ESSENTIAL ARTICLES IN PHYSICAL MEDICINE AND REHABILITATION TRAINING: 1980-2003

Compiled by:

PM&R Alliance, Baylor College of Medicine/University of Texas-Houston
(Gerard E. Francisco, M.D., Amy Bowles, M.D., Viviana Tastard, M.D.)

With Contributions From:

Eastern Virginia Medical School, Norfolk (Cindy Flick, M.D.)
Marianjoy Rehabilitation Hospital and Clinics (Noel Rao, M.D.)
Mercy Hospital, Pittsburgh (Mary Ann Miknevich, MD)
Mt. Sinai Medical Center, NY (Adam Stein, MD)
Nassau University Medical Center, NY (Lynn Weiss, MD)
Rehabilitation Institute of Chicago (James Sliwa, D.O.)
UMDNJ/New Jersey Medical School (Denise A. Campagnolo, M.D.)
University of Washington-Seattle (Teresa Massagli, M.D.)
Walter Reed Army Medical Center, D.C. (Paul A. Pasquina, M.D.)
University of Michigan-Ann Arbor (Catherine Spires, M.D.)
INTRODUCTION

When I was a resident in the early 1990’s, I remember being handed a list of the “Classic Journal Articles in PM&R” by one of my attendings. That list served as a great starting point for self-study, supplemented by countless new research articles and book chapters. While I valued---and still do--- those articles, I have always thought that just like many other things, the list needed updating in order to keep the residents abreast of the current literature in physiatry.

Many years later, as an attending, I was frequently asked by my residents for advice on what articles to read. Considering that the breadth of clinical practice and literature in PM&R has increased significantly in the last several years, I felt it was a daunting task to provide residents with a comprehensive list of articles that they should be familiar with before completion of training, without overwhelming them. Over the years, I have prepared and constantly updated my own list of articles in my areas of interest: traumatic brain injury, stroke, and spasticity. Many residents were appreciative of the articles (although I doubt that they’ve read each and every one of them), but raised their concern that they were not getting a similar compilation from their other rotations.

When I assumed the program directorship of the PM&R Alliance of the Baylor College of Medicine and the University of Texas-Houston, one of the first things that I organized was a “task force” to prepare a list of the “new classic articles in PM&R” in order to meet our residents’ educational needs. However, the job was still daunting, and I realized that it will not be feasible for myself and two of our hard-working residents (Amy Bowles and Viviana Tastard) to complete the task. Thus, our group decided to collaborate and share the final list with other residency programs. In the process, we opted to change the compilation’s name to “Essential Articles” (less controversial than “new classics”) but kept the same intent and criteria:

1. “Essential Articles” are defined as those articles that a PM&R resident should have read or at least be familiar with by completion of training;
2. Only articles from 1980 to the present will be included, in order to make the list manageable;
3. Original research and review articles will be considered;
4. Book chapters and the AAEM mini-monographs (we felt that each and every one of these is a “must read”) will not be included;

The list is not officially endorsed by any PM&R organization. Rather, it is a compilation of article titles that a handful of PM&R residency program directors consider as “essential” to resident training.

I am indebted to those program directors who shared their own lists and assisted in assembling the final compilation: Terry Massagli, Jim Sliwa, Paul Pasquina, Denise Campagnolo, Mary Ann Miknevich, Lynn Weiss, Adam Stein, Noel Rao, Catherine Spires, and Cindy Flick; our former residents, Amy Bowles and Viviana Tastard for helping start-up the project; my secretary, Danielle Hawkins, for preparing the draft; Kwai Chan, my associate program director; and my two chairmen, Marty Grabois and Bill Donovan for their generous support and encouragement.

Gerard E. Francisco, M.D.
Residency Program Director
PM&R Alliance, Baylor College of Medicine and
University of Texas Health Sciences Center

Education Office
1333 Moursund Avenue
Houston, TX 77030
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CARDIAC REHABILITATION


PULMONARY REHABILITATION


Intermittent positive pressure ventilation via the mouth as an alternative to tracheostomy for 257 ventilator users. Bach JR, Alba AS. Chest 1993;74-82
MUSCULOSKELETAL/ LOW BACK PAIN


What can the history and physical examination tell us about low back pain? Deyo RA, et al.. JAMA 1992; 268: 760-5.

How effective are exercise and physical therapy for chronic low back pain? Carter IR; Lord JL. J Fam Pract 2002;51(3):209

Lumbar fusion versus nonsurgical treatment for chronic low back pain. FritzellP; Hagg O: Spine 2001 Dec 1; 29(23): 2521-32 (VOLVO award winner)

Acupuncture for chronic low back pain: a randomized placebo-controlled study with long-term follow-up. Carlsson CP; Sjolund BH: Clin J Pain 2001; 17(4) 296-305


What can the history and physical examination tell us about low back pain? Deyo RA. Rainville J. Kent DL. JAMA 1992; 268(6): 760-5

Drug therapy for back pain: which drugs help which patients? Deyo RA. Spine 1996; 21(24): 2840-9; discussion 2849-50


PAIN (OTHER THAN LOW BACK PAIN)


BONE/JOINT/CONNECTIVE TISSUE DISEASES


PROSTHETICS, ORTHOTICS, ASSISTIVE DEVICES, GAIT


TRAUMATIC BRAIN INJURY


STROKE


Does the application of constraint-induced movement therapy during acute rehabilitation reduce arm impairment after ischemic stroke? Dromerick AW. Stroke 2000;31(12):2984-8


A model for stroke patient management during the acute phase: outcome and economic implications. Odderson IR, McKenna BS. Stroke 1993;24:1823-1827


PEDIATRIC REHABILITATION


**Prognosis for ambulation in cerebral palsy.** Sala DA, Grant AD. Dev Med Child Neurol, 1995;37:1020-1026.


NEUROMUSCULAR AND MOTOR NEURON DISORDERS
AND NEUROPATHIES


**ELECTRODIAGNOSIS**


**False positive electrodiagnostic tests in carpal tunnel syndrome.** Redmond MD, Rivner MH. Muscle Nerve. 1988 May;11(5):511-8.


**Comparison of multiple frequency vibrometry testing and sensory nerve conduction measures in screening for carpal tunnel syndrome in an industrial setting.** Werner RA, Franzblau A, Johnston E. Am J Phys Med Rehabil. 1995;74(2):101-6


**Electrophysiologic studies of critically ill patients.** Bolton CF. Muscle and Nerve 10:129-135, 1987

**Approach to peripheral neuropathy and neuronopathy.** Barohn RJ. Semin Neurol 1998; 18: 7-18

Lifetime benefits and costs of intensive therapy as practiced in the diabetes control and complications Trail. The Diabetes Control and Complications Trial Research Group. JAMA 1996; 276: 1409-15


What you always wanted to know about the history and physical examination of neck pain but were afraid to ask.Honet JC, Ellenberg MR. Phys Med Rehabil Clin N Am. 2003;14(3):473-91.


Thoracic outlet syndromes. Wilbourn AJ. Neurol Clin. 1999;17(3):477-97,
OCCUPATIONAL/INDUSTRIAL MEDICINE


CANCER REHABILITATION

**Principles of Cancer rehabilitation.** Garden FH, Grbois M, editors. Principles of Rehabilitation Medicine: State of the art rev. 1994; Chapter 71, Section 21; 971-985


OTHER REHABILITATION TOPICS

**Multiple Sclerosis**


**Physical therapy and parkinson’s disease: a controlled clinical trial.** Comella CL, Stebbins GT, Brown-Toms N, Goetz CG. Neurol 1994; 44: 376-8
Peripheral Vascular Disease


Pressure Ulcers


HIV/AIDS


