

## PART I Introduction

### 1.1 Introduction to the Text, 2

Deborah Falla, Chad E. Cook, Jeremy Lewis, Chris McCarthy, and Michele Sterling

## PART II Global Burden of Musculoskeletal Disorders

### 2.1 Historic Management Perspectives, 6

Valerie Coolman and Erl Pettman

### 2.2 Epidemiologic Measures of Musculoskeletal Disorders, 11

Jennifer C. Reneker and Chad E. Cook

### 2.3 An Overview of Contributors to Pain and Disability, 15

Yannick Tousignant-Laflamme, Florian Naye, and Christian Longtin

### 2.4 Biological Contributors to Musculoskeletal Pain and Disability, 22

Scott F. Farrell, Rutger M.J. de Zoete, David M. Klyne, Annina B. Schmid, Andrea Polli, Jo Nijs, and Michele Sterling

### 2.5 Psychological Contributors to Musculoskeletal Pain, 36

Alejandro Luque-Suarez, Marcelino Torrontegui-Duarte, and Deborah Falla

### 2.6 Social Contributors to Pain and Disability, 44

Zachary D. Rethorn and Chad E. Cook

### 2.7 Musculoskeletal Models of Care, 50

Helen Slater and Andrew M. Briggs

## PART III Research Design and Navigating the Endless Wave of Information

### 3.1 What Is Information, and Where Are People Getting It From?, 60

Clare Arden

### 3.2 Information Credibility: Navigating the Endless Wave of Information, 63

Guy Simoneau and Chad E. Cook

### 3.3 Levels of Evidence, 68

Derek J. Clewley and Bethany Buzzell

## SECTION 3.4 Research Designs

### 3.4.1 Quantitative Research, 75

Steven J. Kamper and Tie Parma Yamato

### 3.4.2 Introduction To Qualitative Design, 79

Gillian Yeowell and Sandra Elaine Hartley

### 3.4.3 Mixed Methods Research, 85

Hubert van Griensven

### 3.4.4 Living Evidence: Is the Randomised Controlled Trial the Missing Link?, 88

Anita R. Gross, Charlie H. Goldsmith, Pasqualina Santaguida, Pulak Parikh, and Pavlos Bobos

### 3.4.5 N-of-1 Research Designs, 95

Jane Nikles, Andrea Hams, Michele Sterling, and Kerrie Evans

### 3.4.6 Standardized Data Collection, Audit, and Clinical Profiling, 102

Ann Patricia Moore, Elizabeth Bryant, Shemane Murtagh, and George Olivier

### 3.4.7 Systematic Reviews: Informing Evidence-Based Practice, 106

Michael P. Reiman and Garrett Scott Bullock

### 3.4.8 Why Are Population-Based Cohorts Important in Progressing Our Understanding of Musculoskeletal Pain Conditions?, 111

Rob Waller and Helen Slater

### 3.4.9 Implementation Research, 116

Katherine S. Norman and Heather A. King

### 3.4.10 Consensus Research, 122

Chad E. Cook

### 3.4.11 Responder Analyses in Musculoskeletal Research, 126

Chad E. Cook, Geronimo Bejarano, Jennifer C. Reneker, and Andrew D. Vigotsky

## PART IV Measurements in Musculoskeletal Physiotherapy

### 4.1 Patient-Reported Outcome Measures in Musculoskeletal Physiotherapy, 134

Alessandro Chiarotto and Leonardo Pellicciari

### 4.2 Patient-Reported Experience Measures, 145

Alessandra Narciso Garcia and Malene Ahern

### 4.3 Physical Performance Measures, 154

Rob Manske and Jason Brumitt

### 4.4 Assessing Cost Analyses and Value-Based Care in Rehabilitation, 165

Daniel Pinto, Hassan Ghomrawi, and Dustin D. French

## SECTION 4.5 Advances in Measurement

### 4.5.1 Quantitative Sensory Testing and Clinical Sensory Testing, 172

Brigitte Tampin, Annina B. Schmid, and Helen Slater

### 4.5.2 Pain in the Brain: The Role and Future of Functional Neuroimaging, 179

Flavia Di Pietro

### 4.5.3 Advances in Magnetic Resonance Imaging Measures, 184

Rebecca E. Abbott, Jon Cornwall, Rebecca J. Crawford, Enrico De Martino, James M. Elliott, Graham J. Galloway, Julie A. Hides, Mark A. Hoggarth, Katie L. McMahon, Marnee J. McKay, Aimie L. Peek, Zuzana Perraton, Ashton Reeve, Kyle Sheldrick, Ameer L. Seitz, Adam I. Semciw, Andrew C. Smith, Melinda M. Franettovich Smith, Danielle Stone, David M. Walton, Kenneth A. Weber II, and Evert Onno Wesselink

### 4.5.4 Ultrasound in Musculoskeletal Practice, 199

Karen McCreesh, Stuart Wildman, and Mark Maybury

### 4.5.5 Surface Electromyography, 205

Deborah Falla, Alessio Gallina, and Eduardo Martinez-Valdes



- 4.5.6 Movement Analysis and Musculoskeletal Modeling, 212**  
*Marco Barbero, Corrado Cescon, Stefano Vercelli, Deborah Falla, and Carlo Albino Frigo*
- 4.5.7 Electroencephalography, 225**  
*Nicola Ray*
- 4.5.8 Transcranial Magnetic Stimulation, 229**  
*Siobhan M. Schabrun, Wei-ju Chang, and Rocco Cavaleri*

## **PART V Principles of Assessment and Management**

- 5.1 Communication, 238**  
*Joletta Belton and Jeremy Lewis*
- 5.2 Red Flags, 248**  
*James Selfe, Susan Greenhalgh, Chris Mercer, and Laura Finucane*

### **SECTION 5.3 Lifestyle and Health**

- 5.3.1 Lifestyle and Musculoskeletal Health: Basis for a Health and Lifestyle Framework, 258**  
*Elizabeth Dean and Anne Söderlund*
- 5.3.2 Implementing a Health and Lifestyle Framework: Competencies for Musculoskeletal Physiotherapists, 266**  
*Elizabeth Dean and Anne Söderlund*
- 5.4 Clinical Reasoning and Models for Clinical Management, 285**  
*Neil Langridge*
- 5.5 Consideration of Cognitive and Behavioral Influences on Physiotherapy Practice, 296**  
*Michele Sterling and Rachel A. Elphinston*
- 5.6 Educational Approaches to Pain Management, 303**  
*Kieran O'Sullivan, Pete Moore, and Cormac Ryan*
- 5.7 Behavior Change and Self-Management, 312**  
*Kevin Hall and Ann Moore*
- 5.8 Hemodynamics and Clinical Practice, 320**  
*Roger Kerry and Alan Taylor*
- 5.9 Neurodynamics, 328**  
*Michel W. Coppieters, Colette Ridehalgh, Robert J. Nee, Benjamin S. Boyd, Toby Hall, Richard Ellis, Annalie Basson, Annina B. Schmid, Brigitte Tampin, Karina J. Lewis, Eva Sierra-Silvestre, Andrea C. Benson, Ricardo J. Andrade, Meghan A. Koop, Marije L.S. Sleijser-Koehorst, Ivo J. Lutke Schipholt, and Gwendolynne G.M. Scholten-Peeters*
- 5.10 Neuromuscular Adaptations to Exercise, 336**  
*Deborah Falla, Alessio Gallina, Edith Elgueta Cancino, and Paul Hodges*
- 5.11 The Analgesic Effects of Exercise, 357**  
*Kathleen A. Sluka, Henrik Bjarke Vaegter, Marie Hoeger Bement, Giovanni Berardi, and Joseph B. Lesnak*
- 5.12 Management of Sensorimotor Control in Musculoskeletal Disorders, 374**  
*Julia Treleaven*
- 5.13 Manual Therapy, 391**  
*Chris McCarthy, Joel Bialosky, and Mark D. Bishop*

## **SECTION 5.14 Adjunct Modalities**

- 5.14.1 Electrophysical Modalities, 403**  
*Tim Watson*
- 5.14.2 Acupuncture and Its Role in Musculoskeletal Pain and Rehabilitation, 406**  
*Panos Barlas*
- 5.15 Digital Rehabilitation Methods, 409**  
*Trevor G. Russell*
- 5.16 Advanced Practice in Physiotherapy, 415**  
*Andrews Tawiah, Linda Woodhouse, François Desmeules, Caitriona Cunningham, and Jeremy Lewis*

## **PART VI Region Specific Management**

- 6.1 Idiopathic Neck Pain, 422**  
*Gwendolen Jull, Deborah Falla, Julia Treleaven, and Shaun O'Leary*
- 6.2 Whiplash-Associated Disorders, 439**  
*Michele Sterling, Trudy Rebbeck, Andrew Leaver, and Chris Worsfold*
- 6.3 Temporomandibular Disorders and Orofacial Pain, 450**  
*Harry von Piekartz, Susan Armijo-Olivo, and César Fernández-de-las-Peñas*
- 6.4 Thoracic Pain, 461**  
*Nicola Ruth Heneghan and Deborah Falla*
- 6.5 Low Back Pain Examination and Treatment, 474**  
*Mark Hancock and Chad E. Cook*
- 6.6 Clinical Reasoning in Sacroiliac Joint and Pelvic Girdle Pain: A Tunnel Vision of Physiotherapy Experts?, 487**  
*Annelies Pool-Goudzwaard, Esther van Benten-van Weeghel, and Jan Pool*
- 6.7 The Shoulder, 493**  
*Jeremy Lewis*
- 6.8 The Elbow, 505**  
*Viana Vuvan, Brooke Coombes, Leanne Bisset, and Bill Vicenzino*
- 6.9 Wrist and hand, 518**  
*Katia Fournier, Sarah Mee, Elaine Juzl, and Nicola Goldsmith*
- 6.10 The Hip, 529**  
*Kay M. Crossley, Joanne Kemp, Matthew G. King, Joshua J. Heerey, and Peter R. Lawrenson*
- 6.11 Knee Conditions, 538**  
*Kim Bennell, Rana S. Hinman, Pek Ling Teo, Kay M. Crossley, Danilo de Oliveira Silva, Sallie M. Cowan, Bill Vicenzino, Lee Herrington, Melanie Holden, and George Peat*
- 6.12 Foot and Ankle, 560**  
*Michelle Smith and Bill Vicenzino*

Index, 576