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Topics of Interest

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- Low Back Pain / Lumbar Spine
- Manipulation
- Whiplash / Cervical Spine
- Headache
- Acupuncture
- Shoulder
- Ankle / Foot
- Nutrition / Weight Loss
- Geriatrics
- Miscellaneous

UTILIZATION / COST EFFECTIVENESS

- 1. <u>Longitudinal study of chiropractic use among older adults in the United States</u>. P Weigel, et al. Chiropractic & Osteopathy December 21, 2010; 18:34 (14 pages).
- 2. Cost of care for common back pain conditions initiated with chiropractic doctor vs medical doctor/doctor of osteopathy as first physician: experience of one Tennessee-based general health insurer. R Liliedahl, et al. Journal of Manipulative and Physiological Therapeutics November/December 2010; 33(9): 640-643.

LOW BACK PAIN / LUMBAR SPINE

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- Updated overview of clinical guidelines for the management of non-specific low back pain in primary care. B Koes, et al. <u>European Spine Journal</u> December 2010; 19(12): 2075-2094.
- 6. Cortical changes in chronic low back pain: current state of the art and implications for clinical practice. B Wand, et al. Manual Therapy February 2011; 16(1): 15-20.
- 7. Role of exercise and alternative treatments for low back pain. K Carneiro, et al. Physical Medicine and Rehabilitation Clinics of North America November 2010; 21(4): 777-792.
- 8. <u>Does the location of low back pain predict its source?</u> M DePalma, et al. <u>PM&R</u> January 2011; 3(1): 33-39.
- 9. How is recovery from low back pain measured? A systematic review of the literature. S Kamper, et al. European Spine Journal January 2011; 20(1): 9-18.
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- 11. <u>Back pain is associated with changes in loading pattern throughout forward and backward bending.</u> G Shum, et al. Spine December 1, 2010; 35(25): e1472-e1478.
- 12. <u>Factors affecting low back pain in adolescents.</u> P Korovessis, et al. <u>Journal of Spinal Disorders & Techniques</u> December 2010; 23(8): 513-520.



LOW BACK PAIN / LUMBAR SPINE (CONTINUED)

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- 14. <u>Degenerative lumbar spinal stenosis and lumbar spine configuration.</u> J Abbas, et al. <u>European Spine Journal</u> November 2010; 19(11): 1865-1873.
- 15. <u>Lumbar facet joint: a review of current knowledge: part 1: anatomy, biomechanics, and grading.</u> G Varlotta, et al. <u>Skeletal Radiology</u> January 2011; 40(1): 13-23.

MANIPULATION

- 16. Evaluating the relationship among cavitation, zygapophyseal joint gapping, and spinal manipulation: an exploratory case series. G Cramer, et al. Journal of Manipulative and Physiological Therapeutics January 2011; 34(1): 2-14.
- 17. <u>Immediate effect of low back manipulation on serum cortisol levels in adult males with mechanical low back pain</u>. K Padayachy, et al. Clinical Chiropractic December 2010; 13(4): 246-252.
- 18. <u>Systematic review of clinical trials of cervical manipulation: control group procedures and pain outcomes.</u> H Vernon, et al. <u>Chiropractic & Manual Therapies</u> January 11, 2011; 19(1):3 (12 pages).
- 19. Patient expectations of benefit from common interventions for low back pain and effects on outcome: secondary analysis of a clinical trial of manual therapy interventions. M Bishop, et al. <u>Journal of Manual and Manipulative Therapy</u> February 2011; 19(1): 20-25.
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WHIPLASH / CERVICAL SPINE

- 21. Neck motion patterns in whiplash-associated disorders: quantifying variability and spontaneity of movement. J Baydal-Bertomeu, et al. Clinical Biomechanics January 2011; 26(1): 29-34.
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- 24. Myofascial trigger point needling for whiplash associated pain: a feasibility study. E Tough, et al. Manual Therapy December 2010; 15(6): 529-535.

HEADACHE

- 25. <u>Effectiveness of manual therapy for chronic tension-type headache: a pragmatic, randomised, clinical trial.</u> R Castien, et al. <u>Cephalalgia</u> January 2011; 31(2): 133-143.
- 26. Pain perception studies in tension-type headache. D Bezov, et al. Headache February 2011; 51(2): 262-271.

ACUPUNCTURE

- 27. Assessment of a traditional acupuncture therapy for chronic neck pain: a pilot randomized controlled study. Z Liang, et al. Complementary Therapies in Medicine January 2011; 19(Supplement 1): s26-s32.
- 28. <u>Clinical effectiveness of acupuncture for mandibular subluxation and dislocation.</u> D Lu, et al. <u>Acupuncture & Electro-Therapeutics Research</u> 2010; 35(3/4): 187-192.
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SHOULDER

- 30. Effectiveness of small daily amounts of progressive resistance training for frequent neck/shoulder pain: randomised controlled trial. L Andersen, et al. Pain February 2011; 152(2): 440-446.
- 31. Effects of scapular taping on electromyographic muscle activity and proprioception feedback in healthy shoulders. J Lin, et al. Journal of Orthopaedic Research January 2011; 29(1): 53-57.
- 32. Optimal therapeutic management of chronic shoulder dysfunction. J Faltus. <u>Athletic Therapy Today</u> November 2010; 15(6): 4-7.

ANKLE / FOOT

- 33. <u>Joint mobilization improves spatiotemporal postural control and range of motion in those with chronic ankle instability.</u> M Hoch, et al. <u>Journal of Orthopaedic Research</u> March 2011; 29(3): 326-332.
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- 35. Stress fractures: diagnosis, treatment, and prevention. D Patel, et al. <u>American Family Physician</u> January 1, 2011; 83(1): 39-46.

NUTRITON / WEIGHT LOSS

- 36. <u>Diet and asthma: nutrition implications from prevention to treatment.</u> K Allan, et al. <u>Journal of the American Dietetic Association</u> February 2011; 111(2): 258-268.
- 37. <u>Diets with high or low protein content and glycemic index for weight-loss maintenance.</u> T Larsen, et al. <u>New England Journal of Medicine</u> November 25, 2010; 363(22): 2102-2113.
- 38. <u>Curcumin and obesity: evidence and mechanisms.</u> L Alappat, et al. <u>Nutrition Reviews</u> December 2010; 68(12): 729-738.
- 39. Exercising before protein intake allows for greater use of dietary protein-derived amino acids for de novo muscle protein synthesis in both young and elderly men. B Pennings, et al. American Journal of Clinical Nutrition February 2011; 93(2): 322-331.
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GERIATRICS

- 41. <u>Influence of resistance exercise on lean body mass in aging adults: a meta-analysis.</u> M Peterson, et al. <u>Medicine & Science in Sports & Exercise</u> February 2011; 43(2): 249-258.
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- 43. Effects of tai chi exercise on posturography, gait, physical function and quality of life in postmenopausal women with osteopaenia: a randomized clinical study. M Chyu, et al. Clinical Rehabilitation December 2010; 24(12): 1080-1090.
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MISCELLANEOUS

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- 46. Complementary and alternative medicine for prevention and treatment of the common cold. R Nahas, et al. Canadian Family Physician January 2011; 57(1): 31-36.
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