



READING LIST

This reading list was compiled to assist the registrant who is seeking additional research in orthopaedic physical therapy. An attempt was made to compile a bibliographic resource that represents research studies that foster evidence-based practice. Although the list may be helpful in studying for the OCS exam, we make no claims that the information presented is representative of the content on the exam or will guarantee that you obtain a passing grade on the exam.

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Editor*

Online Resources:

[2020 Orthopaedic Specialist Certification Candidate Guide](#)

[ICF-based Clinical Practice Guidelines](#)

Journal Articles

Head/Maxillofacial/Craniomandibular

Craane B, Dijkstra PU, Stappaerts K, De Laat A. **One-year evaluation of the effect of physical therapy for masticatory muscle pain: a randomized controlled trial.** *Eur J Pain.* 2012;16(5):737-747. doi: 10.1002/j.1532-2149.2011.00038.x. Epub 2011 Dec 19.

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Shaffer SM, Brismée JM, Sizer PS, Courtney CA. **Temporomandibular disorders. Part 2: conservative management.** *J Man Manip Ther.* 2014;22(1):13-23. doi: 10.1179/2042618613Y.0000000061.

Tuncer AB, Ergun N, Tuncer AH, Karahan S. **Effectiveness of manual therapy and home physical therapy in patients with temporomandibular disorders: a randomized controlled trial.** *J Bodyw Mov Ther.* 2013;17(3):302-308. doi: 10.1016/j.jbmt.2012.10.006. Epub 2012 Nov 16.

Cervical Spine

Childs JD, Cleland JA, Elliott JM, et al. **Neck pain: clinical practice guidelines linked to the International Classification of Functioning, Disability, and Health from the Orthopaedic Section of the American Physical Therapy Association.** *J Orthop Sports Phys Ther.* 2008;38(9):A1-A34. Epub 2008 Sep 1.

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Elliott JM, Courtney DM, Rademaker A, Pinto D, Sterling MM, Parrish TB. **The rapid and progressive degeneration of the cervical multifidus in whiplash: an MRI study of fatty infiltration.** *Spine.* 2015;40(12):E694-E700. doi: 10.1097/BRS.0000000000000891.

Fritz JM, Brennan GP. **Preliminary examination of a proposed treatment-based classification system for patients receiving physical therapy interventions for neck pain.** *Phys Ther.* 2007;87(5):513-524. Epub 2007 Mar 20.

Masaracchio M, Cleland JA, Hellman H, Hagins M. **Short-term combined effects of thoracic spine thrust manipulation and cervical spine nonthrust manipulation in individuals with mechanical neck pain: a randomized clinical trial.** *J Orthop Sports Phys Ther.* 2013;43(3):118-127. doi: 10.2519/jospt.2013.4221. Epub 2012 Dec 7.

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Hip

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Knee

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Foot/Ankle/Leg

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