

## Introduction:

Doherty, T. S., & Carroll, A. E. (2020). Believing in overcoming cognitive biases. *AMA Journal of Ethics*, 22(9), 773-778.

## Evidence Based Practice:

<https://www.cmtbc.ca/registrants/quality-assurance/practice-development-program/>

Dawes, M., Summerskill, W., Glasziou, P., Cartabellotta, A., Martin, J., Hopayian, K., ... & Osborne, J. (2005). Sicily statement on evidence-based practice. *BMC medical education*, 5(1), 1-7.

Sackett, D. L. (1997, February). Evidence-based medicine. In *Seminars in perinatology* (Vol. 21, No. 1, pp. 3-5). WB Saunders.

Burns, P. B., Rohrich, R. J., & Chung, K. C. (2011). The levels of evidence and their role in evidence-based medicine. *Plastic and reconstructive surgery*, 128(1), 305.

Oliveira, C. B., Maher, C. G., Pinto, R. Z., Traeger, A. C., Lin, C. W. C., Chenot, J. F., ... & Koes, B. W. (2018). Clinical practice guidelines for the management of non-specific low back pain in primary care: an updated overview. *European Spine Journal*, 27(11), 2791-2803.

D. Rivett. [https://aaompt.org/aaompt\\_data/documents/2014sessions/2014\\_Keynote\\_Rivett.pdf](https://aaompt.org/aaompt_data/documents/2014sessions/2014_Keynote_Rivett.pdf)

Sackett, D. L., Rosenberg, W. M., Gray, J. M., Haynes, R. B., & Richardson, W. S. (1996). Evidence based medicine: what it is and what it isn't.

Thornton, T. Tacit knowledge as the unifying factor in evidence based medicine and clinical judgement. *Philos Ethics Humanit Med* **1**, 2 (2006).

Lee, D. G. (2011). *The Pelvic Girdle E-Book: An integration of clinical expertise and research*. Elsevier Health Sciences.

## Mechanisms of manual therapy:

Bronfort, G., Haas, M., Evans, R., Leininger, B., & Triano, J. (2010). Effectiveness of manual therapies: the UK evidence report. *Chiropractic & osteopathy*, 18(1), 1-33.

Jensen, G. M., Gwyer, J., Shepard, K. F., & Hack, L. M. (2000). Expert practice in physical therapy. *Physical therapy*, 80(1), 28-43.

Bialosky, J. E., Bishop, M. D., George, S. Z., & Robinson, M. E. (2011). Placebo response to manual therapy: something out of nothing?. *Journal of Manual & Manipulative Therapy*, 19(1), 11-19.

Testa, M., & Rossetini, G. (2016). Enhance placebo, avoid nocebo: How contextual factors affect physiotherapy outcomes. *Manual therapy*, 24, 65-74.

França, M. E. D., Sinhorim, L., Martins, D. F., Schleip, R., Machado-Pereira, N. A., de Souza, G. M., ... & Santos, G. M. (2020). Manipulation of the fascial system applied during acute inflammation of the connective tissue of the thoracolumbar region affects transforming growth factor-B1 and interleukin-4 levels: experimental study in mice. *Frontiers in Physiology*, 11, 1517.

Langevin, H.M., Fox, J.R., Koptiuch, C. et al. Reduced thoracolumbar fascia shear strain in human chronic low back pain. *BMC Musculoskelet Disord* 12, 203 (2011). <https://doi.org/10.1186/1471-2474-12-203>

Coppieters MW, Alshami AM. Longitudinal excursion and strain in the median nerve during novel nerve gliding exercises for carpal tunnel syndrome. *J.Orthop.Res* 2007;25:972–980. [PubMed: 17415752]

Roman, M., Chaudhry, H., Bukiet, B., Stecco, A., & Findley, T. W. (2013). Mathematical analysis of the flow of hyaluronic acid around fascia during manual therapy motions. *Journal of Osteopathic Medicine*, 113(8), 600-610.

Bingel, U., & Tracey, I. (2008). Imaging CNS modulation of pain in humans. *Physiology*, 23(6), 371-380.

Vigotsky, A. D., & Bruhns, R. P. (2015). The role of descending modulation in manual therapy and its analgesic implications: a narrative review. *Pain research and treatment*, 2015.

Findley, T., Chaudhry, H., Stecco, A., & Roman, M. (2012). Fascia research—a narrative review. *Journal of bodywork and movement therapies*, 16(1), 67-75.

Tullberg T, Blomberg S, Branth B, Johnsson R. Manipulation does not alter the position of the sacroiliac joint. A roentgen stereophotogrammetric analysis. *Spine* 1998;23:1124–1128. [PubMed: 9615363]

Geri, T., Viceconti, A., Minacci, M., Testa, M., & Rossettini, G. (2019). Manual therapy: exploiting the role of human touch. *Musculoskeletal Science and Practice*, 44, 102044.

Bialosky, J. E., Bishop, M. D., Price, D. D., Robinson, M. E., & George, S. Z. (2009). The mechanisms of manual therapy in the treatment of musculoskeletal pain: a comprehensive model. *Manual therapy*, 14(5), 531-538.

Bialosky, J. E., Beneciuk, J. M., Bishop, M. D., Coronado, R. A., Penza, C. W., Simon, C. B., & George, S. Z. (2018). Unraveling the mechanisms of manual therapy: modeling an approach. *Journal of orthopaedic & sports physical therapy*, 48(1), 8-18.

## Pain mechanism classification:

Brennan G, Fritz J, Hunter S, Thackeray A, Delitto A, Erhard R. Identifying subgroups of patients with acute/subacute "nonspecific" low back pain: results of a randomized clinical trial. *Spine*. 2006;

Hodges, P. W. (2019). Hybrid approach to treatment tailoring for low back pain: a proposed model of care. *Journal of orthopaedic & sports physical therapy*, 49(6), 453-463.

Smart, K. M., Blake, C., Staines, A., & Doody, C. (2011). The discriminative validity of "nociceptive," "peripheral neuropathic," and "central sensitization" as mechanisms-based classifications of musculoskeletal pain. *The Clinical Journal of Pain*, 27(8), 655-663.

Nijs, J., Apeldoorn, A., Hallegraeff, H., Clark, J., Smeets, R., Malfliet, A., ... & Ickmans, K. (2015). Low back pain: guidelines for the clinical classification of predominant neuropathic, nociceptive, or central sensitization pain. *Pain physician*, 18(3), E333-E345.

Nijs, J., Torres-Cueco, R., Van Wilgen, P., Lluch Girbés, E., Struyf, F., Roussel, N., ... & Meeus, M. (2014). Applying modern pain neuroscience in clinical practice: criteria for the classification of central sensitization pain. *Pain physician*, 17(5), 447-457.

Mayer, T. G., Neblett, R., Cohen, H., Howard, K. J., Choi, Y. H., Williams, M. J., ... & Gatchel, R. J. (2012). The development and psychometric validation of the central sensitization inventory. *Pain Practice*, 12(4), 276-285.

Nijs, J., Apeldoorn, A., Hallegraeff, H., Clark, J., Smeets, R., Malfliet, A., ... & Ickmans, K. (2015). Low back pain: guidelines for the clinical classification of predominant neuropathic, nociceptive, or central sensitization pain. *Pain physician*, 18(3), E333-E345.

Fitzcharles, M. A., Cohen, S. P., Clauw, D. J., Littlejohn, G., Usui, C., & Häuser, W. (2021). Nociceptive pain: towards an understanding of prevalent pain conditions. *The Lancet*, 397(10289), 2098-2110.

Neblett, R., Cohen, H., Choi, Y., Hartzell, M. M., Williams, M., Mayer, T. G., & Gatchel, R. J. (2013). The Central Sensitization Inventory (CSI): establishing clinically significant values for identifying central sensitivity syndromes in an outpatient chronic pain sample. *The Journal of Pain*, 14(5), 438-445.

Mayer, T. G., Neblett, R., Cohen, H., Howard, K. J., Choi, Y. H., Williams, M. J., ... & Gatchel, R. J. (2012). The development and psychometric validation of the central sensitization inventory. *Pain Practice*, 12(4), 276-285.

The Biopsychosocial model.

Engel, G. L. (1977). The need for a new medical model: a challenge for biomedicine. *Science*, 196(4286), 129-136.

Jull, G. (2017). Biopsychosocial model of disease: 40 years on. Which way is the pendulum swinging?. *British Journal of Sports Medicine*, 51(16), 1187-1188.

Dr Louise Tulloh BJSM podcast 2019

<https://blogs.bmj.com/bjasm/2019/11/16/prioritising-a-biopsychosocial-approach-in-sport-and-exercise-medicine-with-dr-louise-tulloh/>

Wang, C., Vargas, J. T., Stokes, T., Steele, R., & Shrier, I. (2020). Analyzing Activity and Injury: Lessons Learned from the Acute: Chronic Workload Ratio. *Sports medicine (Auckland, NZ)*, 50(7), 1243-1254.

## The Patient's Story

Garro, L. C. (1994). Narrative representations of chronic illness experience: cultural models of illness, mind, and body in stories concerning the temporomandibular joint (TMJ). *Social science & medicine*, 38(6), 775-788.

Shapiro, J., & Ross, V. (2002). Applications of narrative theory and therapy to the practice of family medicine. *FAMILY MEDICINE-KANSAS CITY*, 34(2), 96-100.

Hill, J. C., Dunn, K. M., Lewis, M., Mullis, R., Main, C. J., Foster, N. E., & Hay, E. M. (2008). A primary care back pain screening tool: identifying patient subgroups for initial treatment. *Arthritis Care & Research: Official Journal of the American College of Rheumatology*, 59(5), 632-641.

Fritz, J. M., Beneciuk, J. M., & George, S. Z. (2011). Relationship between categorization with the STarT Back Screening Tool and prognosis for people receiving physical therapy for low back pain. *Physical therapy*, 91(5), 722-732.

Robinson, H. S., & Dagfinrud, H. (2017). Reliability and screening ability of the StarT Back screening tool in patients with low back pain in physiotherapy practice, a cohort study. *BMC musculoskeletal disorders*, 18(1), 1-7.



# Pain Science.

<https://www.iasp-pain.org/resources/terminology/>

American Association for Research into Nervous and Mental Diseases, & Ramachandran, V. S. (1998). Consciousness and body image: lessons from phantom limbs, Capgras syndrome and pain asymbolia. *Philosophical Transactions of the Royal Society of London. Series B: Biological Sciences*, 353(1377), 1851-1859.

Jensen, M. C., Kelly, A. P., & Brant-Zawadzki, M. N. (1994). MRI of degenerative disease of the lumbar spine. *Magnetic resonance quarterly*, 10(3), 173-190.

Guermazi, A., Niu, J., Hayashi, D., Roemer, F. W., Englund, M., Neogi, T., ... & Felson, D. T. (2012). Prevalence of abnormalities in knees detected by MRI in adults without knee osteoarthritis: population based observational study (Framingham Osteoarthritis Study). *Bmj*, 345.

Nikolajsen, L., & Christensen, K. F. (2015). Phantom limb pain. *Nerves and Nerve Injuries*, 23-34.

Stanton, T. R., Moseley, G. L., Wong, A. Y., & Kawchuk, G. N. (2017). Feeling stiffness in the back: a protective perceptual inference in chronic back pain. *Scientific Reports*, 7.

Moseley, Butler, D. S., & Moseley, G. L. (2013). *Explain Pain 2nd Edn*. Noigroup publications. 2011

Moseley, L., & Conversation. *Explainer: what is pain and what is happening when we feel it?*.

Dubin, A. E., & Patapoutian, A. (2010). Nociceptors: the sensors of the pain pathway. *The Journal of clinical investigation*, 120(11), 3760-3772.

Fitzcharles, M. A., Cohen, S. P., Clauw, D. J., Littlejohn, G., Usui, C., & Häuser, W. (2021). Nociceptive pain: towards an understanding of prevalent pain conditions. *The Lancet*, 397(10289), 2098-2110.