Exercise and Function without Pain

6. References

6.1 Regular stretch does not increase muscle extensibility


6.2 Stretch Exercises Increases Tolerance to Stretch in Patients With Chronic Musculoskeletal Pain


6.3 Active Isolated Stretching/Manual Therapy


6.4 Segmental and multisegmental modulation of pressure pain thresholds during static muscle contractions in healthy individuals


6.5 Mechanotherapy: how physiotherapists’ prescription of exercise promotes tissue repair


6.6 Clinical Science and Practice of Manual Therapy


