

Required Reading List for DPTR 5401

Lumbar Spine

- Fritz JM, Cleland JA, Childs JD. Subgrouping patients with low back pain: evolution of a classification approach to physical therapy. *J Orthop Sports Phys Ther.* 2007;37:290-302. [Review article](#)
- Deyo RA, Rainville J, Kent DL. What can the history and physical examination tell us about low back pain? *JAMA* 1992; 268:760. [Review abstract](#)
- Alrwaily M, Timko M, Schneider M, et al. Treatment-Based Classification System for Low Back Pain: Revision and Update. *Phys Ther.* 2016;96:1057-1066. [Review abstract](#)
- Delitto et al. Low Back Pain: Clinical Practice Guidelines. *J Orthop Sports Phys Ther.* 2012;42(4):A1-A57. [Review abstract](#)
- Bergman S. Management of musculoskeletal pain. *Best practice & research. Clinical rheumatology.* 2007;21:153-166. [Review abstract](#)
 - **Optional:** George SZ, Beneciuk JM. Psychological predictors of recovery from low back pain: a prospective study. *BMC Musculoskelet Disord.* 2015;16:49. [Review article](#)
- Bialosky JE, Beneciuk JM, Bishop MD, et al. Unraveling the Mechanisms of Manual Therapy: Modeling an Approach. *J Orthop Sports Phys Ther.* 2018;48(1):8-18. [Review abstract](#)
 - **Optional:** Burns SA, Foresman E, Kraycsir SJ, et al. A treatment-based classification approach to examination and intervention of lumbar disorders. *Sports Health.* 2011;3(4):362-372. [Review abstract](#)
- Childs JD, Fritz JM, Flynn TW, et al. A clinical prediction rule to identify patients with low back pain most likely to benefit from spinal manipulation: a validation study. *Ann Intern Med.* 2004;141:920-928. [Review article](#)
 - **Optional:** Flynn T, Fritz J, Whitman J, et al. A clinical prediction rule for classifying patients with low back pain who demonstrate short-term improvement with spinal manipulation. *Spine.* 2002;27:2835-2843. [Review abstract](#)
- Cleland JA, Fritz JM, Kulig K, Davenport TE, Eberhart S, Magel J, Childs J: Comparison of the Effectiveness of Three Manual Physical Therapy Techniques in a Subgroup of Patients with Low Back Pain Who Satisfy a Clinical Prediction Rule: A Randomized Clinical Trial. *Spine,* 34:2720-2729, 2009. [Review abstract](#)
- Rabin A, Shashua A, Pizem K, Dickstein R, Dar G. A clinical prediction rule to identify patients with low back pain who are likely to experience short-term success following lumbar stabilization exercises: a randomized controlled validation study. *The Journal of orthopaedic and sports physical therapy.* 2014;44:6-B13. [Review abstract](#)
 - Hides JA, Jull GA, Richardson CA. Long-term effects of specific stabilizing exercises for first-episode low back pain. *Spine (Phila Pa 1976).* 2001;26:E243-248. [Review abstract](#)
- Tall MA, Thompson AK, Greer B, Campbell S. The pearls and pitfalls of magnetic resonance imaging of the lower extremity. *The Journal of orthopaedic and sports physical therapy.* 2011;41:873-886. [Review abstract](#)
 - **Optional:** Werneke MW, Hart D, Oliver D, et al. Prevalence of classification methods

for patients with lumbar impairments using the McKenzie syndromes, pain pattern, manipulation, and stabilization clinical prediction rules. *J Man Manip Ther.* 2010;18:197-204. [Review abstract](#)

- o **Optional:** Fritz J. Disentangling classification systems from their individual categories and the category-specific criteria: an essential consideration to evaluate clinical utility. *J Man Manip Ther.* 2010;18:205-208. [Review abstract](#)
- o **Optional:** Fritz JM, Lindsay W, Matheson JW, et al. Is there a subgroup of patients with low back pain likely to benefit from mechanical traction? Results of a randomized clinical trial and subgrouping analysis. *Spine (Phila Pa 1976).* 2007;32:E793-800. [Review abstract](#)
- Alrwaily M, Almutiri M, Schneider M. Assessment of variability in traction interventions for patients with low back pain: a systematic review. *Chiropr Man Therap.* 2018;26:35. [Review abstract](#)
- Nee RJ, Butler D. Management of peripheral neuropathic pain: Integrating neurobiology, neurodynamics, and clinical evidence. *Physical Therapy in Sport.* 2006;7:36-49. [Review abstract](#)
 - o **Optional:** Basson A, Oliver B, Ellis R, et al. The effectiveness of neuro mobilization for neuromuscular conditions: a systematic review and meta-analysis. *JOSPT.* 2017;47:593-615. [Review abstract](#)
- Alhowimel A, AlOtaibi M, Radford K, Coulson N. Psychosocial factors associated with change in pain and disability outcomes in chronic low back pain patients treated by physiotherapist: A systematic review. *SAGE Open Med.* 2018;6:2050312118757387. [Review abstract](#)
 - o **Optional** George SZ, Beneciuk JM. Psychological predictors of recovery from low back pain: a prospective study. *BMC Musculoskelet Disord.* 2015;16:49. [Review abstract](#)
- Ford JJ, Hahne AJ. Pathoanatomy and classification of low back disorders. *Man Ther.* 2013;18:165-168. [Review abstract](#)
- Karayannis NV, Jull GA, Hodges PW. Movement-based subgrouping in low back pain: synergy and divergence in approaches. *Physiotherapy.* 2016;102:159-169. [Review abstract](#)
- Watch this short video (<10 minutes): <https://rhchp.regis.edu/DPT/LumbarSpinalStenosis/>

Hip

- Tibor LM, Sekiya JK. Differential diagnosis of pain around the hip joint. *Arthroscopy.* 2008;24(12):1407-1421. [Review abstract](#)
- Wilson JJ, Furukawa M. Evaluation of the patient with hip pain. *American family physician.* 2014;89:27-34. [Review abstract](#)
- Hoeksma HL, Dekker J, Ronday HK, et al. Comparison of manual therapy and exercise therapy in osteoarthritis of the hip: a randomized clinical trial. *Arthritis Rheum.* 2004;51:722-729. [Review abstract](#)
 - o **Optional:** Cibulka, M. T., D. M. White, et al. (2009). "Hip pain and mobility deficits--hip osteoarthritis: clinical practice guidelines linked to the international classification of functioning, disability, and health from the orthopaedic section of the American Physical Therapy Association." *The*

Journal of orthopaedic and sports physical therapy **39**(4): A1-25. [Review abstract](#)

- Ritterman S, Rubin LE. Rehabilitation for total joint arthroplasty. *R I Med J* (2013). 2013;96:19-22. [Review abstract](#)
- Bennell, K. L., T. Egerton, et al. (2011). "Building the rationale and structure for a complex physical therapy intervention within the context of a clinical trial: a multimodal individualized treatment for patients with hip osteoarthritis." *Physical therapy* **91**(10): 1525-1541. [Review abstract](#)
- Tyler, T. F. and A. A. Slattery (2010). "Rehabilitation of the hip following sports injury." *Clinics in sports medicine* **29**(1): 107-126. [Review abstract](#)
- Bird SP, Markwick WJ. Musculoskeletal Screening and Functional Testing: Considerations for Basketball Athletes. *Int J Sports Phys Ther*. 2016;11(5):784-802. [Review abstract](#)

Knee

- Powers CM, Bolgla LA, Callaghan MJ, Collins N, Sheehan FT. Patellofemoral pain: proximal, distal, and local factors, 2nd International Research Retreat. *The Journal of orthopaedic and sports physical therapy*. 2012;42:A1-18. [Review abstract](#)
- Morelli V, Bright C, Fields A. Ligamentous injuries of the knee: anterior cruciate, medial collateral, posterior cruciate, and posterolateral corner injuries. *Primary care*. 2013;40:335-356. [Review abstract](#)
- Morelli V, Braxton TM, Jr. Meniscal, plica, patellar, and patellofemoral injuries of the knee: updates, controversies and advancements. *Primary care*. 2013;40:357-382. [Review abstract](#)
- Adams T, Band-Entrup D, Kuhn S, et al. Physical therapy management of knee osteoarthritis in the middle-aged athlete. *Sports medicine and arthroscopy review*. 2013;21:2-10. [Review abstract](#)
 - **Optional:** Barton CJ, Lack S, Hemmings S, Tufail S, Morrissey D. The 'Best Practice Guide to Conservative Management of Patellofemoral Pain': incorporating level 1 evidence with expert clinical reasoning. *Br J Sports Med*. 2015;49:923-934. [Review abstract](#)
- Powers, C. M. The influence of abnormal hip mechanics on knee injury: a biomechanical perspective. *The Journal of orthopaedic and sports physical therapy* 2010;**40**(2): 42-51. [Review abstract](#)
 - **Optional:** Adams D, Logerstedt DS, Hunter-Giordano A, Axe MJ, Snyder-Mackler L. Current concepts for anterior cruciate ligament reconstruction: a criterion-based rehabilitation progression. *The Journal of orthopaedic and sports physical therapy*. 2012;42:601-614. [Review abstract](#)
- Wright RW, Haas AK, Anderson J, et al. Anterior Cruciate Ligament Reconstruction Rehabilitation: MOON Guidelines. *Sports Health*. 2015;7:239-243. [Review abstract](#)
- Meier, W., R. L. Mizner, et al. Total knee arthroplasty: muscle impairments, functional limitations, and recommended rehabilitation approaches. *The Journal of orthopaedic and sports physical therapy* 2008;**38**(5): 246-256. [Review abstract](#)

Ankle/Foot

- Chinn, L. and J. Hertel (2010). Rehabilitation of ankle and foot injuries in athletes. *Clinics in sports medicine* **29**(1): 157-167. [Review abstract](#)
- Cleland JA, Mintken PE, McDevitt A, Bieniek M, Carpenter K, Kulp K, Whitman JW. Manual Physical Therapy and Exercise versus Supervised Home Exercise in the Management of Patients Status Post Inversion Ankle Sprain: A Multi-Center Randomized Clinical Trial. *J Orthop Sports Phys Ther* 2013;43(7):443-455. [Review abstract](#)
- Meier, K., T. G. McPoil, et al. (2008). Use of antipronation taping to determine foot orthoses prescription: a case series. *Research in sports medicine* **16**(4): 257-271. [Review abstract](#)
- Cleland, J. A., J. H. Abbott, et al. (2009). Manual physical therapy and exercise versus electrophysical agents and exercise in the management of plantar heel pain: a multicenter randomized clinical trial. *J Orthop Sports Phys Ther* **39**(8): 573-585. [Review Abstract](#)
- Tenforde AS, Yin A, Hunt KJ. Foot and Ankle Injuries in Runners. *Phys Med Rehabil Clin N Am*. 2016;27(1):121-137. [Review abstract](#)