

INTOUCH

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September 2012

Volume 20, No. 4

Topics of Interest

- Manipulation / Manual Therapies
- Neck Pain
- TMD
- MTPs
- Low Back Pain
- Pregnancy
- Foot & Ankle
- Gait
- Sports Medicine & Rehabilitation
- Radiology
- TENS
- Pain
- Acupressure
- Acupuncture
- Shoulder
- Nutrition
- Carpal Tunnel Syndrome

Foot & Ankle - This issue includes a special focus area on the foot and ankle. Citations include articles on manipulation, biomechanics, injury, rehabilitation and therapy. View these on page 3.

eTouch - An online source for articles categorized by subject for all of 2012. See page 6 for details.

Fees - Full text articles are only **\$8/each** for alumni and **\$10/each** for non-alumni. Contact us to order and choose delivery by email, fax or mail. Ordering information is on page 7.

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MANIPULATION / MANUAL THERAPIES

1. [Effect of spinal manipulative therapy on spinal range of motion: a systematic literature review.](#) M Millan, et al. Chiropractic & Manual Therapies 2012 Aug 6;20(1):23.
2. [Manual therapies for cervicogenic headache: a systematic review.](#) A Chaibi, et al. Journal of Headache Pain 2012 Jul;13(5):351-359.
3. [Clinical effectiveness of the activator adjusting instrument in the management of musculoskeletal disorders: a systematic review of the literature.](#) T Huggins, et al. Journal of the Canadian Chiropractic Association 2012 Mar;56(1):49-57.

NECK PAIN

4. [Predictors of outcome in neck pain patients undergoing chiropractic care: comparison of acute and chronic patients.](#) CK Peterson, et al. Chiropractic & Manual Therapies 2012 Aug 24;20(1):27 (20 pages).
5. [Change in deep cervical flexor activity after training is associated with the degree of pain reduction in patients with chronic neck pain.](#) D Falla, et al. Clinical Journal of Pain 2012 Sep;28(7):628-634.

TEMPOROMANDIBULAR DISORDERS

6. [Are temporomandibular disorders and tinnitus associated?](#) AD Saldanha, et al. Cranio 2012 Jul;30(3):166-71.

MYOFASCIAL TRIGGER POINTS

7. [Mechanical pain sensitivity of deep tissues in children: possible development of myofascial trigger points in children.](#) TI Han, et al. BMC Musculoskeletal Disorders 2012 Feb 8;13:13 (9 pages).
8. [Comparison between the immediate effect of manual pressure release and strain/counterstrain techniques on latent trigger point of upper trapezius muscle.](#) F Okhovatian, et al. Clinical Chiropractic 2012 Jun;15(2):55-61.



LOW BACK PAIN

9. [Relationship between STarT Back Screening Tool and prognosis for low back pain patients receiving spinal manipulative therapy.](#) J Field, et al. Chiropractic & Manual Therapies 2012 Jun 12;20(1):17.
10. [Predictors of functional outcome in patients with chronic low back pain undergoing back school, individual physiotherapy or spinal manipulation.](#) F Cecchi, et al. European Journal of Physical and Rehabilitation Medicine 2012 May 8: (8 pages).
11. [Physical fitness, rather than self-reported physical activities, is more strongly associated with low back pain: evidence from a working population.](#) H Heneweer, et al. European Spine Journal 2012 Jul;21(7):1265-72.
12. [Pragmatic multicentered randomized controlled trial of yoga for chronic low back pain: economic evaluation.](#) LH Chuang, et al. Spine 2012 Aug 15;37(18):1593-1601.
13. [Spinal position sense and trunk muscle activity during sitting and standing in nonspecific chronic low back pain: classification analysis.](#) L Sheeran, et al. Spine 2012 Apr 15;37(8):E486-95.
14. [Longitudinal associations between physical load and chronic low back pain in the general population: the Doetinchem Cohort Study.](#) SH van Oostrom, et al. Spine 2012 Apr 20;37(9):788-796.
15. [Motor performance in chronic low back pain: is there an influence of pain-related cognitions? A pilot study.](#) D Kusters, et al. BMC Musculoskeletal Disorders 2011 Sep 27;12:211.
16. [Prognosis of acute and persistent low-back pain: a meta-analysis.](#) C Menezes Costa Lda, et al. CMAJ Canadian Medical Association Journal 2012 Aug 7;184(11):E613-E624.
17. [Efficacy of targeted interventions for modifiable psychosocial risk factors of persistent nonspecific low back pain: a systematic review.](#) P Kent, et al. Manual Therapy 2012 Oct 17(5):385-401.
18. [The greatest risk for low-back pain among newly educated female health care workers; body weight or physical work load?](#) JN Jensen, et al. BMC Musculoskeletal Disorders 2012 Jun 6;13:87 (6 pages).
19. [Guiding low back claimants to work: a randomized controlled trial.](#) M Du Bois, et al. Spine 2012 Aug 1;37(17):1425-1431.
20. [Determinants of satisfaction with individual health in male and female patients with chronic low back pain.](#) K Pieber, et al. Journal of Rehabilitation Medicine 2012 Jun 25;44(8):658-663.
21. [Physical and psychosocial predictors of functional trunk capacity in older adults with and without low back pain.](#) E Ledoux, et al. Journal of Manipulative Physiological Therapeutics 2012 Jun;35(5):338-45.
22. [Somatic dysfunction and its association with chronic low back pain, back-specific functioning, and general health: results from the OSTEOPATHIC trial.](#) JC Licciardone, et al. Journal of the American Osteopathic Association 2012 Jul;112(7):420-428.
23. [Impact of epidural steroid injections on the outcomes of patients treated for lumbar disc herniation: a subgroup analysis of the SPORT trial.](#) K Radcliff, et al. Journal of Bone & Joint Surgery - American 2012 Aug 1;94(15):1353-1358.

PREGNANCY

24. [Can supervised group exercises including ergonomic advice reduce the prevalence and severity of low back pain and pelvic girdle pain in pregnancy? A randomized controlled trial.](#) MH Eggen, et al. Physical Therapy 2012 Jun;92(6):781-790.
25. [Pregnancy--should women put up their feet or lace up their running shoes? Self-presentation and the exercise stereotype phenomenon during pregnancy.](#) A Gaston, et al. Journal of Sport & Exercise Psychology 2012 Apr;34(2):223-237.
26. [Nutrition and exercise reduce excessive weight gain in normal-weight pregnant women.](#) SM Ruchat, et al. Medicine & Science in Sports & Exercise 2012 Aug;44(8):1419-1426.

Special Focus

FOOT & ANKLE

27. [Manipulative therapy for lower extremity conditions: update of a literature review](#). JW Brantingham et al. Journal of Manipulative Physiological Therapeutics 2012 Feb;35(2):127-66. Review.
28. [Role of the feet as an important part of the stabilization system](#). K Lewit, et al. International Musculoskeletal Medicine 2012 Jul;34(2):55-61.
29. [Injury patterns causing isolated foot compartment syndrome](#). NA Thakur, et al. Journal of Bone & Joint Surgery - American. 2012 Jun 6;94(11):1030-5.
30. [Effect of static foot alignment on plantar-pressure measures during running](#). SY Lee, et al. Journal of Sport Rehabilitation 2012 May;21(2):137-43.
31. [Not just a sprain: 4 foot and ankle injuries you may be missing](#). S Hall, et al. Journal of Family Practice 2012 Apr;61(4):198-204. Review.
32. [Effect of taping versus semi-rigid bracing on patient outcome and satisfaction in ankle sprains: a prospective, randomized controlled trial](#). S Lardenoye, et al. BMC Musculoskeletal Disorders 2012 May 28;13:81 (7 pages).
33. [Stress fractures about the tibia, foot, and ankle](#). MK Shindle, et al. Journal of the American Academy of Orthopaedic Surgeons 2012 Mar;20(3):167-76.
34. [Treatment options for ankle ligament sprain](#). H Slade. Emergency Nurse 2012 Feb;19(9):19-22. Review.
35. [Effect of lace-up ankle braces on injury rates in high school football players](#). TA McGuine, et al. American Journal of Sports Medicine 2012 Jan;40(1):49-57.
36. [Surgical versus conservative treatment for acute ankle sprains](#). SJ Kamper, et al. British Journal of Sports Medicine 2012 Jan;46(1):77-8. Review.

GAIT

37. [Walking on high heels changes muscle activity and the dynamics of human walking significantly](#). EB Simonsen, et al. Journal of Applied Biomechanics 2012 Feb;28(1):20-28.
38. [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 2012 May;91(5):425-34.

SPORTS MEDICINE & REHABILITATION

39. [Spine and axial skeleton injuries in the national football league](#). NA Mall, et al. American Journal of Sports Medicine 2012 Aug;40(8):1755-1761.
40. [A gender comparison of central and peripheral neuromuscular function after exercise](#). A Stern, et al. Journal of Sport Rehabilitation 2012 Aug;21(3):209-217.
41. [Identifying impairments after concussion: normative data versus individualized baselines](#). JD Schmidt, et al. Medicine & Science in Sports & Exercise 2012 Sep;44(9):1621-1628.
42. [Correlation between trochlear groove depth and patellar position during open and closed kinetic chain exercises in subjects with anterior knee pain](#). L Ramiro Felicio, et al. Journal of Applied Biomechanics 2012 Jul;28(3):335-342.

RADIOLOGY

43. [Office-based elastographic technique for quantifying mechanical properties of skeletal muscle](#). JJ Ballyns, et al. Journal of Ultrasound in Medicine 2012 Aug;31(8):1209-1219.
44. [Reliability of radiographic measures for infantile idiopathic scoliosis](#). J Corona, et al. Journal of Bone & Joint Surgery—American 2012 Jun 20;94(12):e861-e868.
45. [Physiologic imaging of the spine](#). JG Khalil, et al. Radiologic Clinics of North America 2012 Jul;50(4):599-611. Review.

TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION

46. [Effects of transcutaneous electrical nerve stimulation on pain, pain sensitivity, and function in people with knee osteoarthritis: a randomized controlled trial](#). CG Vance, et al. Physical Therapy 2012 Jul;92(7):898-910.
47. [Functional magnetic resonance imaging of the effects of low-frequency transcutaneous electrical nerve stimulation on central pain modulation: a double-blind, placebo-controlled trial](#). F Kocyigit, et al. Clinical Journal of Pain 2012 Sep;28(7):581-588.

PAIN

48. [Chronic pain, associated factors, and impact on daily life: are there differences between the sexes?](#) EB Vieira, et al. Cadernos de Saude Publica. 2012 Aug;28(8):1459-1467 (Article in English).

ACUPRESSURE

49. [Acupressure for the treatment of musculoskeletal pain conditions: a systematic review](#). Y Kim, et al. Journal of Musculoskeletal Pain Jun 2012;20(2):116–121.

ACUPUNCTURE

50. [Efficacy of acupuncture in human pain models: A randomized, controlled, double-blinded study](#). C Reborn, et al. Pain 2012 Sep;153(9):1852-1862.
51. [Costs and consequences of acupuncture as a treatment for chronic pain: A systematic review of economic evaluations conducted alongside randomised controlled trials](#). EM Ambrósio, et al. Complementary Therapies in Medicine 2012 Oct;20(5):364-374.
52. [Acupuncture in patients with acute low back pain: A multicentre randomised controlled clinical trial](#). J Vas et al. Pain 2012 Sep;153(9):1883-1889.
53. [Long-term effect of acupuncture for treatment of tinnitus: a randomized, patient- and assessor-blind, sham-acupuncture-controlled, pilot trial](#). SW Jeon, et al. Journal of Alternative and Complementary Medicine 2012 Jul;18(7):693-699.
54. [Cerebrovascular response in migraineurs during prophylactic treatment with acupuncture: a randomized controlled trial](#). TM Wallasch, et al. Journal of Alternative and Complementary Medicine 2012 Aug;18(8):777-83.

SHOULDER

55. [Mechanical analysis of cuff tear arthropathy during multiplanar elevation with the AnyBody shoulder model](#). PO Lemieux, et al. Clinical Biomechanics 2012 Oct;27(8):801-6.

NUTRITION

56. [Bone metabolism in obesity and weight loss](#). SA Shapses, et al. Annual Review of Nutrition 2012 Aug 21;32:287-309.
57. [Evidence for the Association between Abdominal Fat and Cardiovascular Risk Factors in Overweight and Obese African American Women](#). PY Liu, et al. Journal of the American College of Nutrition 2012 Apr;31(2):126-32.
58. [Effect of alginate supplementation on weight loss in obese subjects completing a 12-wk energy-restricted diet: a randomized controlled trial](#). M Georg Jensen, et al. American Journal of Clinical Nutrition 2012 Jul;96(1):5-13.
59. [Effect of acute administration of vitamin C on muscle sympathetic activity, cardiac sympathovagal balance, and baroreflex sensitivity in hypertensive patients](#). RM Bruno, et al. American Journal of Clinical Nutrition 2012 Aug;96(2):302-8.
60. [Caffeine, energy drinks, and strength-power performance](#). WP McCormack, et al. Strength and Conditioning Journal 2012 Aug;34(4):11–16.

CARPAL TUNNEL SYNDROME

61. [Cumulative keyboard strokes: a possible risk factor for carpal tunnel syndrome](#). A Eleftheriou, et al. Journal of Occupational Medicine and Toxicology 2012 Aug 2;7(1):16.
62. [Pain and electrophysiological parameters are improved by combined 830-1064 high-intensity LASER in symptomatic carpal tunnel syndrome versus Transcutaneous Electrical Nerve Stimulation A randomized controlled study](#). R Casale, et al. European Journal of Physical and Rehabilitation Medicine 2012 Jul 23 (7 pages).

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Includes links to abstracts for articles from each issue of 2012.

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The screenshot displays the eTouch website interface. At the top, it features the title "eTouch" and a list of tags: "evidence-based chiropractic, evidence-based medicine, intouch". Below this is a navigation bar with various subject categories such as "Home", "Acupressure", "Acupuncture", "Biomechanics", "Cervical Spine / Whiplash", "Carpal Tunnel Syndrome", "Disc Degeneration", "Fascia / Myofascial Pain", "Fibromyalgia", "Foot & Ankle", "Gait", "Lumbar Spine / LBP", "Joint Hypermobility", "Manipulation / Manual Therapy", "Myofascial Trigger Points", "Nutrition", "Osteoarthritis", "Pain", "Pediatrics", "Physical Diagnosis", "Pregnancy", "Radiology", "Shoulder", "SI Joint", "Sports Med & Rehab", "TENS", "TMD", and "Editorial & Review Board".

The main content area is divided into three columns:

- Subject Guide:** A list of subjects with a brief description: "Browse articles that have been included in InTouch by subject or browse an entire issue of InTouch from the PDFs to the right." The list includes: Acupressure, Acupuncture, Carpal Tunnel Syndrome, Cervical Spine (Whiplash Injuries, Neck Pain), Disc Degeneration, Fascia / Myofascial Pain, Fibromyalgia, Foot & Ankle, Gait, Joint Hypermobility, Lumbar Spine (Low Back Pain).
- InTouch:** A section for the journal "INTOUCH WITH LOGAN COLLEGE OF CHIROPRACTIC LIBRARY". It includes a description: "InTouch is a bibliography of citations of interest that is produced four times a year by the Logan College of Chiropractic Library. This bibliography contains the references for 40-60 journal articles published recently in various health related journals. Some of the journals frequently referenced include: Spine, JMPT, Journal of Musculoskeletal Medicine, American Journal of Orthopedics, Neurology, Radiology, Lancet, Nutritional Perspectives, and Clinical Biomechanics." It also lists "InTouch Editors and Reviewers" and provides contact information for Sheryl Walters. A note states: "New issues of InTouch are emailed by request. To place your name on the email list, contact Sheryl Walters." It also mentions: "Links to abstracts in PubMed, when available, are included in the PDF files. Current Logan students, faculty and staff have access to full-text without charge. See instructions below." There is a "Comments (0)" link.
- 2012 Issues:** A section titled "Most Recent Issue" for "July 2012". It features a thumbnail for the "INTOUCH" journal cover (July 2012, Volume 20, No. 3) and a list of articles under two categories: "SPINAL MANIPULATION" and "LOW BACK PAIN / STATICS".

At the bottom of the page, there are links for "January 2012", "April 2012", and "July 2012", each with a "Comments (0)" link.

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