

INTOUCH

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Topics of Interest

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- Acupuncture
- Acupressure
- Nutrition
- Sports Medicine & Rehabilitation
- Physical Diagnosis
- Osteoarthritis (includes LLLT)
- Gait
- Faculty Publications

SPINAL MANIPULATION

1. [Supervised exercise with and without spinal manipulation performs similarly and better than home exercise for chronic neck pain: a randomized controlled trial.](#) R Evans, et al. Spine May 15, 2012; 37(11): 903-914.
2. [Safety of cervical spine manipulation: are adverse events preventable and are manipulations being performed appropriately? A review of 134 case reports.](#) E Puentedura, et al. Journal of Manual and Manipulative Therapy 2012; 20(2): 66-74.
3. [Spinal manipulations for tension-type headaches: a systematic review of randomized controlled trials.](#) P Posadzki, et al. Complementary Therapies in Medicine August 2012; 20(4): 232-239.
4. [Adverse events from spinal manipulation in the pregnant and postpartum periods: a critical review of the literature.](#) K Stuber, et al. Chiropractic & Manual Therapies March 28, 2012; 20: 8 (7 pages).
5. [Osteopathic manipulative treatment in pregnant women.](#) J Lavelle. Journal of the American Osteopathic Association June 2012; 112(6): 343-346.
6. [Efficacy of osteopathic manipulative treatment for low back pain in euhydrated and hypohydrated conditions: a randomized crossover trial.](#) J Parker, et al. Journal of the American Osteopathic Association May 2012; 112(5): 276-284.

LOW BACK PAIN / SCIATICA

7. [Effectiveness of sub-group specific manual therapy for low back pain: a systematic review.](#) S Slater, et al. Manual Therapy June 2012; 17(3): 201-212.
8. [Comprehensive yoga programs improves pain, anxiety and depression in chronic low back pain patients more than exercise: an RCT.](#) P Tekur, et al. Complementary Therapies in Medicine June 2012; 20(3): 107-118.
9. [Prognosis of acute low back pain in primary care in the United States: a 2-year prospective cohort study.](#) W Mehling, et al. Spine April 15, 2012; 37(8): 678-684.
10. [Effect of muscle energy techniques on disability and pain scores in individuals with low back pain.](#) J Day, et al. Journal of Sport Rehabilitation May 2012; 21(2): 194-8.
11. [Dynamic changes of elasticity, cross-sectional area, and fat infiltration of multifidus at different postures in men with chronic low back pain.](#) S Chan, et al. Spine Journal May 2012; 12(5): 381-388.
12. [Centralization in patients with sciatica: are pain responses to repeated movement and positioning associated with outcome or types of disc lesions?](#) H Albert, et al. European Spine Journal April 2012; 21(4): 630-636.



DISC DEGENERATION / SPINOUS PROCESS

13. [Modic type I change may predict rapid progressive, deforming disc degeneration: a prospective 1-year follow-up study.](#) L Kerttula, et al. European Spine Journal June 2012; 21(6): 1135-1142.
14. [Association of modic changes, Schmorl's nodes, spondylolytic defects, high-intensity zone lesions, disc herniations, and radial tears with low back symptom severity among young Finnish adults.](#) Spine June 15, 2012; 37(14): 1231-1239.
15. [Spinous process morphology: the effect of ageing through adulthood on spinous process size and relationship to sagittal alignment.](#) C Aylott, et al. European Spine Journal May 2012; 21(5): 1007-1012.

SACROILIAC JOINT

16. [Effects of external pelvic compression on form closure, force closure, and neuromotor control of the lumbopelvic spine: a systematic review.](#) A Arumugam, et al. Manual Therapy August 2012; 17(4): 275-284.

WHIPLASH INJURIES / CERVICAL SPINE

17. [Immediate effects of ischemic compression on neck function in patients with cervicogenic cephalic syndrome.](#) Y Lin, et al. Journal of Manipulative and Physiological Therapeutics May 2012; 35(4): 301-307.
18. [Modic changes in the cervical spine: prospective 10-year follow-up study in asymptomatic subjects.](#) M Matsumoto, et al. Journal of Bone & Joint Surgery. British Volume May 2012; 94(5): 678-683.
19. [Muscle trigger points, pressure pain threshold, and cervical range of motion in patients with high level of disability related to acute whiplash injury.](#) A Fernandez-Perez, et al. Journal of Orthopaedic & Sports Physical Therapy July 2012; 42(7): 634-341.

PAIN

20. [Referred pain from myofascial trigger points in head, neck, shoulder, and arm muscles reproduces pain symptoms in blue-collar \(manual\) and white-collar \(office\) workers.](#) C Fernández-de-las-Peñas, et al. Clinical Journal of Pain July/August 2012; 28(6): 511-518.
21. [Placebo manipulations reduce hyperalgesia in neuropathic pain.](#) G Petersen, et al. Pain June 2012; 153(6): 1292-1300.
22. [Myofascial pain of the jaw muscles: comparison of short-term effectiveness of botulinum toxin injections and fascial manipulation technique.](#) L Guarda-Nardini, et al. Cranio: The Journal of Craniomandibular Practice April 2012; 30(2): 95-102.

ACUPUNCTURE

23. [Effects of acupuncture on the outcomes of in vitro fertilization: a systematic review and meta-analysis.](#) F Qu, et al. Journal of Alternative and Complementary Medicine May 2012; 18(5): 429-439.
24. [Acupuncture as a therapeutic treatment option for threatened miscarriage.](#) D Betts, et al. BMC Complementary and Alternative Medicine March 22, 2012; 12: 20 (7 pages).
25. [Long-term effect of acupuncture for treatment of tinnitus: a randomized, patient- and assessor-blind sham-acupuncture-controlled, pilot trial.](#) W Jeon, et al. Journal of Alternative and Complementary Medicine July 2012; 18(7): 1-7.

ACUPRESSURE

26. [Acupressure for the treatment of musculoskeletal pain conditions: a systematic review.](#) Y Chan Kim, et al. Journal of Musculoskeletal Pain June 2012; 20(2): 116-121.
27. [Acupressure in the control of migraine-associated nausea.](#) G Allais, et al. Neurological Sciences May 2012; 33 (Supplement): 207-210.

NUTRITION

28. [Salt and hypertension: is salt dietary reduction worth the effort?](#) T Frisoli, et al. The American Journal of Medicine May 2012; 125(5): 433-439.
29. [Niacin: chemical forms, bioavailability, and health effects.](#) D MacKay, et al. Nutrition Reviews June 2012; 70(6): 357-366.
30. [Acute caffeine ingestion's increase of voluntarily chosen resistance-training load after limited sleep.](#) C Cook, et al. International Journal of Sport Nutrition and Exercise Metabolism June 2012; 22(3): 157-164.
31. [Functional benefits of citrus fruits in the management of diabetes.](#) O Aruoma, et al. Preventive Medicine May 2012; 54(Supplement): S12-S16.
32. [Relative effectiveness of oral 25-hydroxyvitamin D₃ and vitamin D₃ in raising wintertime serum 25-hydroxyvitamin D in older adults.](#) K Cashman, et al. American Journal of Clinical Nutrition June 2012; 95(6): 1350-1356.
33. [Effects of vitamin C supplementation on blood pressure: a meta-analysis of randomized controlled trials.](#) S Juraschek, et al. American Journal of Clinical Nutrition May 2012; 95(5): 1079-1088.
34. Nutritional factors in autism: an overview of nutritional factors in the etiology and management of autism. B Santhanam, et al. Integrative Medicine February/March 2012; 11(1): 46-49.
35. Using complementary herbal therapy in heart failure. R Meyer, et al. Integrative Medicine April/May 2012; 11(2): 38-41.

SPORTS MEDICINE & REHABILITATION

36. [Multiple hop test: a discriminative or evaluative instrument for chronic ankle instability?](#) C Eecheute, et al. Clinical Journal of Sports Medicine May 2012; 22(3): 228-233.
37. [Whole body kinematics and knee moments that occur during an overhead catch and landing task in sport.](#) A Dempsey, et al. Clinical Biomechanics June 2012; 27(5): 466-474.
38. [Update on acute ankle sprains.](#) J Tiemstra. American Family Physician June 15, 2012; 85(12): 1170-1176.
39. [Exercise for rotator cuff tendinopathy: a systematic review.](#) C Littlewood, et al. Physiotherapy June 2012; 98(2): 101-109.
40. [Shoulder muscle activation and coordination in patients with a massive rotator cuff tear: an electromyographic study.](#) D Hawkes, et al. Journal of Orthopaedic Research July 2012; 30(7): 1140-1146.
41. [Passive range of motion characteristics in the overhead baseball pitcher and their implications for rehabilitation.](#) K Wilk, et al. Clinical Orthopaedics and Related Research June 2012; 470(6): 1586-1594.
42. Kettlebell Turkish Get-Up: training tool for injury prevention and performance enhancement. A Ayash, et al. International Journal of Athletic Therapy & Training July 2012; 17(4): 8-13.
43. [Exercise during pregnancy and the gestational age distribution: a cohort study.](#) K Owe, et al. Medicine and Science in Sports and Exercise June 2012; 44(6): 1067-1074.

PHYSICAL DIAGNOSIS

44. [Diagnosis and management of Lyme disease](#). W Wright, et al. American Family Physician June 1, 2012; 85(11): 1086-1093.
45. [Evaluation of nail abnormalities](#). A Tully, et al. American Family Physician April 15, 2012; 85(8): 779-787.

OSTEOARTHRITIS

46. [Efficacy of low level laser therapy associated with exercises in knee osteoarthritis: a randomized double-blind study](#). P Alfredo, et al. Clinical Rehabilitation June 2012; 26(6): 523-533.
47. [Complementary and alternative medicine in osteoarthritis](#). A De Luigi. PM & R May 2012; 4(Supplement): S122-S133.

GAIT

48. [Effect of walking in high- and low-heeled shoes on erector spinae activity and pelvis kinematics during gait](#). A Mika, et al. American Journal of Physical Medicine & Rehabilitation May 2012; 91(5): 425-434.

FACULTY PUBLICATIONS

RECENTLY PUBLISHED ARTICLES FROM LOGAN FACULTY

49. [Chiropractic or osteopathic manipulation for children in the United States: an analysis of data from the 2007 National Health Interview Survey](#). H Ndetan, M Evans, **C Hawk**, and C Walker. Journal of Alternative and Complementary Medicine April 2012; 18(4): 324-353.
50. [Consensus process to develop a best-practice document on the role of chiropractic care in health promotion, disease prevention, and wellness](#). **C Hawk**, et al. Journal of Manipulative and Physiological Therapeutics June 26, 2012.
51. [Corpectomy versus discectomy for the treatment of multilevel cervical spine pathology: a finite element model analysis](#). **M Hussain**, et al. Spine Journal May 2012; 12(5): 401-408.
52. [Posterior facet load changes in adjacent segments due to moderate and severe degeneration in C5-C6 disc: a poroelastic C3-T1 finite element model study](#). **M Hussain**, et al. Journal of Spinal Disorders and Techniques June 2012; 25(4): 218-225.
53. [Progressive disc degeneration at C5-C6 segment affects the mechanics between disc heights and posterior facets above and below the degenerated segment: a flexion-extension investigation using a poroelastic C3-T1 finite element model](#). **M Hussain**, et al. Medical Engineering & Physics June 2012; 34(5): 552-558.
54. [Brain correlates of phasic autonomic response to acupuncture stimulation: an event-related fMRI study](#). **V Napadow**, J Lee, J Kim, S Cina, Y Maeda, R Barbieri, R Harris, **N Kettner**, and K Park. Human Brain Mapping April 14, 2012.
55. [Decreased intrinsic brain connectivity is associated with reduced clinical pain in fibromyalgia](#). **V Napadow**, et al. Arthritis & Rheumatism July 2012; 64(7): 2398-2403.
56. [Magnetic resonance imaging investigation of the atlanto-axial interspace](#). F Scali, M Pontell, **A Welk**, T Malmstrom, E Marshall, and **N Kettner**. Clinical Anatomy May 10, 2012.

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