

Resurslitteraturlista

"Evidensbaserat omhändertagande av cervikal- och thorakalryggsbesvär", 7,5hp.

Kurskod: 8FA310 (fristående), 8FYA28
(programstud),
8MM347 (master)

2023-08-21

Två artiklar att läsa inför gruppdiskussion 1:

- Fritz JM, Wainner RS. Examining diagnostic tests: an evidence-based perspective. *Phys Ther.* 2001 Sep;81(9):1546-64.
- Parikh P, Santaguida P, Macdermid J, Gross A, Eshtiaghi A. Comparison of CPG's for the diagnosis, prognosis and management of non-specific neck pain: a systematic review. *BMC Musculoskelet Disord.* 2019 Feb 14;20(1):81.

RESURSLITTERATURLISTA

Till stor del används aktuella artiklar inom området. Nedanstående litteratur är förslag.

Cervikal myelopati

- Law KKP, Lau KKL, Shea GKH, Cheung KMC. Quantitative physical performance tests can effectively detect Degenerative Cervical Myelopathy: A systematic review and meta-analysis. *Eur Spine J.* 2022 Dec;31(12):3347-3364.
- Rhee JM, Shamji MF, Erwin WM, Bransford RJ, Yoon ST, Smith JS, Kim HJ, Ely CG, Dettori JR, Patel AA, Kalsi-Ryan S. Nonoperative management of cervical myelopathy: a systematic review. *Spine (Phila Pa 1976).* 2013 Oct 15;38(22 Suppl 1):S55-67.
- Choy WJ, Chen L, Quel De Oliveira C, Verhagen AP, Damodaran O, Anderson DB. Gait assessment tools for degenerative cervical myelopathy: a systematic review. *J Spine Surg.* 2022 Mar;8(1):149-162.

Cervikal radikulopati

- Lam KN, Rushton A, Thoomes E, Thoomes-de Graaf M, Heneghan NR, Falla D. Neck pain with radiculopathy: A systematic review of classification systems. *Musculoskelet Sci Pract.* 2021 Aug;54:102389.
- Kjaer P, Kongsted A, Hartvigsen J, Isenberg-Jørgensen A, Schiøttz-Christensen B, Søbørg B, Krog C, Møller CM, Halling CMB, Lauridsen HH, Hansen IR, Nørregaard J, Jørgensen KJ, Hansen LV, Jakobsen M, Jensen MB, Melbye M, Duel P, Christensen SW, Povlsen TM. National clinical guidelines for non-surgical treatment of patients with recent onset neck pain or cervical radiculopathy. *Eur Spine J.* 2017 Sep;26(9):2242-2257.
- Wainner RS, Fritz JM, Irrgang JJ, Boninger ML, Delitto A, Allison S. Reliability and diagnostic accuracy of the clinical examination and patient self-report measures for cervical radiculopathy. *Spine (Phila Pa 1976).* 2003 Jan 1;28(1):52-62.

Cervikalgi

- Fandim JV, Nitzsche R, Michaleff ZA, Pena Costa LO, Saragiotto B. The contemporary management of neck pain in adults. *Pain Manag.* 2021 Jan;11(1):75-87.
- Kelly J, Ritchie C, Sterling M. Clinical prediction rules for prognosis and treatment prescription in neck pain: A systematic review. *Musculoskelet Sci Pract.* 2017 Feb;27:155-164.
- Senarath ID, Chen KK, Weerasekera I, de Zoete RMJ. Exercise-induced hypoalgesic effects of different types of physical exercise in individuals with neck pain: A systematic review and meta-analysis. *Pain Pract.* 2023 Jan;23(1):110-122.

Cervikogen huvudvärk

- van der Meer HA, Visscher CM, Vredevelde T, Nijhuis van der Sanden MW, Hh Engelbert R, Speksnijder CM. The diagnostic accuracy of headache measurement instruments: A systematic review and meta-analysis focusing on headaches associated with musculoskeletal symptoms. *Cephalgia.* 2019 Sep;39(10):1313-1332.

Cervikogen yrtsel

- Reiley AS, Vickory FM, Funderburg SE, Cesario RA, Clendaniel RA. How to diagnose cervicogenic dizziness. *Arch Physiother.* 2017 Sep 12;7:12.

Sagittalplan deformitet

- Roussouly P, Nnadi C. Sagittal plane deformity: an overview of interpretation and management. *Eur Spine J.* 2010 Nov;19(11):1824-36.
- Zappalá M, Lightbourne S, Heneghan NR. The relationship between thoracic kyphosis and age, and normative values across age groups: a systematic review of healthy adults. *J Orthop Surg Res.* 2021 Jul 9;16(1):447.
- González-Gálvez N, Gea-García GM, Marcos-Pardo PJ. Effects of exercise programs on kyphosis and lordosis angle: A systematic review and meta-analysis. *PLoS One.* 2019 Apr 29;14(4):e0216180.
- Ponzano M, Tibert N, Bansal S, Katzman W, Giangregorio L. Exercise for improving age-related hyperkyphosis: a systematic review and meta-analysis with GRADE assessment. *Arch Osteoporos.* 2021 Sep 21;16(1):140.

Skolios

- Negrini S, Donzelli S, Aulisa AG, Czaprowski D, Schreiber S, de Mauroy JC, Diers H, Grivas TB, Knott P, Kotwicki T, Lebel A, Marti C, Maruyama T, O'Brien J, Price N, Parent E, Rigo M, Romano M, Stikeleather L, Wynne J, Zaina F. 2016 SOSORT guidelines: orthopaedic and rehabilitation treatment of idiopathic scoliosis during growth. *Scoliosis Spinal Disord.* 2018 Jan 10;13:3.

Tortikollis – Cervikal dystoni

- De Pauw J, Van der Velden K, Meirte J, Van Daele U, Truijen S, Cras P, Mercelis R, De Hertogh W. The effectiveness of physiotherapy for cervical dystonia: a systematic literature review. *J Neurol.* 2014 Oct;261(10):1857-65.
- Ben Zvi I, Thompson DNP. Torticollis in childhood-a practical guide for initial assessment. *Eur J Pediatr.* 2022 Mar;181(3):865-873.

WAD

- Chrcanovic B, Larsson J, Malmström EM, Westergren H, Häggman-Henrikson B. Exercise therapy for whiplash-associated disorders: a systematic review and meta-analysis. *Scand J Pain.* 2021 Sep 27;22(2):232-261.
- Rebbeck T. The Role of Exercise and Patient Education in the Noninvasive Management of Whiplash. *J Orthop Sports Phys Ther.* 2017 Jul;47(7):481-491.
- Treleaven J. Dizziness, Unsteadiness, Visual Disturbances, and Sensorimotor Control in Traumatic Neck Pain. *J Orthop Sports Phys Ther.* 2017 Jul;47(7):492-502.