

Musculoskeletal Disorders – Acute, subacute and intermittent stages

FYST333A - Spring 2018

Articles:

Alfredo PP, Bjordal JM, Dreyer SH et al. Efficacy of low level laser therapy associated with exercises in knee osteoarthritis: a randomized double-blind study. *Clin Rehabil.* 2012;26:523-533.

<http://cre.sagepub.com/content/26/6/523.full.pdf+html>

Attur M, Statnikov A, Samuels J, Li Z, Alekseyenko AV, Greenberg JD, Krasnokutsky S, Rybak L, Lu QA, Todd J, Zhou H, Jordan JM, Kraus VB, Aliferis CF, Abramson SB. Plasma levels of interleukin-1 receptor antagonist (IL1Ra) predict radiographic progression of symptomatic knee osteoarthritis.

*Osteoarthritis Cartilage.* 2015 Nov;23(11):1915-24. doi: 10.1016/j.joca.2015.08.006.

<http://www.sciencedirect.com/science/article/pii/S1063458415012893>

Couppé C, Svensson RB, Silbernagel KG, Langberg H, Magnusson SP. Eccentric or concentric exercises for the treatment of tendinopathies? *J Orthop Sports Phys Ther.* 2015 Oct 15:1-25.

[http://www.jospt.org/doi/abs/10.2519/jospt.2015.5910?url\\_ver=Z39.88-2003&rfr\\_id=ori:rid:crossref.org&rfr\\_dat=cr\\_pub%3dpubmed](http://www.jospt.org/doi/abs/10.2519/jospt.2015.5910?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%3dpubmed)

Bennell KL, Dobson F, Hinman RS. Exercise in osteoarthritis: moving from prescription to adherence.

*Best Pract Res Clin Rheumatol.* 2014 Feb;28(1):93-117. doi: 10.1016/j.berh.2014.01.009.

<http://www.sciencedirect.com/science/article/pii/S1521694214000102>

Berenbaum F. Osteoarthritis as an inflammatory disease (osteoarthritis is not osteoarthrosis!).

*Osteoarthritis Cartilage.* 2013;21:16-21.

<http://www.sciencedirect.com/science/article/pii/S1063458412010254#>

Dunning JR, Cleland JA, Waldrop MA, Arnot CF, Young IA, Turner M, Sigurdsson G. Upper Cervical and Upper Thoracic Thrust Manipulation Versus Nonthrust Mobilization in Patients With Mechanical Neck Pain: A Multicenter Randomized Clinical Trial *J Orthop Sports Phys Ther.* 2012 Jan;42(1):5-18. doi: 10.2519/jospt.2012.3894.

[http://www.jospt.org/doi/abs/10.2519/jospt.2012.3894?url\\_ver=Z39.88-2003&rfr\\_id=ori:rid:crossref.org&rfr\\_dat=cr\\_pub%3dpubmed](http://www.jospt.org/doi/abs/10.2519/jospt.2012.3894?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%3dpubmed)

Facci LM, Nowotny JP, Tormem F, Trevisani VF. Effects of transcutaneous electrical nerve stimulation (TENS) and interferential currents (IFC) in patients with nonspecific chronic low back pain:

randomized clinical trial. *Sao Paulo Med J.* 2011;129(4):206-16. PMID: 21971895

[http://pva.uib.no/login?url=http://www.scielo.br/scielo.php?script=sci\\_arttext&pid=S1516-31802011000400003&lng=en&nrm=iso&tlng=en](http://pva.uib.no/login?url=http://www.scielo.br/scielo.php?script=sci_arttext&pid=S1516-31802011000400003&lng=en&nrm=iso&tlng=en)

Garber CE, Blissmer B, Deschenes MR, Franklin BA, Lamonte MJ, Lee IM, et al. American College of Sports Medicine position stand. Quantity and quality of exercise for developing and maintaining cardiorespiratory, musculoskeletal, and neuromotor fitness in apparently healthy adults: guidance for prescribing exercise. *Med Sci Sports Exerc* 2011 Jul; 43(7): 1334-59.

<https://www.ncbi.nlm.nih.gov/pubmed/21694556>

Jamtvedt G, Dahm KY, Christie A, Moe RH, Haavardsholm E, Holm I et al. Physical therapy interventions for patients with osteoarthritis of the knee: an overview of systematic reviews. *Phys Ther.* 2008;88(1):123-36. <https://academic.oup.com/ptj/article/88/1/123/2747242/Physical-Therapy-Interventions-for-Patients-With?searchresult=1>

Joensen J, Coupe C, Bjordal JM. Increased palpation tenderness and muscle strength deficit in the prediction of tendon hypertrophy in symptomatic unilateral shoulder tendinopathy: an ultrasonographic study. *Physiotherapy.* 2009 Jun;95(2):83-93. doi: 10.1016/j.physio.2008.09.006. <http://www.ncbi.nlm.nih.gov/pubmed/19627689>

Juhl C, Christensen R, Roos EM, Zhang W, Lund H. Impact of exercise type and dose on pain and disability in knee osteoarthritis: a systematic review and meta-regression analysis of randomized controlled trials. *Arthritis Rheumatol.* 2014 Mar;66(3):622-36. <http://onlinelibrary.wiley.com/doi/10.1002/art.38290/abstract>

Machado GC, Maher CG, Ferreira PH, Pinheiro MB, Lin CW, Day RO, McLachlan AJ, Ferreira ML. Efficacy and safety of paracetamol for spinal pain and osteoarthritis: systematic review and meta-analysis of randomised placebo controlled trials. *BMJ.* 2015 Mar 31;350:h1225 <http://www.bmj.com/content/350/bmj.h1225.long>

Marcos RL1, Leal-Junior EC, Arnold G, Magnenet V, Rahouadj R, Wang X, Demeurie F, Magdalou J, de Carvalho MH, Lopes-Martins RÁ Low-level laser therapy in collagenase-induced Achilles tendinitis in rats: analyses of biochemical and biomechanical aspects. *J Orthop Res.* 2012 Dec;30(12):1945-51. doi: 10.1002/jor.22156. <http://onlinelibrary.wiley.com/doi/10.1002/jor.22156/pdf>

Rees JD, Stride M, Scott A. Tendons – time to revisit inflammation. *British Journal of Sports Medicine.* 2014;48(21):1553-1557. doi:10.1136/bjsports-2012-091957. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4215290/>

Stergioulas A, Stergioula M, Aarskog R, Lopes-Martins RA, Bjordal JM. Effects of low-level laser therapy and eccentric exercises in the treatment of recreational athletes with chronic achilles tendinopathy. *Am J Sports Med.* 2008 May;36(5):881-7. <http://ajs.sagepub.com/content/36/5/881>

Umpierre D, Ribeiro PA, Kramer CK, Leitao CB, Zucatti AT, Azevedo MJ et al. Physical activity advice only or structured exercise training and association with HbA1c levels in type 2 diabetes: a systematic review and meta-analysis. *JAMA* 2011; 305(17):1790-1799. <http://pva.uib.no/login?url=http://www.ncbi.nlm.nih.gov/pubmed/21540423>