

## Recommended Reading List



EUROPEAN PAIN FEDERATION

# CORE CURRICULUM FOR THE EUROPEAN DIPLOMA IN PAIN PHYSIOTHERAPY

DECEMBER 2017

Below you will find a suggested reading list which may be useful to you.  
It is not an exhaustive list, but may be useful to you to prepare for the examination. There is a wide variety of resources available to you if you need to read up on topics as indicated below.

## Textbooks

Acute Pain Management - Scientific Evidence 4th edition, 2015. Freely available for download. Search using the name of the book.

Classification of Chronic Pain, Second Edition, IASP Task Force on Taxonomy, edited by H. Merskey and N. Bogduk, IASP Press, Seattle, 1994. (Updates were made to selected sections in 2011 and 2012. The material will be updated on a periodic and continual basis by IASP's experts. The book is no longer available in a print version, but freely available for download from the IASP website).

## Other sources freely available:

Pain: clinical updates: <https://www.iasp-pain.org/Pain:ClinicalUpdates>

IASP factsheets: <https://www.iasp-pain.org/GlobalYear?navItemNumber=580>; on the left you will see a list of topics in the past Global years

There is also the IASP research forum: <http://www.painresearchforum.org/?navItemNumber=6493>

The Cochrane Library: <http://www.cochranelibrary.com/>

Google Scholar for full-text scientific articles: <https://scholar.google.nl/>

You can join Research Gate and find lots of articles for free: <https://www.researchgate.net>

Clinical Practice guidelines are available from physiopedia:

[https://www.physio-pedia.com/Clinical\\_Guidelines:\\_Musculoskeletal/\\_Orthopaedics](https://www.physio-pedia.com/Clinical_Guidelines:_Musculoskeletal/_Orthopaedics)

## Other resources:

Melzack and Wall's Textbook of Pain by S McMahon, M Koltzenburg, I Tracey and D C. Turk, 6<sup>th</sup> Edition is a great resource, but pricey (go to the library and borrow).

Mechanisms and management of pain for the physical therapist. (Sluka ed) IASP press. ISBN 9781496343239

See also IASP e-books: <http://ebooks.iasp-pain.org/>

**Section One:**  
**Pain Science and Knowledge**

## **1.1 Pain Mechanisms**

See various Textbooks on Pain

## **1.2 International Association for the Study of Pain Taxonomy**

<http://www.iasp-pain.org/Taxonomy>

## **1.3 The Complex and Multidimensional Nature of Pain**

Malfliet A, Coppeters I, Van Wilgen P et al. Brain changes associated with cognitive and emotional factors in chronic pain: A systematic review. *Eur J Pain*. 2017 May;21(5):769-786. Review.

Simons LE, Elman I, Borsook D. Psychological processing in chronic pain: a neural systems approach. *Neurosci Biobehav Rev*. 2014 Feb;39:61-78. Epub 2013 Dec 27.

**Section Two:**  
**Principles of Assessment and Measurement**

## 2.1 Assessment

International Classification of Functioning, Disability and Health (ICF), access in <http://who.int/classifications/icf/en/>

Finnerup NB, Haroutounian S, Kamerman P, Baron R, Bennett DL et al. Neuropathic pain: an updated grading system for research and clinical practice. *Pain*. 2016 Aug;157(8):1599-606.

Smart KM, Blake C, Doody C. The Discriminative validity of "nociceptive," "peripheral neuropathic," and "central sensitization" as mechanisms-based classifications of musculoskeletal pain. *Clin J Pain*. 2011;27(8):655-63.

## 2.2 Measurement

Wang L, Guyatt GH, Kennedy SA et al . Predictors of persistent pain after breast cancer surgery: a systematic review and meta-analysis of observational studies. *Cmaj* 2016;188: E352-e361 .

Verbunt JA, Huijnen IP, Seelen HA. Assessment of physical activity by movement registration systems in chronic pain: methodological considerations. *Clin J Pain*. 2012 Jul;28(6):496-504. Review.

Tyson SF, Brown P. How to measure pain in neurological conditions? A systematic review of psychometric properties and clinical utility of measurement tools. *Clin Rehabil*. 2014;28(7):669-86.

Gordon DB. Acute pain assessment tools: let us move beyond simple pain ratings. *Curr Opin Anaesthesiol*. 2015 Oct;28(5):565-9. Review.

## **Section Three: Principles of Treatment**



### 3.1 Communication

Petersen GL, Finnerup NB, Colloca L, Amanzio M, Price DD, Jensen TS, Vase L. The magnitude of placebo effects in pain: a meta-analysis. *Pain*. 2014 Aug;155(8):1426-34.

### 3.2 Education

Geneen IJ, Martin DJ, Adams N et al. Effects of education to facilitate knowledge about chronic pain for adults: a systematic review with meta-analysis. *Syst Rev*. 2015 Oct 1;4:132. Review.

Engers A, Jellema P, Wensing M, van der Windt DA, Grol R, van Tulder MW. Individual patient education for low back pain. *Cochrane Database Syst Rev*. 2008 Jan 23;(1). Review.

Moseley GL, Butler DS. Fifteen Years of Explaining Pain: The Past, Present, and Future. *J Pain*. 2015 Sep;16(9):807-13.

### 3.3 Behavioural Therapies

Persson A L, Veenhuizen H et al. Relaxation as treatment for chronic musculoskeletal pain: studies. a systematic review of randomised controlled Therapy Physical Reviews. 2008;13(5):355-365.

O'Keeffe M, Purtill H, Kennedy N, Conneely M et al. Comparative Effectiveness of Conservative Interventions for Nonspecific Chronic Spinal Pain: Physical, Behavioral/Psychologically Informed, or Combined? A Systematic Review and Meta-Analysis. *J Pain*. 2016 Jul;17(7):755-74. Review.

Nicholas MK, Linton SJ, Watson PJ, Main CJ; "Decade of the Flags" Working Group. Early identification and management of psychological risk factors ("yellow flags") in patients with low back pain: a reappraisal. *Phys Ther*. 2011 May;91(5):737-53. Review.

Linton SJ, Shaw WS. Impact of psychological factors in the experience of pain. *Phys Ther*. 2011 91(5):700-11. Review

Eccleston C, Fisher E, Craig L, Duggan GB et al. Psychological therapies (Internet-delivered) for the management of chronic pain in adults. *Cochrane Database Syst Rev*. 2014 Feb 26;(2). Review.

Flor H. Psychological pain interventions and neurophysiology: implications for a mechanism-based approach. *Am Psychol*. 2014 Feb-Mar;69(2):188-96. Review.

Henschke N, Ostelo RW, van Tulder MW, Vlaeyen JW, Morley S, Assendelft WJ, Main CJ. Behavioural treatment for chronic low-back pain. *Cochrane Database Syst Rev*. 2010 Jul 7;(7). Review.

Macedo LG, Smeets RJ, Maher CG, Latimer J, McAuley JH. Graded activity and graded exposure for persistent nonspecific low back pain: a systematic review. *Phys Ther*. 2010 Jun;90(6):860-79. Review

### 3.4 Exercise

Geneen IJ, Moore RA, Clarke C, Martin D et al. Physical activity and exercise for chronic pain in adults: an overview of Cochrane Reviews. *Cochrane Database Syst Rev.* 2017 Apr 24;4. Review.

Bidonde J, Busch AJ, Schachter CL, Overend TJ, Kim SY, Góes SM, Boden C, Foulds HJ. Aerobic exercise training for adults with fibromyalgia. *Cochrane Database Syst Rev.* 2017 Jun 21;6. Review.

Searle A, Spink M et al. Exercise interventions for the treatment of chronic low back pain: a systematic review and meta-analysis... *Clin Rehabil.* 2015;29(12): 1155-67. Review.

Oliveira CB, Franco MR, Maher CG et al. Physical Activity Interventions for Increasing Objectively Measured Physical Activity Levels in Patients With Chronic Musculoskeletal Pain: A Systematic Review. *Arthritis Care Res (Hoboken).* 2016 Dec;68(12):1832-1842. Review.

Booth J, Moseley GL, Schiltenswolf M, Cashin A, Davies M, Hübscher M. Exercise for chronic musculoskeletal pain: A biopsychosocial approach. *Musculoskeletal care.* 2017;93(11):2109.

### 3.5 Multidisciplinary Referral

Gatchel RJ, McGeary DD, McGeary CA, Lippe B. Interdisciplinary chronic pain management: past, present, and future. *Am Psychol.* 2014 Feb-Mar;69(2):119-30.

### 3.6 Work

Oesch P, Kool J et al. Effectiveness of exercise on work disability in patients with non-acute non-specific low back pain: Systematic review & meta-analysis *J Rehab Med.* 2010 42(3):193-205. Review.

Schaafsma F, Schonstein E et al. Physical conditioning programs for improving work outcomes in workers with back pain. *Cochrane Database Syst Rev.* 2010 20;(1) Updated Cochrane Database 2013.

### 3.6 Treatment Modalities

Bowering KJ, O'Connell NE, Tabor A et al. The effects of graded motor imagery and its components on chronic pain: a systematic review and meta-analysis. *J Pain.* 2013 Jan; 14(1):3-13. Review.

Johnson MI, Mulvey MR et al. Transcutaneous electrical nerve stimulation (TENS) for phantom pain and stump pain following amputation in adults. *Cochrane Database Syst Rev.* 2015 Aug 18;8. Review.

Ebadi S, Henschke N, Nakhostin Ansari N, Fallah E, van Tulder MW. Therapeutic ultrasound for chronic low-back pain. *Cochrane Database Syst Rev.* 2014 Mar 14;(3).

Rubinstein SM, van Middelkoop M et al. Spinal manipulative therapy for chronic low-back pain: an update of a Cochrane review. *Spine (Phila Pa 1976).* 2011 Jun;36(13):E825-46. Review.

### 3.8 Treatment Effects

Kamper SJ, Apeldoorn AT et al. Multidisciplinary biopsychosocial rehabilitation for chronic low back pain: Cochrane systematic review and meta-analysis. *BMJ*. 2015 Feb 18;350. Review.

Richards MC, Ford JJ, Slater SL et al. The effectiveness of physiotherapy functional restoration for post-acute low back pain: a systematic review. *Man Ther*. 2013 Feb;18(1):4-25. Review.

Thompson EL, Broadbent J, Bertino MD, Staiger PK. Do Pain-related Beliefs Influence Adherence to Multidisciplinary Rehabilitation?: A Systematic Review. *Clin J Pain*. 2016 Feb;32(2):164-78. Review.

Khan F, Ng L et al. Multidisciplinary rehabilitation programmes following joint replacement at the hip and knee in chronic arthropathy. *Cochrane Database Syst Rev*. 2008 Apr 16;(2). Review.

### 3.9 Allied and Associated Therapies

Cramer H, Lauche R, Haller H, Dobos G. A systematic review and meta-analysis of yoga for low back pain. *Clin J Pain*. 2013 May;29(5):450-60. Review.

Franke H, Franke JD, Fryer G. Osteopathic manipulative treatment for nonspecific low back pain: a systematic review and meta-analysis. *BMC Musculoskelet Disord*. 2014 Aug 30;15:286. Review.

Patti A, Bianco A, Paoli A et al. Effects of Pilates exercise programs in people with chronic low back pain: a systematic review. *Medicine (Baltimore)*. 2015 Jan;94(4). Review.

Cramer H, Haller H, Lauche R, Dobos G. Mindfulness-based stress reduction for low back pain. A systematic review. *BMC Complement Altern Med*. 2012 Sep 25;12:162. Review.

Standaert CJ, Friedly J, Erwin MW et al. Comparative effectiveness of exercise, acupuncture, and spinal manipulation for low back pain. *Spine (Phila Pa 1976)*. 2011 1;36(21 Suppl):S120-30. Review.

**Section Four:**  
**Pain Subgroups / Special Patient Populations**

## 4.1 Specific Pain Conditions

Smart KM, Wand BM, O'Connell NE. Physiotherapy for pain and disability in adults with complex regional pain syndrome (CRPS) types I and II. *Cochrane Database Syst Rev.* 2016 Feb 24;2. Review.

IASP factsheets.

## 4.2 Pain Assessment and Management Strategies for Specific Populations

Lichtner V, Dowding D, Esterhuizen P et al. Pain assessment for people with dementia: a systematic review of systematic reviews of pain assessment tools. *BMC Geriatr.* 2014 Dec 17;14:138. Review.

## 4.3 Older Adults

Karp JF, Shega JW, Morone NE, Weiner DK. Advances in understanding the mechanisms and management of persistent pain in older adults. *Br J Anaesth.* 2008 Jul;101(1):111-20. Review.

Herr K. Pain assessment strategies in older patients. *J Pain.* 2011 Mar;12(3 Suppl 1):S3-S13.

## 4.3 Pain in Infants, Children and Adolescents

Textbook McGrath. PJ. (editor) *Oxford Textbook of Paediatric Pain Edited (2014)*

Fisher E, Law E, et al. Psychological therapies (remotely delivered) for the management of chronic and recurrent pain in children and adolescents. *Cochrane Database Syst Rev.* 2015 23;(3): Review.

Eccleston C, Fisher E, Law E, Bartlett J, Palermo TM. Psychological interventions for parents of children and adolescents with chronic illness. *Cochrane Database Syst Rev.* 2015 Apr 15;(4): Review.

Hatfield LA, Ely EA. Measurement of acute pain in infants: a review of behavioral and physiological variables. *Biol Res Nurs.* 2015 Jan;17(1):100-11. Review.

Hamill JK, Lyndon M, Liley A, Hill AG. Where it hurts: a systematic review of pain-location tools for children. *Pain.* 2014 May;155(5):851-8. Review.



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