

## **Forschungsbereich II: Physiologie und mechanische Funktion der Faszie**

### Publikationen

Wilke J, Hespanhol Junior L, Behrens M (2019). Is it all about the fascia? A systematic review and meta-analysis of the prevalence of extramuscular connective tissue lesions in muscle strain injury. *Orthop J Sports Med*, doi: 10.1177/2325967119888500

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Krause F, Wilke J, Niederer D, Vogt L, Banzer W (2019). Acute effects of foam rolling on passive stiffness, stretch sensation and fascial sliding: a randomized controlled trial. *Human Mov Sci* 67:102514.

Behm DG, Wilke J (2019). Do self-myofascial release devices release myofascial? Rolling mechanisms: a review. *Sports Med*, doi: 10.1007/s40279-019-01149-y

Wilke J, Krause F (2019). Myofascial chains of the upper limb: a systematic review of anatomical studies. *Clin Anat*, doi: 10.1002/ca.23424

Wilke J, Vleeming A, Wearing S (2019). Overuse injury: the result of pathologically altered myofascial force transmission? *Exerc Sport Sci Rev*, 47:230-236.

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Wilke J, Macchi V, De Caro R, Stecco C (2018). Fascia thickness, aging and flexibility: is there an association? *J Anat* 234: 43-49.

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- Wilke J, Vogt L, Pfarr T, Banzer W (2018). Reliability and validity of a semi-electronic tissue compliance meter to assess muscle stiffness. *J Back Musculoskel Rehabil*, 31:991-997.
- Fleckenstein J, Wilke J, Vogt L, Banzer W (2017). Preventive and regenerative foam rolling are equally effective in reducing fatigue-related impairments of muscle function following exercise. *J Sci Med Sport* 16, 474-479.
- Wilke J, Schleip R, Yucesoy CA, Banzer W (2017). Not merely a protective packing organ? A focused review of fascia and its force transmission capacity. *J Appl Physiol* 124:234-244.
- Wilke J, Schleip R, Klingler W, Stecco C (2017). The lumbodorsal fascia as a potential source of low back pain. A narrative review. *Biomed Res Int*, <https://doi.org/10.1155/2017/5349620>
- Krause F, Wilke J, Niederer D, Vogt L, Banzer W (2017). Acute effects of foam rolling on passive tissue stiffness and fascial sliding: study protocol for a randomized controlled trial. *Trials* 18 (1):114. doi: 10.1186/s13063-017-1866-y.
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