

Références du module 5

Une seule liste, numérotée dans l'ordre du texte

1. Narimani M, Arjmand N (2018). Three-dimensional primary and coupled range of motions of the thoracolumbar spine. PMID 29395226.
2. Ng JK et al. (2002). EMG activity of trunk muscles during axial rotation. PMID 11855379.
3. Kumar S et al. (2003). An electromyographic study of isokinetic axial rotation. PMID 14589245.
4. Kinematics of the thoracic spine in lateral bending (2014). PMID 24333460.
5. Potvin JR, O'Brien PR (1998). Trunk muscle co-contraction increases during fatiguing, isometric, lateral bend exertions. PMID 9563107.
6. Comparative analysis of thoracic rotation exercises (2024). PMID 38902213.
7. Segal-Snir Y et al. (2016). Rotation exercise classes did not improve function in women with non-specific chronic low back pain. J Back Musculoskelet Rehabil. 29:467-475. DOI 10.3233/BMR-150642.
8. Hayden JA et al. (2021). Exercise therapy for chronic low back pain. Cochrane Database Syst Rev. CD009790. DOI 10.1002/14651858.CD009790.pub2.
9. Wieland LS et al. (2022). Yoga for chronic non-specific low back pain. Cochrane. PMID 36398843.
10. OpenStax. Anatomy and Physiology 2e, §7.3 : The Vertebral Column (fig. 7.20, 7.23, 7.31).
11. OpenStax. Anatomy and Physiology 2e, §11.4 : muscles de l'abdomen et du thorax.
12. OpenStax. Anatomy and Physiology 2e, §11.3 : muscles de la tête, du cou et du dos.
13. Anatomy and biomechanics of quadratus lumborum (2008). PMID 18441751.
14. Hodges PW, Gandevia SC (2000). Activation of the human diaphragm during a repetitive postural task. PMID 10618161.
15. Hodges PW et al. (2007). Postural and respiratory functions of the pelvic floor muscles. PMID 17304528.
16. Ingram et al. (2025). Mechanisms underlying range of motion improvements. PMID 40180774.
17. Konrad A et al. (2025). The effects of chronic stretch training on musculoskeletal pain. PMID 40059246.
18. NHS. Cauda equina syndrome : signes nécessitant une évaluation urgente.
19. OpenStax. Anatomy and Physiology 2e, §9.6 : Anatomy of Selected Synovial Joints.
20. Bezci SE et al. (2018). Contribution of facet joints, axial compression, and composition to human lumbar disc torsion mechanics. J Orthop Res. DOI 10.1002/jor.23870.
21. Urban JPG, Roberts S (2003). Degeneration of the intervertebral disc. Arthritis Res Ther. 5:120-130.
22. Costi JJ et al. (2007). Direct measurement of intervertebral disc maximum shear strain in six degrees of freedom. J Biomech. 40:2457-2466. DOI 10.1016/j.jbiomech.2006.11.006.
23. Schmidt H et al. (2007). Intradiscal pressure, shear strain, and fiber strain in the intervertebral disc under combined loading. Spine. 32:748-755. DOI 10.1097/01.brs.0000259059.90430.c2.
24. Xu H et al. (2022). Investigation of geometric deformations of the lumbar disc during axial body rotations. BMC Musculoskelet Disord. 23:225. DOI 10.1186/s12891-022-05160-9 (correction : 10.1186/s12891-022-05654-6).
25. The impact of spine pathology on posterior ligamentous complex structure and function (2023). Revue.
26. Wilke HJ et al. (2016). A new dynamic six degrees of freedom disc-loading simulator allows to provoke disc damage and herniation. Eur Spine J. 25:1363-1372. DOI 10.1007/s00586-016-4416-5.
27. Asada F et al. (2023). Effect of quick simple exercise on non-specific low back pain in Japanese workers: a randomized controlled trial. Environ Health Prev Med. 28:36. DOI 10.1265/ehpm.22-00203.
28. Coutinho CCC et al. (2026). Effects of combined trunk stretching and lumbar stabilization exercises for chronic non-specific low back pain. Braz J Med Biol Res. 59:e14863. DOI 10.1590/1414-431X2025e14863.
29. Taşkaya B et al. (2025). Is regression in lumbar disk herniation possible by spinal mobilization? Int J Osteopath Med. 56:100760. DOI 10.1016/j.ijosm.2025.100760.

- 30.** Granata KP, Marras WS (2000). Cost-benefit of muscle cocontraction in protecting against spinal instability. *Spine*. 25:1398-1404.
- 31.** van Dieën JH et al. (2019). Motor control changes in low back pain: divergence in presentations and mechanisms. *J Orthop Sports Phys Ther*. 49:370-379. DOI 10.2519/jospt.2019.7917.
- 32.** Marras WS, Granata KP (1997). Spine loading during trunk lateral bending motions. *J Biomech*. DOI 10.1016/S0021-9290(97)00010-9.