

Sallie Cowan Research Publications

1. Baker, V., K. Bennell, B. Stillman, **S. Cowan** and K. Crossley (2002). "Abnormal knee joint position sense in individuals with patellofemoral pain syndrome." Journal of Orthopaedic Research **20**: 208-214.
2. Bennell, K., M. Duncan and **S. Cowan** (2006). "Effect of patellar taping on vasti onset timing, knee kinematics and kinetics in asymptomatic individuals with a delayed onset of vastus medialis oblique ." Journal of Orthopaedic Research **24**(9): 1854-1860.
3. Bennell, K., M. Duncan, **S. Cowan**, J. McConnell, P. Hodges and K. Crossley (2010). "Effects of vastus medialis oblique retraining versus general quadriceps strengthening on vasti onset." Medicine and Science in Sports and Exercise **42**(5): 856-864.
4. Biabanimoghadam, M., A. Motealleh and **S. M. Cowan** (2016). "Core muscle recruitment pattern during voluntary heel raises is different between patients with patellofemoral pain and healthy individuals." Knee **23**(3): 382-386.
5. Blackburn, M., **S. Cowan**, B. Carey, C. Nall and (2009). "Physiotherapy triage of low back pain clinic." Australian Health Review. **33** (4): 663-670.
6. **Cowan, S.** (2003). "Is the method of application of patellar tape important for individuals with patellofemoral pain?" The Journal of Orthopaedic and Sports Physical Therapy **8**(4): 444-445.
7. **Cowan, S.** (2016). "My Physio App: better communication, understanding and results." Br J Sports Med.
8. **Cowan, S., M.** Blackburn, K. McMahon and B. K (2010). "Current Australian Physiotherapy Management of hip osteoarthritis." Physiotherapy **96**: 289-295.
9. **Cowan, S. M.,** K. L. Bennell, K. M. Crossley, P. W. Hodges and J. McConnell (2002). "Physical therapy alters the recruitment of the vasti in patellofemoral pain syndrome." Medicine Science Sports and Exercise **34**(12): 1879-1885.
10. **Cowan, S. M.,** K. L. Bennell, K. M. Crossley, P. W. Hodges and J. McConnell (2002). "Physiotherapy treatment alters the recruitment of the vasti in patellofemoral pain syndrome." Medicine and Science in Sports and Exercise **34**(12): 1879-1885.
11. **Cowan, S. M.,** K. L. Bennell and P. W. Hodges (2000). "The test retest reliability of the onset of concentric and eccentric vastus medialis obliquus and vastus lateralis electromyographic activity in a stair stepping task." Physical Therapy in Sport **1**(4): 129-136.

12. **Cowan, S. M.**, K. L. Bennell and P. W. Hodges (2002). "Therapeutic patellar taping changes the timing of vastii muscle activation in people with patellofemoral pain syndrome." Clinical Journal of Sports Medicine **12**(6): 339-347.
13. **Cowan, S. M.**, K. L. Bennell, P. W. Hodges, K. M. Crossley and J. McConnell (2001). "Delayed onset of electromyographic activity of vastus lateralis compared to vastus medialis obliquus in subjects with patellofemoral pain syndrome." Archives of Physical Medicine and Rehabilitation **82**(2): 183-189.
14. **Cowan, S. M.**, K. L. Bennell, P. W. Hodges, K. M. Crossley and J. McConnell (2003). "Simultaneous feedforward recruitment of the vastii in untrained postural tasks can be restored by specific training." Journal of Orthopaedic Research **21**: 553-558.
15. **Cowan, S. M.** and K. M. Crossley (2009). "Does gender influence neuromotor control of the knee and hip?" J Electromyogr Kinesiol **19**(2): 276-282.
16. **Cowan, S. M.**, K. M. Crossley and K. L. Bennell (2009). "Altered hip and trunk muscle function in individuals with patellofemoral pain." British Journal of Sports Medicine **43**(8): 584-588.
17. **Cowan, S. M.**, H. F. Hart, S. J. Warden and K. M. Crossley (2015). "Infrapatellar fat pad volume is greater in individuals with patellofemoral joint osteoarthritis and associated with pain." Rheumatol Int **35**(8): 1439-1442.
18. **Cowan, S. M.**, P. W. Hodges and K. L. Bennell (2001). "Anticipatory activity of vastus lateralis and vastus medialis obliquus occurs simultaneously in voluntary heel and toe raises." Physical Therapy in Sport **2**(2): 71-79.
19. **Cowan, S. M.**, P. W. Hodges, K. M. Crossley and K. L. Bennell (2006). "Patellar taping doesn't change the amplitude of electromyographic activity of the vasti in a stair stepping task." British Journal of Sports Medicine **40**(1): 30-34.
20. **Cowan, S. M.**, A. G. Schache, P. Brukner, K. Bennell, P. W. Hodges, P. Coburn and K. Crossley (2004). "Delayed onset of transversus abdominus in long-standing groin pain." Medicine and Science in Sports and Exercise **36**(12): 2040-2045.
21. Crossley, K., K. Bennell, S. Green, **S. Cowan** and J. McConnell (2002). "Physical therapy for patellofemoral pain: A randomised, double-blind, placebo controlled trial." American Journal of Sports Medicine **30**(6): 857-865.
22. Crossley, K. M., K. L. Bennell, S. Green and **S. M. Cowan** (2004). "Analysis of outcome measures for persons with patellofemoral pain: Which are reliable and valid." Archives of Physical Medicine and Rehabilitation **815-822**(5): 815-822.
23. Crossley, K. M., **S. M. Cowan**, K. L. Bennell, S. Green and J. McConnell (2005). "Physical therapy restores altered gait patterns in individuals with patellofemoral pain." Medicine & Science in Sports & Exercise **37**(2): 176-183.

24. Crossley, K. M., **S. M. Cowan**, K. L. Bennell and J. McConnell (2000). "Patellar taping: Is clinical success supported by scientific evidence?" Manual Therapy **5**(3): 142-150.
25. Crossley, K. M., **S. M. Cowan**, K. L. Bennell and J. McConnell (2004). "Knee flexion during stair ambulation is altered in individuals with patellofemoral pain." Journal of Orthopaedic Research **22**(2): 267-274.
26. Crossley, K. M., W. J. Zhang, A. G. Schache, A. Bryant and **S. M. Cowan** (2011). "Performance on the single-leg squat task indicates hip abductor muscle function." American Journal of Sports Medicine **39**(4): 866-873.
27. Frith, C., **S. Cowan** and C. Delaney (2015). "Reflection training as a form of professional development for physiotherapy clinical educators." Focus on Health Professional Education: A Mutli-Disciplinary Journal; **16**(2): 88-91.
28. Hart, H. F., N. J. Collins, D. C. Ackland, **S. M. Cowan** and K. M. Crossley (2015). "Gait Characteristics of People with Lateral Knee Osteoarthritis after ACL Reconstruction." Med Sci Sports Exerc **47**(11): 2406-2415.
29. Hart, H. F., N. J. Collins, D. C. Ackland, **S. M. Cowan**, M. A. Hunt and K. M. Crossley (2016). "Immediate Effects of a Brace on Gait Biomechanics for Predominant Lateral Knee Osteoarthritis and Valgus Malalignment After Anterior Cruciate Ligament Reconstruction." Am J Sports Med **44**(4): 865-873.
30. Hart, H. F., K. M. Crossley, D. C. Ackland, **S. M. Cowan** and N. J. Collins (2016). "Effects of an unloader knee brace on knee-related symptoms and function in people with post-traumatic knee osteoarthritis after anterior cruciate ligament reconstruction." Knee **23**(1): 85-90.
31. Hart, H. F., A. G. Culvenor, N. J. Collins, D. C. Ackland, **S. M. Cowan**, Z. Machotka and K. M. Crossley (2016). "Knee kinematics and joint moments during gait following anterior cruciate ligament reconstruction: a systematic review and meta-analysis." Br J Sports Med **50**(10): 597-612.
32. Hinman, R., **S. Cowan**, K. Crossley and K. Bennell (2005). "Age-related changes in electromyographic quadriceps activity during stair descent." Journal of Orthopaedic Research **32**(2): 322-326.
33. Pua, Y., **S. Cowan**, T. Wrigley and I. K. Bennel (2009). "The Lower Extremity Functional Scale could be an alternative to the WOMAC physical function scale. ." Journal of Clinical Epidemiology **62**: 1103-1111.
34. Pua, Y. H., **S. M. Cowan**, T. V. Wrigley and K. L. Bennell (2009). "Discriminant validity of the Western Ontario and McMaster Universities Osteoarthritis index physical functioning subscale in community samples with hip osteoarthritis." Arch Phys Med Rehabil **90**(10): 1772-1777.

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36. Pua, Y. H., T. V. Wrigley, M. Collins, **S. M. Cowan** and K. L. Bennell (2009). "Self-report and physical performance measures of physical function in hip osteoarthritis: relationship to isometric quadriceps torque development." Arthritis Rheum **61**(2): 201-208.
37. Pua, Y. H., T. V. Wrigley, **S. M. Cowan** and K. L. Bennell (2008). "Intrarater test-retest reliability of hip range of motion and hip muscle strength measurements in persons with hip osteoarthritis." Arch Phys Med Rehabil **89**(6): 1146-1154.
38. Pua, Y. H., T. V. Wrigley, **S. M. Cowan** and K. L. Bennell (2009). "Hip flexion range of motion and physical function in hip osteoarthritis: mediating effects of hip extensor strength and pain." Arthritis Rheum **61**(5): 633-640.
39. Retchford, T. H., K. M. Crossley, A. Grimaldi, J. L. Kemp and **S. M. Cowan** (2013). "Can local muscles augment stability in the hip? A narrative literature review." J Musculoskelet Neuronal Interact **13**(1): 1-12.
40. Van Tiggelen, D., **S. Cowan**, P. Coorevits, N. Duvigneaud, E. Bernard and E. Witvrouw (2009). "Delayed Electromyographic Onset of the Vastus Medialis Obliquus Activity Compared to the Vastus Lateralis prior to the Development of Patellofemoral Pain. - A Prospective Study in Male Subjects." American Journal of Sports Medicine **37**: 1099-1105.
41. Wyndow, N., **S. Cowan**, T. Wrigley and K. Crossley (2010). "Neuromotor control of the lower limb in achilles tendinopathy: implications for foot orthotic therapy." Sports Medicine(40): 715-727.
42. Wyndow, N., **S. M. Cowan**, T. V. Wrigley and K. M. Crossley (2013). "Triceps surae activation is altered in male runners with Achilles tendinopathy." J Electromyogr Kinesiol **23**(1): 166-172.