Gerontology,* 38(6): 678-681.

Ireland, M., and Micheli, L. (1987). Bilateral stress fracture of the lumbar pedicles in a ballet dancer. *Journal of Bone and Joint Surgery,* 69A(1): 140-142.

Jeong, G.K., and Errico, T.J. (2002). Spinal deformity update: The Lenke classification of adolescent idiopathic scoliosis. *Medscape Orthopaedics and Sports Medicine,* 6(2). www.medscape.com/viewarticle/445056.

Kelley, D. (1982). Exercise prescription and the kinesiological imperative. *Journal of Health, Physical Education, Recreation and Dance,* 53(1): 18-20.

Kelsey, J., White, A., Pastides, H., and Bisbee, G. (1979). The impact of musculoskeletal disorders on the population of the United States. *Journal of Bone and Joint Surgery,* 61A: 959-964.

Kendall, F., McCreary, E., and Provance, P. (1993). *Muscles: Testing and function.* Baltimore: Williams & Wilkins.

Klausen, K., Nielsen, B., and Madsen, L. (1981). Form and function of the spine in young males with and without "back troubles." In A. Morecki, K. Fidelus, K. Kedzior, and A. Wit (eds.), *Biomechanics VII-A, Proceedings of the Seventh International Congress of Biomechanics, Warsaw, Poland* (pp. 174-180). Baltimore: University Park Press.

Kollmitzer, J., Ebenbichler, G., Sabo, A., Kerschan, K., and Bochdansky, T. (2000). Effects of back extensor strength training versus balance training on postural control. *Medicine and Science in Sports and Exercise,* 32(10): 1770-1776.

Kotani, P., Ichikawa, N., Wakabayashi, W., Yoshii, T., and Koshimune, M. (1970). Studies of spondylolysis found among weight-lifters. *British Journal of Sports Medicine,* 6: 4-8.

Kreighbaum, E., and Barthels, K.M. (1996). *Biomechanics: A qualitative approach for studying human movement.* 4th ed. Boston: Allyn & Bacon.

Kujala, U., Taimela, S., Erkintalo, M., Salminen, J., and Kaprio, J. (1996). Low-back pain in adolescent athletes. *Medicine and Science in Sports and Exercise,* 28(2): 165-170.

Kumar, S., and Davis, P. (1978). Interrelationship of physiological and biomechanical parameters during stoop lifting. In F. Landry and W. Orban (eds.), *Biomechanics of sports and kinanthropometry.* Miami: Symposium Specialists Inc.

LaBan, M., Raptou, A., and Johnson, E. (1965). Electromyographic study of function of iliopsoas muscle. *Archives of Physical Medicine and Rehabilitation,* Oct.: 676-679.

LaFreniere, J. (1985). *The low-back patient: Procedures for treatment by physical therapy.* New York: Masson.

Lange, C., Unnithan, V., Larkam, E., and Latta, P. (2000). Maximizing the benefits of Pilates-inspired exercise for learning functional motor skills. *Journal of Bodywork and Movement Therapies,* 4(2): 99-108.

Laskowski, E., Newcomer-Aney, K., and Smith, J. (1997). Refining rehabilitation with proprioception training: Expediting return to play. *The Physician and Sportsmedicine,* 25(10): 89-102.

Levangie, P., and Norkin, C. (2001). *Joint structure and function.* Philadelphia: Davis.

Liederbach, M. (2000). General considerations for guiding dance injury rehabilitation. *Journal of Dance Medicine and Science,* 4(2): 54-65.

Liederbach, M., Spivak, J., and Rose, D. (1997). Scoliosis in dancers: A method of assessment in quick-screen settings. *Journal of Dance Medicine and Science,* 1(3): 107-112.

Lipetz, S., and Gutin, B. (1970). An electromyographic study of four abdominal exercises. *Medicine and Science in Sports,* 2(1): 35-38.

Livanelioglu, A., Otman, S., Yakut, Y., and Uygur, F. (1998). The effects of classical ballet training on the lumbar region. *Journal of Dance Medicine and Science,* 2(2): 52-55.

Liyang, D., Yinkan, X., Wenming, Z., and Zhihua, Z. (1989). The effect of flexion-extension motion of the lumbar spine on the capacity of the spinal canal. *Spine,* 14(5): 523-525.

Magee, D. (1997). *Orthopedic physical assessment.* Philadelphia: W.B. Saunders.

McGill, S. (2001). Low back stability: From formal description to issues for performance and rehabilitation. *Exercise and Sport Sciences Review,* 29: 26.

McKenzie, R. (1981). *The lumbar spine: Mechanical diagnosis and therapy.* Upper Hunt, New Zealand: Wright and Carman Limited.

McMeeken, J., Tully, E., Nattrass, C., and Stillman, B. (2002). The effect of spinal and pelvic posture and mobility on back pain in young dancers and non-dancers. *Journal of Dance Medicine and Science,* 6(5): 79-85.

Mercier, L. (1995). *Practical orthopedics.* St. Louis: Mosby.

Michele, A. (1960). The iliopsoas muscle: Its importance in disorders of the hip and spine. *Clinical Symposia,* 12(3): 67-101.

Micheli, L. (1983). Back injuries in dancers. *Clinics in Sports Medicine,* 2(3): 473-484.

Micheli, L. (1988). Dance injuries: The back, hip, and pelvis. In P. Clarkson and M. Skrinar (eds.), *Science of dance training* (pp. 193-207). Champaign, IL: Human Kinetics.

Micheli, L., Solomon, R., Solomon, J., and Gerbino, P. (1999). Low back pain in dancers. *Medscape General Medicine,* 1(3). www.medscape.com/viewarticle/408509.

Micheli, L., and Wood, R. (1995). Back pain in young athletes. *Archives of Pediatric and Adolescent Medicine,* 149(1): 5-8.

Miller, M., and Medeiros, J. (1987). Recruitment of internal oblique and transversus abdominis muscles during the eccentric phase of the curl-up exercise. *Physical Therapy,* 67(8): 1213-1217.

Moeller, J., and Rifat, S. (2001). Spondylolysis in active adolescents: Expediting return to play. *The Physician and Sportsmedicine,* 29(12): 27-32.

Mohan, A.L., and Das, K. (2003). History of surgery for the correction of spinal deformity. *Journal of Neurosurgery,* 14(1): 1-5.

Molnar, M., and Esterson, J. (1997). Screening students in a pre-professional ballet school. *Journal of Dance Medicine and Science,* 1(3): 118-121.

Mooney, V., Gulick, J., and Pozos, R. (2000). A preliminary report on the effect of measured strength training in adolescent idiopathic scoliosis (abstract). *Journal of Spinal Disorders,* 13(2): 102-107.

Moore, K., and Agur, A. (1995). *Essential clinical anatomy.* Baltimore: Williams & Wilkins.