The Physio Reading List

These papers and books have been recommended by forward-thinking and critical therapy clinicians.

Some papers have a box around them. This is to highlight the quotations which came with them from the people who recommended them. These quotations help you to see how other clinicians frame and think about what they read.

Enjoy

Papers


“I guess best read i’ve had this year would be Michelle Craske paper on exposure therapy, it has changed my practice a lot...”:


“Because it is the first direct evidence to support gate control theory of pain, 50 years after Melzack and Wall turned the biomedical world upside down, and because it supports hands-on treatment for pain problems”:


Kerry R, Taylor AJ. Cervical spine pre-treatment screening for arterial dysfunction: out with the old, in with the new. PhysioFirst 2014 147


“Or this one because the principle of expectancy violation has changed my perspective and delivery of exercise prescription”:


Zusman M Belief reinforcement: one reason why costs for low back pain have not decreased. J Multidiscip Healthc 2013; 6: 197–204. doi: 10.2147/JMDH.S44117

***** 2016 updates *****

“This paper from Christian Barton and colleagues has been a big highlight for me. It brings together a huge amount of research in one of my favourite topics and summarises running gait retraining as a potential intervention for multiple pathologies. A must for running geeks”:


@rogerkerry1
"The nature of pain implies that we are dealing with questions of norms and normativity (good for/bad for, feels good/feels bad). How pain can arise in biological systems ultimately rests on the deeper question of how normativity can arise in these kinds of systems. Mark Bickhard have some interesting ideas about that."


Carroll JE, Cole SW, Seeman TE, Partial sleep deprivation activates the DNA damage response (DDR) and the senescence-associated secretory phenotype (SASP) in aged adult humans. Brain, Behavior, and Immunity 2016 51(1):223-229

"I really like this one from Chester et al (2016). Important to acknowledge psychosocial factors in shoulder patients! Psychological factors are associated with the outcome of physiotherapy for people with shoulder pain: a multicentre longitudinal cohort study":


"Because of its’ simplicity":
Lederman E A process approach in manual and physical therapies: beyond the structural model2015CPDO Online Journal May, p1-18


“This paper breaks new ground in neurodynamics because, for the first time, it describes normal movement of the spinal cord with the SLR in all 3 planes. The next step is to find what is abnormal”:


“The two recent IOC consensus statements on load in sport and risk of injury/illness because everything in them are applicable to the general population as well. Two really solid papers with direct relevance for everyone that attempts to assess and “treat” people with ”pain”.”


“This drew a line under some runaway thinking of mine and so I thank it for saving me time and rate it as my fave for what I’ve then been able to do with said time!”


“Nothing groundbreaking, but I appreciate how Nijs et al try to bring the knowledge together and with suggestions for how it can be done in the clinic.”:
Books


“You should read this book, bloody brilliant!”: