

# Musculoskeletal disorders – 2014

## Literature

### Task 1: General and specific principles of physiotherapy rehabilitation in musculoskeletal disorders

#### Book

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#### Articles

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Garber CE, Blissmer B, Deschenes MR, Franklin BA, Lamonte MJ, Lee IM, et al. American College of Sports Medicine position stand. Quantity and quality of exercise for developing and maintaining cardiorespiratory, musculoskeletal, and neuromotor fitness in apparently healthy adults: guidance for prescribing exercise. Med Sci Sports Exerc 2011 Jul; 43(7): 1334-59. <http://journals.lww.com/acsm-msse/pages/articleviewer.aspx?year=2011&issue=07000&article=00026&type=abstract>

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## **Task 2: Rehabilitation and prevention of musculoskeletal disorders**

### **BOOKS**

#### ***Basic literature:***

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### **ARTICLES**

#### **Prevalence, prognosis, terminology**

Bergman S, Herrström P, Högström K, Petersson IF, Svensson B, Jacobsson LT. Chronic musculoskeletal pain, prevalence rates, and sociodemographic associations in a Swedish population study. *J Rheumatol*. 2001 Jun;28(6):1369-77. <http://www.ncbi.nlm.nih.gov/pubmed/11409133>

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Hogg-Johnson S, van der Velde G, Carroll LJ, Holm LW, Cassidy JD, Guzman J et al. The burden and determinants of neck pain in the general population: results of the Bone and Joint Decade 2000-2010 Task Force on Neck Pain and Its Associated Disorders. *J Manipulative Physiol Ther*. 2009 Feb;32(2 Suppl):S46-60. [http://pva.uib.no/login?url=http://x-port-sfx.uio.no/sfx\\_ubb?sid=Entrez:PubMed&id=pmid:19251074](http://pva.uib.no/login?url=http://x-port-sfx.uio.no/sfx_ubb?sid=Entrez:PubMed&id=pmid:19251074)

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Vos T, Flaxman AD, Naghavi M, Lozano R, Michaud C, Ezzati M, et al. Years lived with disability (YLDs) for 1160 sequelae of 289 diseases and injuries 1990-2010: a systematic analysis for the Global Burden of Disease Study 2010. *Lancet* 2012;380:2163-96.

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## Rehabilitation, treatment

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## Prevention

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## Health economy, work and sickness absence

Jablonska B, Soares JJF, Sundin Ö. Pain among women: Associations with socio-economic and work conditions. *Eur J Pain* 2006;10:435-47.  
<http://onlinelibrary.wiley.com/doi/10.1016/j.ejpain.2005.06.003/abstract>

Kapoor A, Shaw WS, Pransky G, Patterson W. Initial patient and clinician expectations of return to work after acute onset of work-related low back pain. *J Occup Environ Med* 2006;48(11):1173-80.  
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## Task 3: Oral presentation and written summary of a scientific article

### Checklist:

CONSORT 2010 Statement: updated guidelines for reporting parallel group randomised trials  
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### Articles:

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<http://pva.uib.no/login?url=http://informahealthcare.com/doi/pdfplus/10.3109/09638288.2011.607218>

Ersek M, Turner JA, Caln KC, Kemp CA. Results of a randomized controlled trial to examine the efficacy of a chronic pain self-management group for older adults [ISRCTN11899548]. *Pain* 2008;138(1): 29-40.  
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