

PUBLICATIONS

Summary: Books = 3
Chapters in books = 25
Full refereed journal papers = >170
Refereed conference papers = >140
Keynote addresses = >60
Other invited addresses = 400 plus
Self-initiated addresses = 150 plus

A) Books

1. Augaitis, R. Kell, R. Kourtis, G. McGill, S. Whitmarsh, L. Springle, N. Personal Fitness: Faster, Stronger, Smarter. Textbook for High School Curriculum, Thompson Books, Toronto, 2012
2. McGill, S.M. Ultimate back fitness and performance, Backfitpro Inc., Waterloo, Canada, 2004. ISBN 0-9736018-0-4 (www.backfitpro.com). Fourth edition 2009.
3. McGill, S.M. Low back disorders: Evidence based prevention and rehabilitation, Human Kinetics Publishers, Champaign, IL, U.S.A., 2002. ISBN 0-7360-4241-5, Second Edition, 2007.
Now also printed in Japanese, 2003
Now also printed in Chinese, 2009.

B) Clinical DVD's

1. McGill, S.M., The Ultimate Back: Enhancing Performance (www.backfitpro.com), 2010
2. McGill, S.M., Clinical Techniques for the Ultimate Back: Assessment and Therapeutic Exercise (www.backfitpro.com), 2007.

C) Commissioned Papers and Position Papers

1. **McGill, S.M.** There is no such thing as non-specific back pain. A position paper written for the Centre of Research Excellence: Musculoskeletal Disorders. Faculty of Applied Health Sciences, University of Waterloo, 2009.
2. **McGill, S.M.** On the link between occupationally related musculoskeletal loading and low back injury. Commissioned paper for the Commission on Behavioral and Social Sciences and Education, National Research Council and Institute of Medicine, USA, March, 2000.

D) Full Refereed Journal Papers

*Indicates first authors who were students at time of development of the paper.

1. Frost*, D.M., Beach, T.A.C., Callaghan, J.P., **McGill, S.M.** (Accepted Aug 2011) Using a movement screen to evaluate the effectiveness of training. J. Strength and Conditioning Res.
2. Frost*, D. Andersen, J. Lam, T, Findlay, T., Darby, K., **McGill, S.M.** (Accepted Aug 2011) The relationship between general measures of fitness, passive range of motion and whole body movement quality. Am. J. Sports. Med.
3. Vera Garcia, F.J., Moreside, J.M., **McGill, S.M.** (Accepted June 2011) Abdominal muscle activation changes if the purpose is to control pelvis motion or thorax motion. J EMG & Kinesiology.
4. Moreside*, J. and **McGill, S.M.**, (2011) Quantifying normal 3D hip range of motion in healthy adult males with clinical and laboratory tools: Hip mobility restrictions appear to be plane specific. Clin. Biomech. 26:824-829.
5. **McGill, S.M.**, (2011) Is a postural-structural-biomechanical model, within manual therapies, viable: AJBMT debate. Invited Response J. Bodywork and Movement Therapy 15(2):150-152.
6. **McGill, S.M.**,(2010) <Invited Review> Core training: Evidence translating to better performance and injury prevention. Strength and Conditioning Journal 32(3):33-46.
7. Brown*, S.H.M. and **McGill, S.M.** (2010) The relationship between trunk muscle activation and trunk stiffness: Examining a non-constant stiffness gain. Computer Methods Biomech Biomed Enging. 13(6): 829-835.
8. **McGill, S.M.**, (2010) <Invited Review> Quick Tip: Wearing a weight belt, Journal of the National Strength and Conditioning Association.
9. Yates*, J.P. and **McGill, S.M.**, (Accepted Jan 2010) The effect of vibration and posture on the progression of intervertebral disc herniation. SPINE.
10. **McGill, S.M.**, Chaimberg, J., Frost, D., Fenwick, C. (2010) The double peak: How elite MMA fighters develop speed and strike force. Journal of Strength and Conditioning Research. 24(2): 348-357.
11. Depalma, M., **McGill, S.M.** (2010) Does sustained hip flexion and pelvic rock predict the etiology of low back pain? Phys. Med. and Rehab.

12. Brown*, S.H.M. and **McGill, S.M.** (2010) A comparison of ultrasound and electromyography measures of force and activation to examine the mechanics of abdominal wall contraction. Clin.Biomech. 25:115-123.
13. Yates*, J.P., Giangregorio, L. and **McGill, S.M.** (2010) The influence of intervertebral disc shape on the pathway of posterior/posterior lateral partial herniation. SPINE. 35 (7):734-739.
14. **McGill, S.M.**, Belore, M., Crosby, I., Russell, C. (2010) Comparison of two methods to quantify torso flexion endurance. Occup. Ergonomics. 9:55-61
15. **McGill, S.M.**, Rehabilitation of the painful back: IDEA Fitness Journal, January 2010.
16. Marshall, L., **McGill, S.M.** (2010) The role of axial torque/twist in disc herniation. Clin.Biomech. 25(1): 6-9.
17. Brown*, S., **McGill, S.M.** (2009) The intrinsic stiffness of the invivo lumbar spine in response to a variety of quick releases: Implications for reflexive requirements, J. EMG Kinesiol. 19(5):727-736
18. Fenwick, C.M.J., Brown, S.H.M., **McGill, S.M.** (2009) Comparison of different rowing exercises: Trunk muscle activation, and lumbar spine motion, load and stiffness. Journal of Strength and Conditioning Research. 23(5):1408-1417.
19. **McGill, S.M.**, Karpowicz, A., Fenwick, C. (2009) Ballistic abdominal exercises: Muscle activation patterns during a punch, baseball throw, and a torso stiffening manoeuvre. J. Strength and Cond. Res. 23(3): 898-905.
20. **McGill, S.M.**, Karpowicz, A., Fenwick, C. (2009) Exercises for the torso performed in a standing posture: Motion and motor patterns. J. Strength and Conditioning Res. 23(2): 455-464.
21. **McGill, S.M.**, There is no such thing as non-specific back pain. A position paper written for the Centre of Research Excellence: Musculoskeletal Disorders. www.cre-msd.uwaterloo.ca
22. Liebenson, C., Karpowicz, A., Brown, S., Howarth, S., **McGill, S.M.** (2009) The active straight leg raise test and lumbar spine stability. Physical Medicine and Rehabilitation. 1 (6): 530-535.
23. **McGill, S.M.** and Fenwick, C.M.J. (2009) Using a pneumatic support to correct sitting posture in airline seats. Ergonomics. 52(9):1162-1168.
24. Vera Garcia, F., Moreside, J., **McGill, S.M.** (2009) MVC techniques to normalize trunk muscle EMG in healthy women. J. Electro. Kines. 20:10-16

25. Sanchez-Zuriaga, D., Vera-Garcia, F.J., Moreside, J., **McGill, S.M.** (2009) Trunk muscle activation patterns and spine kinematics when using the body blade: Influence of different postures and blade orientations. Arch. Phys. Med. Rehab. 90 (6): 1055-1060.
26. Banerjee*, P., Brown S., Howarth, S., **McGill, S.M.** (2009) Torso and hip muscle activity and resulting spine load and stability while using the Profitter 3-D Cross Trainer. J. Appl. Biomech., 25: 73-84.
27. **McGill, S.M.** (2009) <Invited Paper> Evolving Ergonomics? Ergonomics, 52(1): 80-86.
28. **McGill, S.M.**, Karpowicz, A. (2009) Exercises for spine stabilization: Motion/Motor patterns, stability progressions and clinical technique. Arch. Phys. Med. and Rehab., 90: 118-126.
29. Scannell*, J.P., **McGill, S.M.** (2009) Disc prolapse: Evidence of reversal with repeated extension. SPINE, 34(4): 344-350.
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34. **McGill, S.M.** (2008) <Invited Review> On the use of weightbelts. NSCA Hot Topics Series, www.nsca-lift.org ((Hot Topics).
35. **McGill, S.M.** (2008) <Invited Review> Therapeutic exercise for the painful lumbar spine: Where does one begin, Orthop. Div. Review CPA, pp. 12-18, March/April 2008.
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