

## **Rehabilitative Rheumatology**

Updated by Mary Bell, MD and Elena Flagg MD (2002)

### Early Rheumatoid Arthritis

1. Semble EL. Rheumatoid arthritis: new approaches for its evaluation and management. *Archives of Physical Medicine & Rehabilitation* 76(2): 190-201, 1995.
2. Liang MB, Logigian MK. Rehabilitation of early rheumatoid arthritis. Little Brown and Co \*\* 1992(147p).
3. Palchik NS, Mitchell DM, Gilbert NL, Schulz A, Dedrick RF, Patella TD. Nonsurgical management of the boutonniere deformity. *Arthritis Care & Research* 3(4):227-232, 1990.

### Chronic Rheumatoid Arthritis

4. Klepper SE, Giannini MJ. Physical conditioning in children with arthritis: Assessment and guidelines for exercise prescription. *Arthritis Care & Research* 7(4):226-236, 1994.
5. Eberhard BA, Sylvester KL, Ansell BM. A comparative study of orthoplast cock-up 6 splints versus ready-made Droitwich work splints in juvenile chronic arthritis. *Disability & Rehabilitation* 15(1):41-43, 1993.
6. Falconer J. Hand splinting in rheumatoid arthritis: a perspective on current knowledge and directions for research. *Arthritis Care & Research* 4(2):81-86, 1991.
7. Escalante A and Rincon D. How much disability in rheumatoid arthritis is explained by rheumatoid arthritis *Arthritis and Rheumatism* 1999 42: 8; 1712-1721.
8. Sokka T, Kautiainen H, Moettoenen I, Hannonen P. Work disability in RA 10 years after the diagnosis. *Journal of Rheumatology* 1999. 26(8); 1681-1685.

### Ankylosing Spondylitis

9. Gall V. Exercise in the spondyloarthropathies. *Arthritis Care & Research* (4):215-207, 1994.
10. Calin A. Can we define the outcome of ankylosing spondylitis and the effect of Physiotherapy management? *J Rheumatol* 21(2): 184-186, 1991.
11. Hidding A, van der Linden S, Gielen X, de Witte L, Dijkmans B, Moolenburgh D. Continuation of group physical therapy is necessary in ankylosing spondylitis: results up a randomized controlled trial. *Arthritis Care & Research* 7(2):90-96, 1994.
12. Bakker C, Hidding A, van der Linden S, van Doorslaer E. Cost effectiveness of group physical therapy compared to individualized therapy for ankylosing spondylitis: A randomized controlled trial. *J Rheumatol* 21(2):264-268, 1994.

13. Kraag C, Stokes B, Groh J, Helewa A, Goldsmith CH. The effects of comprehensive home physiotherapy and supervision on patients with ankylosing spondylitis: An 8-month follow-up. *J of Rheumatol* 21(2):261-263, 1994.

#### Systemic Lupus Erythematosus

14. Daltrov LH, Robb-Nicholson C, Iversen MD, Wright EA, Liang MH. Effectiveness of minimally supervised home aerobic training in patients with systemic rheumatic disease. *Br J Rheum* 34(11):1064-1069, 1995.
15. Alpiner N, Oh TH, Hinderer SR, Brander VA. Rehabilitation in joint and connective tissue diseases: I. Systemic Diseases. *Archives of Physical Medicine & Rehabilitation* 76:S32-40,S57-63, 1995.

#### Scleroderma

16. Emery HM, Bowyer SL, Sisung CE. Rehabilitation of the child with a rheumatic disease. *Pediatric Clinics of North America* 42(5):1263-1283, 1995.
17. Poole JL. Grasp pattern variations seen in the scleroderma hand. *Am J Occupational Therapy* 48(1):46-54, 1994
18. Alpiner N, Oh TH, Hinderer SR, Brander VA. Rehabilitation in joint and connective tissue diseases: I. Systemic Diseases. *Archives of Physical Medicine & Rehabilitation* 76:S32-40,S57-63, 1995.

#### Inflammatory Muscle Diseases

19. Adams EM, Plotz PH. The treatment of myositis. How to approach resistant disease. [Review] *Rheum Dis Clin N Am* 21(1):170
20. Hicks JE. Rehabilitating patients with idiopathic inflammatory myopathy. *J Musculoskeletal Medicine* 12(4):41-3,47-48,51-52, 1995

#### Osteoarthritis of the knee

21. Ettinger WH Jr., Afable RF. Physical disability from knee osteoarthritis: the role of exercise as an intervention. [Review] *Medicine & Science in Sports & Exercise* 26(12):1435-1440, 1994.
22. Schilke JM, Johnson GO, Housh TJ, O'Dell JR. Effects of muscle strength training on the functional status of patients with osteoarthritis of the knee joint. *Nursing Research* 45(2):68-72. 1996.
23. Cushnaghan J, McCarthy C, Dieppe P. Taping the patella medially: A new treatment for osteoarthritis of the knee joint? *Br Med J* 308(6931):753-755, 1994.
24. Peterson MG, Kovar-Tolendano PA, Otis JC, Allegrante JP, Mackenzie CR, Gutin B, Kroll MA. Effect of a walking program on gait characteristics in patients with osteoarthritis. *Arthritis Care & Research* 6(1):11-16, 1993.

25. McInnes J, Larson MG, Daltroy LH, Brown T, Fossel AH, Eaton HM, Shulman-Kirwan B, Steindorf S, Poss R, Liang MH. A controlled evaluation of continuous passive motion in patients undergoing total knee arthroplasty. *JAMA* 268(11):1423-1428, 1992.
26. Kovar PA, Allegrante JP, MacKenzie CR, Peterson MG, Gutin B, Charlson ME. Supervised fitness walking in patients with osteoarthritis of the knee: A randomized, controlled trial. *Ann Intern Med* 116(7):529-534, 1992.
27. Minor MA. Exercise in the management of osteoarthritis of the knee and hip. *Arthritis Care & Research* 7(4):198-204, 1994.
28. Tan J, Balci N, Sepici V, Gener FA. Isokinetic and isometric strength in osteoarthritis of the knee: a comparative study with healthy women. *Am J Phys Med & Rehab* 74(5):364-369, 1995.
29. Fisher NM, Gresham GE, Pendergast DR. Quantitative progressive exercise rehabilitation for osteoarthritis of the knee. *Phys Med & Rehab Clin N Am* 5(4):785-802, 1994.
30. Dexter PA. Joint exercises in elderly persons with symptomatic osteoarthritis of the hip or knee: performance patterns, medical support patterns and the relationship between exercising and medical care. *Arthritis Care & Research* 5(1):36-41, 1992.
31. Hurley MV, Scott DL, Rees J, and Newham DJ. Sensorimotor changes and functional performance in patients with knee osteoarthritis. *Annals of Rheumatic Diseases* 1997,56;11; 641-648.
32. Hurley MV and Scott DL. Improvements in quadriceps sensorimotor function and disability of patients with knee osteoarthritis following clinically practicable exercise regime. *British Journal of Rheumatology* 1998 37; 11; 1181-1187.
33. Van Baar ME, Dekker J, Oostendorp RAB, et al. The effectiveness of exercise therapy in patients with osteoarthritis of the hip or knee: a randomized clinical trial. *J Rheumatol* 25: 2432-2439, 1998.
34. NE and Buckwalter JA. Exercise and osteoarthritis. *Current Opinion in Rheumatology* 1999,11:413-416.
35. Kurwitz DE, Sharma L, and Andriacchi. Effect of knee pain on joint loading in patients with osteoarthritis. *Current Opinions in Rheumatology* 1999,11:422-426.
36. Fortin PR, Clarke AE, Joseph I, et al. Outcomes of total hip and knee replacement: Preoperative functional status predicts outcomes at six months after surgery. *Arthritis and Rheumatism* 1999 42: 8;1722-1728.
37. Kannus P, Natri A, Paakkala T, et al. An outcome study of chronic patellofemoral pain syndrome: seven-year follow-up of patients in a randomized, controlled trial. *J Bone Joint Surg Am* 81-A:355-363, 1999.

### Osteoporosis:

38. Ebrahim S, Thompson PW, Baskaran V, et al. Randomized placebo-controlled trial of brisk walking in the prevention of postmenopausal osteoporosis. *Age Ageing* 26:253-260, 1997.
39. Kelley G. Aerobic exercise and lumbar spine bone mineral density in postmenopausal women: a meta-analysis. *J Am Geriatr Soc* 46:143-152, 1998.

### Fibromyalgia

40. Rosen NB. Physical medicine and rehabilitation approaches to the management of Myofascial pain and fibromyalgia syndrome. *Baillieres Clinical Rheum* 8(4):881- 916, 1994.
41. Henriksson C, Burckhardt C, Impact of fibromyalgia on everyday life a study of women in the USA and Sweden. *Disability & Rehabilitation* 18(5):241-248, 1996.
42. Wole F, Aarflot T, Bruusgaard D, Henriksson KG, Littlejohn G, Moldofsky H, Raspe H, Vaeroy H. Fibromyalgia and disability. Report of the Moss International Working Group on medico-legal aspects of chronic widespread musculoskeletal pain complaints and fibromyalgia. *Scan J Rheumatol* 24(2):112-118, 1995.
43. Nichols DS, Glenn TM. Effects of aerobic exercise on pain perception, affect, and level of disability in individuals with fibromyalgia. *Physical Therapy* 74(4):327-337, 1994.
44. Buckelew SP. Fibromyalgia: a rehabilitation approach. *American Journal of Physical Medicine & Rehabilitation* 68(1):37-42, 1989.
45. McCain GA. Role of physical fitness training in the fibrositis/fibromyalgia syndrome. *American Journal of Medicine* 81(3A):73-77, 1986.
46. Clark SR. Prescribing exercise for fibromyalgia patients. *Arthritis Care & Research* 7(4):221-225, 1994.

### Low Back Pain

47. Teasell RW, Harth M, Functional restoration. Returning patients with chronic low back pain to work -revolution or fad? [Review] *Spine* 21(7):844-847, 1996.
48. Cohen JE, Goel V, Frank JW, Bombardier C, Peloso P, Guillem F. Group education interventions for people with low back pain. An overview of the literature [Review] *Spine* 19(11):1214-1222, 1994.
49. Teasell RW, White K. Clinical approaches to low back pain Part 2. Management, sequelae, and disability and compensation. [Review] *Canadian Family Physician* 40:1089-1090, 1994.

50. Tan JC, Roux EB, Dunand J, Vischer JL. Role of physical therapy in the management of common low back Pain. *Baillieres Clinical Rheumatology* 6(3):629-655, 1992.
51. Leclaire R, Esdaile JM, Suissa S, Rossignol M, Prouix R, Dupuis M. Back school in a first episode of compensated acute low back pain: a clinical trial to assess efficacy and prevent relapse. *Archives of Physical Medicine & Rehabilitation* 77(7):673-679, 1996.
52. Meade TW, Dyers S, Browne W, Grank AO. Randomized comparison of chiropractic and hospital outpatient management for low back pain: results from extended follow up. *Br Med J* 311(7001):349-351, 1995.
53. Lindstrom I, Ohlund C, Nachemson A. Physical performance, pain, pain behavior and subjective disability in patients with subacute low back pain. *Scandinavian Journal of Rehabilitation Medicine* 27(3):153-160, 1995.
54. Bendix AF, Bendix T, Vaegter K, Lund C, Frolund L, Holm L. Multidisciplinary intensive treatment for chronic low back pain: a randomized, prospective study. *Cleveland Clinic Journal of Medicine* 63(1):62-69, 1996.
55. Dettori JR, Bullock SH, Sutlive TG, Franklin RJ, Patience T. The effects of spinal flexion and extension exercises and their associated postures in patients with acute low back pain. *Spine* 20(21):2303-2312, 1995.
56. Vlaeyen JW, Haazen JW, Schuerman JA, Kole-Snijders AM, van Eek H. Behavioral rehabilitation of chronic low back pain: comparison of an operant treatment, an operant-cognitive treatment and an operant-respondent treatment. *British Journal of Clinical Psychology* 34:95-118, 1995.
57. Frost H, Klaber Moffett JA, Moser JS, Fairbank JC. Randomized controlled trial for evaluation of fitness program for patients with chronic low back pain. *Br J Med* 310:151-154, 1995.
58. Timm KE. A randomized-control study of active and passive treatments for chronic low back pain following L5 laminectomy. *Journal of Orthopaedic & Sports Physical Therapy* 20(6):276-286, 1994.
59. Stratford PW, Binkley J, Solomon P, Gill C, Finch E. Assessing change over time in patients with low back pain. *Physical Therapy* 74(6):528-533, 1994.
60. Blomberg S, Hallin G, Grann K, Berg E, Sennerby U. Manual therapy with steroid injections- a new approach to treatment of low back pain. A controlled multicenter trial with an evaluation by orthopedic surgeons. *Spine* 19(5):569-577, 1994.
61. Spratt KE, Weinstein JN, Lehmann TR, Woody J, Sayer H. Efficacy of flexion and extension treatments incorporating braces for low-back pain patients with retrodisplacement spondylolisthesis or normal sagittal translation. *Spine* 18(13):1839-1849, 1993.
62. Gundewall B, Lijeqvist M, Hansson T. Primary prevention of back symptoms and absence from work. A prospective randomized study among hospital employees. *Spine* 18(5):587-594, 1993.

63. Ehrmann-Feldman D, Rossingol M, Abenbaim I, Bogeille D. Physician referral to physical therapy in a cohort of workers compensated for low back pain. *Physical Therapy* 76(2):150-156; discussion 156-157, 1996.
64. Scheer SJ, Radack KL, O'Brien DR. Randomized controlled trials in industrial low back pain relating to return to work: Part I. Acute Interventions. *Archives of Physical Medicine & Rehabilitation* 76(10):966-973, 1995.
65. Dozois DJA, Dobson KS, Wong M, Hughes D, Long A. Factors associated with rehabilitation outcome in patients with low back pain (LBP): prediction of employment outcome at 9-month follow-up. *Rehabilitation Psychology* 40(4):243-259, 1995.
66. DI Fabio RP. Efficacy of comprehensive rehabilitation programs and back school for patients with low back pain: a meta-analysis. *Physical Therapy* 75(10):865-878, 1995.
67. Callaghan MJ. Evaluation of back rehabilitation group for chronic low back pain in an out-patient setting. *Physiotherapy* 80(10):677-681, 1994.
68. Curtis C, Mayer TG, Gatchel RJ. Physical progress and residual impairment quantification after functional restoration...including commentary by Hazard RG. *Spine* 19(4):401-405, 1994.
69. Brady S, Mayer T, Gatchel RJ. Physical progress and residual impairment quantification after functional restoration...including commentary by Hazard RG...part 2. *Spine* 19(4):389-394, 1994.
70. Mayer T, Tabor J, Bovasso E, Gatchel RJ. Physical progress and residual impairment quantification after functional restoration...including commentary by Hazard RG...part 1. *Spine* 19(4):389-394, 1994.
71. Conte LE, Banerjee T. The rehabilitation of persons with low back pain. *Journal of Rehabilitation* 59(2):18-22, 1993.
72. Nordin M. Back pain: lessons from patient education. *Patient Education & Counseling* 26(1-3):67-70, 1995.
73. Teasell RW, White EC. Clinical approaches to low back pain, Part I. Management, sequelae, and disability compensation. *Canadian Family Physician* 40:490-505, 1994.
74. Lechner DE. Work hardening and work conditioning interventions: do they affect disability. *Physical Therapy* 74(5):471-493, 1994.
75. Helewa A, Goldsmith CH, Lee P, Smythe HA, Forwell L. Does strengthening the abdominal muscles prevent low back pain - A randomized controlled trial. *Journal of Rheumatology* 1999 26(8):1808-1815.

#### Rotator Cuff Injury

76. Isernbagen ST. Principles of prevention for cumulative trauma. *Occupational Medicine* 7(1):147-153, 1992.

77. Brox JI, Staff PH, Ljunggren A, Brevik JL. Arthroscopic surgery compared with supervised exercises in patients with rotator cuff disease (stage II impingement syndrome). *Br Med J* 307:899-903, 1993.
78. Olgilvie-Harris DJ, Demaziere A. Arthroscopic debridement verses open repair for rotator cuff tears. A prospective cohort study. *Journal of Bone & Joint Surgery - British Volume* 75(3):416-420, 1993.
79. Kelley MJ. Anatomic and biomechanical rationale for rehabilitation of athlete's shoulder. *Journal of Sport Rehabilitation* 4(2):122-151, 1995.
80. Hawkiris RH, Dunlop R. Nonoperative treatment of rotator cuff tears. *Clinical Orthopaedics & Related Research* 321:178-188, 1995.
81. Boker DJ, Hawkins RJ, Huckell GH, Angelo RL, Schickendantz MS. Results of nonoperative management of full-thickness tears of the rotator cuff. *Clinical Orthopaedics & Related Research* 294:103-110, 1993.
82. Baker CL, Liu SH. Comparison of open and arthroscopically assisted rotator cuff repairs...presented at the fifth Annual Meeting of the AAOS, San Francisco, California, February 1993, and at the AOSSM/JOSSM Trans-Pacific meeting, Maui, Hawaii' March 1993. *Amer J Sports Med* 23(1):99-104, 1995.
83. Grana WA, Teague B, Sing M, Reeves RB. An analysis of rotator cuff repair. *American Journal of Sports Medicine* 22(5):585-586, 1994.
84. Brewster C, Schwab DRM. Rehabilitation of the shoulder following rotator cuff injury or surgery. *Journal of Orthopaedic & Sports Physical Therapy* 18(2):422-426, 1993.
85. Walmsley RP, Hartsell H. Shoulder strength following surgical rotator cuff repair: a comparative analysis using isokinetic testing. *Journal of Orthopaedic & Sports Physical Therapy* 15(5):215-222, 1992.
86. Eustace JA, Brophy DP, Gibney RP, et al. Comparison of the accuracy of steroid placement with clinical outcome in patients with shoulder symptoms. *Ann Rheum Dis* 56:59-63, 1997.
87. Green S, Buchbinder R, Glazier R, et al. Systematic review of randomized controlled trials of intervention for painful shoulder: selection criteria, outcome assessment, and efficacy. *BMJ* 316:354-360, 1998.
88. van der Windt DAWM, Koes BW, Deville W, et al. Effectiveness of corticosteroid injections versus physiotherapy for treatment of painful stiff shoulder in primary care: randomized trial. *BMJ* 317:1292-1296, 1998.
89. Ebenbichler GR, Erdogmus CB, Resch KL, et al. Ultrasound therapy for the calcific tendonitis of the shoulder. *N Engl J Med* 340:1533-1538, 1999.

10. Winters JC, Jorritsma W, Groenier KH, et al. Treatment of shoulder complaints in general practice: long term results of a randomized, single blind study comparing physiotherapy, manipulation, and corticosteroid injection. *BMJ* 318:1395-1396,1999.

#### Tennis Elbow

90. Galloway M, DeMaio M, Mangine R. Rehabilitative techniques in the treatment of medial and lateral epicondylitis. *Orthopedics* 15(9):1089-1096, 1992.
91. Johansen F, Gam A, Hauschild B, Mathiesen B, Jensen L. Rebox: an adjunct in physical medicine? *Archives of Physical Medicine & Rehabilitation* 74(4) 438-40, 1993.

#### Juvenile Chronic Arthritis

92. Andre M, Hedengren E, Hagelberg S, Stenstroem CH. Perceived ability to manage juvenile chronic arthritis among adolescents and and parents: Development of a questionnaire to assess medical issues, excercise, pain, and social support. *Arthritis Care and Research* 1999;12,4; 229-237.

#### Misc:

93. Crook J, Moldofsky H, Shannon H. Determinants of disability after work related musculoskeletal injury. *J Rheumatol* 25: 1570-1577, 1998.
94. Thumboo J, O'Duffy JD. A prospective study of the safety of joint and soft tissue aspirations and injections in patients taking warfarin therapy. *Arthritis Rheum* 41:736-739, 1998  
  
*32 procedures on 25 patients on stable warfarin doses. The risk of hemorrhage after an injection or aspiration was less than 10%, with a 95% certainty.*