

## Bibliografia

1. Gross AR, Hoving JL, Haines TA, Goldsmith CH, Kay T, Aker P, Bronfort G, Cervical overview group. Manipulation and mobilisation for mechanical neck disorders. *Cochrane Database of Systematic Reviews* 2004, Issue 1. Art. No.: CD004249. DOI: 10.1002/14651858.CD004249.pub2
2. Atlas SJ et al. The Quebec Task Force classification for Spinal Disorders and the severity, treatment, and outcomes of sciatica and lumbar spinal stenosis. *Spine* 1996 Dec 15;21(24):2885-92.
3. <http://www.isico.it/lineeguida/default.htm>
4. Medical College of Wisconsin [www.mcw.edu/display/router.asp?docid=1776](http://www.mcw.edu/display/router.asp?docid=1776)
5. Pedro J. Saturno et al. Validity and reliability of guidelines for neck pain treatment in primary health care. A nationwide empirical analysis in Spain *International journal for quality in health Care* 2002 Volume 15, Number 6 Pp. 487-493
6. [www.iasp-pain.org](http://www.iasp-pain.org)
7. Melzack R., Wall PD - Pain mechanisms: a new theory. *Science*. 1965 Nov 19;150(699):971-9.
8. Melzack R. Recent concepts of pain. *J Med*. 1982;13(3):147-60
9. Fairbank JC et al. The Oswestry low back pain disability questionnaire – *Physiotherapy* 1980 Aug;66(8):271-3.
10. Vernon H., Mior S The Neck Disability Index: a study of reliability and validity. *J Manipulative Physiol Ther*. 1991 Sep;14(7):409-15
11. Gay RE et al. Comparison of the Neck Disability Index and the Neck Bournemouth Questionnaire in a sample of patients with chronic uncomplicated neck pain. *J Manipulative Physiol Ther*. 2007 May;30(4):259-62
12. Ylinen JJ: et al. Effects of neck muscle training in women with chronic neck pain: one-year follow-up study *J Strength Cond Res*. 2006 Feb;20(1):6-13.
13. Ylinen JJ Effects of twelve-month strength training subsequent to twelve-month stretching exercise in treatment of chronic neck pain. *Strength Cond Res* 2006 May;20(2):304-8.
14. Kay TM, Gross A, Goldsmith C, Santaguida PL, Hoving J, Bronfort G, Cervical Overview Group. Exercises for mechanical neck disorders. *Cochrane Database of Systematic Reviews* 2005, Issue 3. Art. No.: CD004250. DOI: 10.1002/14651858.CD004250.pub3.
15. Gross AR, Hoving JL, Haines TA, Goldsmith CH, Kay T, Aker P, Bronfort G, Cervical overview group. Manipulation and mobilisation for mechanical neck disorders. *Cochrane Database of Systematic Reviews* 2004, Issue 1. Art. No.: CD004249. DOI: 10.1002/14651858.CD004249.pub2