# INTOUCH

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#### **Topics of Interest**

- Whiplash / Cervical Spine
- Spinal Manipulation
- Low Back Pain / Lumbar Spine
- Radiology
- Musculoskeletal Pain
- Fibromyalgia
- Nutrition
- Pediatrics
- · Sports Medicine
- Miscellaneous

### WHIPLASH / CERVICAL SPINE

- 1. Human subject rear passenger symptom response to frontal car-to-car low-speed crash tests. A Croft, et al. Journal of Chiropractic Medicine September 2011; 10(3): 141-146.
- 2. Relationship between self-rated disability, fear-avoidance beliefs, and nonorganic signs in patients with chronic whiplash-associated disorder. H Vernon, et al. <u>Journal of Manipulative and Physiological Therapeutics</u> October 2011; 34(8): 506-513.
- On cervical zygapophysial joint pain after whiplash. N Bogduk. <u>Spine</u> December 1, 2011; 36 (25S): S194-S199.
- 4. Randomized trial comparing acupuncture and simulated acupuncture for subacute and chronic whiplash. ID Cameron, et al. Spine December 15, 2011; 36(26): E1659-E1665.
- 5. Application of a diagnosis-based clinical decision guide in patients with neck pain. D Murphy, et al. Chiropractic & Manual Therapies August 27, 2011; 19(1):19 (10 pages).
- Complementary and alternative treatment for neck pain: chiropractic, acupuncture, TENS, massage, yoga, Tai Chi, and Feldenkrais. C Plastaras, et al. <u>Physical Medicine and Rehabilitation Clinics of North America</u> August 2011; 22(3): 521-537.
- 7. Whiplash-associated disorder: musculoskeletal pain and related clinical findings. M Sterling. Journal of Manual & Manipulative Therapy 2011; 19(4): 197-200.

#### SPINAL MANIPULATION

- 8. Comparative effectiveness of exercise, acupuncture, and spinal manipulation for low back pain. C Standaert, et al. <u>Spine</u> October 1, 2011; 36(21 Suppl): S120-S130.
- Manual therapy with and without vestibular rehabilitation for cervicogenic dizziness: a systematic review. R Lystad, et al. <u>Chiropractic & Manual Therapies</u> September 18, 2011; 19 (1): 21 (11 pages).
- 10. McKenzie method compared with manipulation when used adjunctive to information and advice in low back pain patients presenting with centralization or peripheralization: a randomized controlled trial. T Peterson, et al. <u>Spine</u> November 15, 2011; 36(24): 1999-2010.
- 11. Role of spinal manipulation, soft-tissue therapy, and exercise in chronic obstructive pulmonary disease: a review of the literature and proposal of an anatomical explanation. R Engel, et al. <u>Journal of Alternative & Complementary Medicine</u> September 2011; 17(9): 797-801.
- 12. Learning spinal manipulation: a comparison of two teaching models. MP Harvey, et al. <u>Journal of Chiropractic Education</u> Fall 2011; 25(2): 125-131.



## LOW BACK PAIN / LUMBAR SPINE

- 13. Application of a diagnosis-based clinical decision guide in patients with low back pain. D Murphy, et al. <u>Chiropractic & Manual Therapies</u> October 21, 2011; 19:26 (10 pages).
- 14. Managing nonspecific low back pain: do nonclinical patient characteristics matter? S Weiner, et al. <u>Spine</u> November 1, 2011; 36(23): 1987-1994.
- Paraspinal muscle function assessed with the flexion-relaxation ratio at baseline in a population of patients with back
  -related leg pain. E Owens, et al. <u>Journal of Manipulative and Physiological Therapeutics</u> November 2011; 34(9):
  594-601.
- 16. Fear-avoidance beliefs and pain avoidance in low back pain: translating research into clinical practice. J Rainville, et al. <u>Spine Journal</u> September 2011; 11(9): 895-903.
- 17. Yoga for chronic low back pain: a randomized trial. H Tilbrook, et al. <u>Annals of Internal Medicine</u> November 1, 2011; 155(9): 569-578.

#### RADIOLOGY

- 18. Application of rehabilitative ultrasound in the assessment of low back pain: a literature review. L Ghamkhar, et al. <u>Journal of Bodywork & Movement Therapies</u> October 2011; 15(4): 465-477.
- 19. Put your back into it: pathologic conditions of the spine at chest CT. C Meyer, et al. <u>Radiographics</u> September/ October 2011; 31(5): 1425-1441.

#### MUSCULOSKELETAL PAIN

- 20. How to explain central sensitization to patients with "unexplained" chronic musculoskeletal pain: practice guidelines. J Nijs, et al. Manual Therapy October 2011; 16(5): 413-418.
- 21. Effect of neuroscience education on pain, disability, anxiety, and stress in chronic musculoskeletal pain. A Louw, et al. Archives of Physical Medicine and Rehabilitation December 2011; 92(12): 2041-2056.
- 22. Discriminative validity of "nociceptive," "peripheral neuropathic," and "central sensitization" as mechanisms-based classifications of musculoskeletal pain. K Smart, et al. <u>Clinical Journal of Pain</u> October 2011; 27(8): 655-663.

#### **FIBROMYALGIA**

- Effects of myofascial release techniques on pain, physical function, and postural stability in patients with fibromyalgia: a randomized controlled trial. A Castro-Sanchez, et al. <u>Clinical Rehabilitation</u> September 2011; 25(9): 800-813.
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- 25. Fibromyalgia syndrome and vitamin D. J Lewis, et al. Journal of Musculoskeletal Pain July 2011; 19(3): 164-166.

#### NUTRITION

- 26. Dietary supplement use is associated with higher intakes of minerals from food sources. R Bailey, et al. <u>American Journal of Clinical Nutrition</u> November 2011; 94(5): 1376-1381.
- 27. Improved symptoms of multiple sclerosis in response to nutritional therapy: a case report of an integrative approach to neurodegenerative disorders. M Nezami. <u>Integrative Medicine June/July</u> 2011; 10(3): 22-24.
- 28. Dietary intakes associated with successful weight loss and maintenance during the weight loss maintenance trial. C Champagne, et al. <u>Journal of the American Dietetic Association</u> December 2011; 111(12): 1826-1835.
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- 30. Effect of grape seed extract on cardiovascular risk markers: a meta-analysis of randomized controlled trials. H Feringa, et al. Journal of the American Dietetic Association August 2011; 111(8): 1173-1181.
- 31. Chocolate consumption and cardiometabolic disorders: systematic review and meta-analysis. A Buitrago-Lopes, et al. <u>BMJ</u> August 26, 2011; 343: d4488 (8 pages).
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#### **PEDIATRICS**

- 33. Is chiropractic paediatric care safe? A best evidence topic. M Doyle. <u>Clinical Chiropractic</u> September 2011; 14(3): 97 -105.
- 34. Nutrition and bone growth in pediatrics. G Gat-Yablonski, et al. <u>Pediatric Clinics of North America</u> October 2011; 58 (5): 1117-1140.
- 35. Pediatric cervical spine trauma. T Jones, et al. <u>Journal of the American Academy of Orthopaedic Surgeons</u> October 2011; 19(11): 600-611.
- 36. Long-term consequences: effects on normal development profile after concussion. D Daneshvar, et al. <a href="Physical">Physical</a> Medicine and Rehabilitation Clinics of North America November 2011; 22(4): 683-700.
- 37. Training the child athlete for prevention, health promotion, and performance: how much is enough, how much is too much? C Carter, et al. <u>Clinical Sports Medicine</u> October 2011; 30(4): 679-690.

#### SPORTS MEDICINE

- 38. Effect of therapeutic ultrasound on tendons. WC Tsai, et al. <u>American Journal of Physical Medicine and</u> Rehabilitation December 2011; 90(12): 1068-1073.
- 39. Diagnosis and treatment of plantar fasciitis. J Goff, et al. <u>American Family Physician</u> September 15, 2011; 84(6): 676-682.
- 40. Kinematic evaluation of the step-up exercise in anterior cruciate ligament deficiency. M Kozanek, et al. <u>Clinical Biomechanics</u> November 2011; 26(9): 950-954.
- 41. Scapular muscle activity in overhead and nonoverhead athletes during closed chain exercises. WS Tucker, et al. <u>Clinical Journal of Sport Medicine</u> September 2011; 21(5): 405-410.

#### **MISCELLANEOUS**

- 42. Efficacy of traditional Chinese herbal medicine in the management of female infertility: a systematic review. K Ried, et al. Complementary Therapies in Medicine December 2011; 19(6): 319-331.
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- 46. Going in deeper and deeper: signal transduction pathways in myofacial trigger points: a narrative review. M Fisdher, et al. International Musculoskeletal Medicine June 2011; 33(2): 64-74.

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