

March 2016 Volume 24, No. 1

## Low Back Pain / Lumbar Spine

1. Motor control exercise for acute non-specific low back pain. Macedo LG, et al. *Cochrane Database Syst Rev.* 2016 Feb 10;2.
2. The effects of an 8-week stabilization exercise program on lumbar movement sense in patients with low back pain. Boucher JA, et al. *BMC Musculoskelet Disord.* 2016 Jan 14;17(1):23 (8 pages).
3. Lumbar disk herniation in children and adolescents: the significance of configurations of the lumbar spine. Dang L, et al. *Neurosurgery.* 2015 Dec;77(6):954-9.
4. Back pain was less explained than leg pain: a cross-sectional study using magnetic resonance imaging in low back pain patients with and without radiculopathy. Jensen OK, et al. *BMC Musculoskelet Disord.* 2015 Dec 3;16:374 (15 pages).
5. Exercise interventions for the treatment of chronic low back pain: a systematic review and meta-analysis of randomised controlled trials. Searle A, et al. *Clin Rehabil.* 2015 Dec;29(12):1155-67.
6. Conditioned Pain Modulation in Patients With Acute and Chronic Low Back Pain. Mlekusch S, et al. *Clin J Pain.* 2016 Feb;32(2):116-21.
7. Innominate movement patterns, rotation trends and range of motion in individuals with low back pain of sacroiliac joint origin. Adhia DB, et al. *Man Ther.* 2016 Feb;21:100-8.

## Public Health

8. Temporal trends in mortality in the United States, 1969-2013. Ma J, et al. *JAMA.* 2015 Oct 27;314(16):1731-9.
9. Trends in opioid prescriptions among part D medicare recipients from 2007 to 2012. Kuo YF, et al. *Am J Med.* 2016 Feb;129(2):221.e21-30.
10. Planned out-of-hospital birth and birth outcomes. Snowden JM, Tilden et al. *N Engl J Med.* 2015 Dec 31;373(27):2642-53.

## Acupuncture

11. Traditional Chinese Acupuncture for poststroke depression: A single-blind double-simulated randomized controlled trial. Qian X, et al. *J Altern Complement Med.* 2015 Dec;21(12):748-53.
12. The effects of acupuncture on cerebral blood flow in post-stroke patients: A randomized controlled trial. Ratmansky M, et al. *J Altern Complement Med.* 2016 Jan;22(1):33-7.

## Topics of Interest

- Low Back Pain / Lumbar Spine
- Public Health
- Acupuncture
- Neck Pain / Cervical Spine
- Headache
- Spinal Manipulation
- Osteoarthritis
- Sport Medicine & Rehabilitation
- Nutrition
- Health Informatics **NEW**
- Health Professions Education **NEW**
- Miscellaneous

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## Neck Pain / Cervical Spine

13. Which interventions are cost-effective for the management of whiplash-associated and neck pain-associated disorders? A systematic review of the health economic literature by the Ontario Protocol for Traffic Injury Management (OPTIMA) Collaboration. van der Velde G, et al. *Spine J*. 2015 Nov 26. pii: S1529-9430(15)01235-8.
14. Joint position sense error in people with neck pain: A systematic review. de Vries J, et al. *Man Ther*. 2015 Dec;20(6):736-44.
15. Greater cervical muscle fat infiltration evaluated by magnetic resonance imaging is associated with poor postural stability in patients with cervical spondylotic radiculopathy. Mitsutake T, et al. *Spine (Phila Pa 1976)*. 2016 Jan;41(1):E8-E14.

## Headache

16. Upper cervical and upper thoracic manipulation versus mobilization and exercise in patients with cervicogenic headache: a multi-center randomized clinical trial. Dunning JR, et al. *BMC Musculoskelet Disord*. 2016 Feb 6;17(1):64 (12 pages).

## Spinal Manipulation

17. The use of spinal manipulative therapy in the management of chronic obstructive pulmonary disease: A systematic review. Wearing J, et al. *J Altern Complement Med*. 2016 Feb;22(2):108-14.

## Osteoarthritis

18. Effects of yoga on symptoms, physical function, and psychosocial outcomes in adults with osteoarthritis: A focused review. Cheung C, et al. *Am J Phys Med Rehabil*. 2016 Feb;95(2):139-51.
19. The associations between quadriceps muscle strength, power, and knee joint mechanics in knee osteoarthritis: A cross-sectional study. Murray AM, et al. *Clin Biomech (Bristol, Avon)*. 2015 Dec;30(10):1140-5.

## Sport Medicine & Rehabilitation

20. Wobble board rehabilitation for improving balance in ankles with chronic instability. Linens SW, et al. *Clin J Sport Med*. 2016 Jan;26(1):76-82.
21. Postoperative rehabilitation after hip arthroscopy: A search for the evidence. Cheatham SW, et al. *J Sport Rehabil*. 2015 Nov;24(4):413-8.

## Nutrition

22. Benefits of antioxidant supplements for knee osteoarthritis: rationale and reality. Grover AK, Samson SE. *Nutr J*. 2016 Jan 5;15(1):1 (13 pages).
23. Low levels of physical activity are associated with dysregulation of energy intake and fat mass gain over 1 year. Shook RP, et al. *Am J Clin Nutr*. 2015 Dec;102(6):1332-8.
24. Folate and long-chain polyunsaturated fatty acid supplementation during pregnancy has long-term effects on the attention system of 8.5-y-old offspring: a randomized controlled trial. Catena A, et al. *Am J Clin Nutr*. 2016 Jan;103(1):115-27.
25. Food addiction as a new piece of the obesity framework. Lerma-Cabrera JM, et al. *Nutr J*. 2016 Jan 13;15(1):5 (15 pages).

## Health Informatics **NEW Category**

26. Electronic health record use a bitter pill for many physicians. Meigs SL, Solomon M. *Perspect Health Inf Manag.* 2016 Jan 1;13:1d (17 pages).
27. Telemedicine: What's old is new again. Krohn, R. *J Healthc Inf Manag.* 2015 Win;29(1):18-20.

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## Health Professions Education **NEW Category**

28. Health care education must be more of a team sport. Brock T, et al. *Am J Pharm Educ.* 2016 Feb 25;80(1):1 (2 pages).
29. "Helping someone with a skill sharpens it in your own mind": a mixed method study exploring health professions students experiences of Peer Assisted Learning (PAL). Carr SE, et al. *BMC Med Educ.* 2016 Feb 4;16(1):48 (10 pages).
30. The effectiveness of blended learning in health professions: Systematic review and meta-analysis. Liu Q, et al. *J Med Internet Res.* 2016 Jan 4;18(1):e2.
31. Simulation-based assessments in health professional education: a systematic review. Ryall T, et al. *J Multidiscip Healthc.* 2016 Feb 22;9:69-82.

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## Miscellaneous

32. Smartphone applications for patients' health and fitness. Higgins JP. *Am J Med.* 2016 Jan;129(1):11-9.
33. Longitudinal association between physical activity and body fat during adolescence: A systematic review. Ramires VV, et al. *J Phys Act Health.* 2015 Sep;12(9):1344-58.
34. Investigation of the impact of sports, exercise, and recreation participation on psychosocial outcomes in a population of veterans with disabilities: A cross-sectional study. Laferrier JZ, et al. *Am J Phys Med Rehabil.* 2015 Dec;94(12):1026-34.
35. The brain fights back: new approaches to mitigating cognitive decline. Kuehn BM. *JAMA.* 2015 Dec 15;314(23):2492-4.
36. The Torsional Upper Crossed Syndrome: A multi-planar update to Janda's model, with a case series introduction of the mid-pectoral fascial lesion as an associated etiological factor. Morris CE, et al. *J Bodyw Mov Ther.* 2015 Oct;19(4):681-9.

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