

CEP03363 - Exercise and Musculoskeletal Health

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45 items

The Ankle (6 items)

Interventions for preventing ankle ligament injuries - in Cochrane Database of Systematic Reviews, by Helen HG Handoll; Brian H Rowe; Kathryn M Quinn; Rob de Bie

[Article](#) | [Prescribed](#) | Reading 1

Effectiveness of additional supervised exercises compared with conventional treatment alone in patients with acute lateral ankle sprains: systematic review - in British medical journal, by Rogier M van Rijn; John van Ochten; Pim A J Luijsterburg; Marienke van Middelkoop; Bart W Koes; Sita M A Bierma-Zeinstra, 2010

[Article](#) | [Prescribed](#) | Reading 2

Impairment in postural control is greater when ankle plantarflexors and dorsiflexors are fatigued simultaneously than when fatigued separately - in Gait & Posture, by Sébastien Boyas; Anthony Remaud; Etienne J. Bisson; Sébastien Cadieux; Baptiste Morel; Martin Bilodeau, 2011

[Article](#) | [Prescribed](#) | Reading 3

Dynamic Ankle Control in Athletes With Ankle Instability During Sports Maneuvers - in The American Journal of Sports Medicine, by C.-F. Lin; C.-Y. Chen; C.-W. Lin, 2011

[Article](#) | [Prescribed](#) | Reading 4

Strength-Training Protocols to Improve Deficits in Participants With Chronic Ankle Instability: A Randomized Controlled Trial - in Journal of athletic training

[Article](#) | [Prescribed](#) | Reading 5

Effect of ankle braces on lower extremity muscle activation during functional exercises in participants with chronic ankle instability - in International Journal of Sports Physical Therapy, by Feger, Mark A., 2014

[Article](#) | [Prescribed](#) | Reading 6

The Knee (10 items)

Aquatic exercise for the treatment of knee and hip osteoarthritis - in Cochrane Database of Systematic Reviews, by Else Marie Bartels; Hans Lund; Kåre Birger Hagen; Hanne Dagfinrud; Robin Christensen; Bente Danneskiold-Samsøe

[Chapter](#) | [Prescribed](#) | Reading 1

Effects of Functional Stabilization Training on Pain, Function, and Lower Extremity Biomechanics in Women With Patellofemoral Pain: A Randomized Clinical Trial - in The

Journal of orthopaedic and sports physical therapy, by Rodrigo de Marche Baldon et.al.

[Article](#) | [Prescribed](#) | Reading 2

Return to sport following anterior cruciate ligament reconstruction surgery: a systematic review and meta-analysis of the state of play. - in British Journal of Sports Medicine

Jun2011, Vol, by Ardern, Clare L., 2011

[Article](#) | [Prescribed](#) | Reading 3

Knee Mechanics During Planned and Unplanned Sidestepping: A Systematic Review and Meta-Analysis - in Sports Medicine, by Scott R. Brown; Matt Brughelli; Patria A. Hume, 2014

[Article](#) | [Prescribed](#) | Reading 4

Obesity, knee osteoarthritis and knee arthroplasty: a review - in BMC Sports Science, Medicine and Rehabilitation, by Saif Salih; Paul Sutton, 2013

[Article](#) | [Prescribed](#) | Reading 5

Functional Performance Testing After Anterior Cruciate Ligament Reconstruction: A Systematic Review - in Orthopaedic Journal of Sports Medicine, by G. D. Abrams; J. D. Harris; A. K. Gupta; F. M. McCormick; C. A. Bush-Joseph; N. N. Verma; B. J. Cole; B. R. Bach, 2014

[Article](#) | [Prescribed](#) | Reading 6

Preventing ACL Injuries in Team-Sport Athletes: A Systematic Review of Training Interventions. - in Research in Sports Medicine 2012, Vol, by Marko D. Stojanovic; Sergej M Ostojic, 2012

[Article](#) | [Prescribed](#) | Reading 7

A systematic review of evidence for anterior cruciate ligament rehabilitation: how much and what type? - in Physical Therapy in Sport, by May Arna Risberg; Michael Lewek; Lynn Snyder-Mackler, 2004

[Article](#) | [Prescribed](#) | Reading 8

Tibial translation and muscle activation during rehabilitation exercises 5 weeks after anterior cruciate ligament reconstruction. - in Scandinavian Journal of Medicine & Science in Sports Feb2010, Vol, by Tagesson, S., 2010

[Article](#) | [Prescribed](#) | Reading 9

Rehabilitation After Anterior Cruciate Ligament Reconstruction - in The Journal of Bone and Joint Surgery (American), by L.M. Kruse; B. Gray; R.W. Wright, 2012

[Article](#) | [Prescribed](#) | Reading 10

The Hamstrings and Quads (4 items)

A Soccer-Specific Balance Training Program for Hamstring Muscle and Patellar and Achilles Tendon Injuries: An Intervention Study in Premier League Female Soccer - in The American Journal of Sports Medicine, by R. Kraemer; K. Knobloch, 2009

[Article](#) | [Prescribed](#) | Reading 1

The effect of warm-up, static stretching and dynamic stretching on hamstring flexibility in previously injured subjects - in BMC Musculoskeletal Disorders, by Kieran O'Sullivan; Elaine

Murray; David Sainsbury, 2009

[Article](#) | [Prescribed](#) | [Reading 2](#)

The need for lumbar-pelvic assessment in the resolution of chronic hamstring strain - in Journal of Bodywork and Movement Therapies, by Stephanie Panayi, 2010

[Article](#) | [Prescribed](#) | [Reading 3](#)

A Comprehensive Rehabilitation Program With Quadriceps Strengthening in Closed Versus Open Kinetic Chain Exercise in Patients With Anterior Cruciate Ligament Deficiency: A Randomized Clinical Trial Evaluating Dynamic Tibial Translation and Muscle Function - in The American Journal of Sports Medicine, by S. Tagesson; B. Oberg; L. Good; J. Kvist, 2008

[Article](#) | [Prescribed](#) | [Reading 4](#)

The Hip (3 items)

A review of the clinical evidence for exercise in osteoarthritis of the hip and knee - in Journal of Science and Medicine in Sport, by Kim L. Bennell; Rana S. Hinman, 2011

[Article](#) | [Prescribed](#) | [Reading 1](#)

Multidisciplinary rehabilitation programmes following joint replacement at the hip and knee in chronic arthropathy - in Cochrane Database of Systematic Reviews, by Fary Khan; Louisa Ng; Senen Gonzalez; Tom Hale; Lynne Turner-Stokes

[Chapter](#) | [Prescribed](#) | [Reading 2](#)

The biomechanical functional demand placed on knee and hip muscles of older adults during stair ascent and descent - in Gait & Posture, by Dinesh Samuel; Philip Rowe; Victoria Hood; Alexander Nicol, 2011-6

[Article](#) | [Prescribed](#) | [Reading 4](#)

Lower back (5 items)

Role of Physical Exercise in Low Back Pain Rehabilitation: A Randomized Controlled Trial of a Three-Month Exercise Program in Patients Who Have Completed Multidisciplinary Rehabilitation - in Spine, by Henchoz, Yves MS*, 2010

[Article](#) | [Prescribed](#) | [Reading 1](#)

A comparison of two forms of periodized exercise rehabilitation programs in the management of chronic nonspecific low-back pain - in Journal of Strength and Conditioning Research, by Kell, Robert T, 2009

[Article](#) | [Prescribed](#) | [Reading 2](#)

Exercise therapy for treatment of non-specific low back pain - in Cochrane Database of Systematic Reviews, by Jill Hayden; Maurits W van Tulder; Antti Malmivaara; Bart W Koes, 1996

[Chapter](#) | [Prescribed](#) | [Reading 4](#)

Exercise therapy for treatment of non-specific low back pain - in Cochrane Database of Systematic Reviews, by Jill Hayden; Maurits W van Tulder; Antti Malmivaara; Bart W Koes

[Chapter](#) | [Prescribed](#) | [Reading 5](#)

Exercises for prevention of recurrences of low-back pain - in Cochrane Database of Systematic Reviews, by Brian KL Choi; Jos H Verbeek; Wilson Wai-San Tam; Johnny Y Jiang, 1996-09-01

[Chapter](#) | [Prescribed](#) | Reading 6

The Shoulder (5 items)

Eccentric exercise therapy in the treatment of subacromial impingement syndrome: A critical review... including commentaries by Bernhardsson S, Camargo PR and McVeigh JG. - in International Journal of Therapy & Rehabilitation, by Dervey, Emily, 2014

[Article](#) | [Prescribed](#) | Reading 1

Control strategies to re-establish glenohumeral stability after shoulder injury - in BMC Sports Science, Medicine and Rehabilitation, by Bala S Rajaratnam; James CH Goh; Prem V Kumar, 2013

[Article](#) | [Prescribed](#) | Reading 2

Subscapularis Muscle Activity during Selected Rehabilitation Exercises - in The American Journal of Sports Medicine, 2003

[Article](#) | [Prescribed](#) | Reading 3

Shoulder muscle activity and function in common shoulder rehabilitation exercises - in Sports Medicine, by James R. Andrews; Lonnie Paulos; Rafael F. Escamilla; Kyle Yamashiro, 2009

[Article](#) | [Prescribed](#) | Reading 4

Effects of Shoulder Stabilization Exercise on Pain and Functional Recovery of Shoulder Impingement Syndrome Patients - in Journal of physical therapy science, by Sang-In Park; Yong-Kyu Choi; Jung-Ho Lee; Young-Min Kim, 2013

[Article](#) | [Prescribed](#) | Reading 5

Osteoarthritis (5 items)

Arthritis, osteoporosis, and low back pain: evidence-based clinical risk assessment for physical activity and exercise clearance. - in Canadian Family Physician, by Burr J, 2012

[Article](#) | [Prescribed](#) | Reading 1

Intensity of exercise for the treatment of osteoarthritis - in Cochrane Database of Systematic Reviews, by Lucie Brosseau; L MacLeay; Vivian Welch; Peter Tugwell; George A Wells, 1996-09-01

[Chapter](#) | [Prescribed](#) | Reading 2

Exercise for osteoarthritis of the knee - in Cochrane Database of Systematic Reviews, by Marlene Fransen; Sara McConnell, 2008

[Article](#) | [Prescribed](#) | Reading 3

Exercise for osteoarthritis of the hip - in Cochrane Database of Systematic Reviews, by Marlene Fransen; Sara McConnell; Gabriela Hernandez-Molina; Stephan Reichenbach, 2009

[Article](#) | [Prescribed](#) | Reading 4

Aquatic exercise for the treatment of knee and hip osteoarthritis - in Cochrane Database of Systematic Reviews, by Else Marie Bartels; Hans Lund; Kåre Birger Hagen; Hanne Dagfinrud; Robin Christensen; Bente Danneskiold-Samsøe, 2007

[Journal](#) | [Prescribed](#) | Reading 5

Aquatic rehab (2 items)

Aquatic Versus Land-based Exercises as Early Functional Rehabilitation for Elite Athletes with Acute Lower Extremity Ligament Injury: A Pilot Study - in PM&R, by Eunkuk Kim; Taegyu Kim; Hyunyoung Kang; Jongha Lee; Martin K. Childers, 2010

[Article](#) | [Prescribed](#) | Reading 1

Land- and water-based exercise therapies for musculoskeletal conditions - in Best Practice & Research Clinical Rheumatology, by Krysia Dziedzic; Joanne L. Jordan; Nadine E. Foster, 2008-6

[Article](#) | [Prescribed](#) | Reading 2

Older adults, Strength, Falls Prevention (5 items)

Progressive resistance strength training for improving physical function in older adults - in Cochrane Database of Systematic Reviews, by Chiung-ju Liu; Nancy K Latham, 2009

[Article](#) | [Prescribed](#) | Reading 1

Muscle activity during gait initiation in normal elderly people - in Gait & Posture, by J. Mickelborough; M.L. van der Linden; R.C. Tallis; A.R. Ennos, 2004

[Article](#) | [Prescribed](#) | Reading 2

Exercise for improving balance in older people - in Cochrane Database of Systematic Reviews, by Tracey E Howe; Lynn Rochester; Fiona Neil; Dawn A Skelton; Claire Ballinger, 1996

[Article](#) | [Prescribed](#) | Reading 4

Foot and Ankle Characteristics Associated With Impaired Balance and Functional Ability in Older People - in The Journals of Gerontology Series A: Biological Sciences and Medical Sciences, by H. B. Menz; M. E. Morris; S. R. Lord, 2005

[Article](#) | [Prescribed](#) | Reading 5

Gait characteristics of elderly people with a history of falls: a dynamic approach - in Physical Therapy, by Yaron Barak, Kenneth G. Holt, Robert C. Wagenaar, 2006

[Article](#) | [Prescribed](#) | Reading 6