

EFIC® European Diploma in Pain Physiotherapy

Suggested Reading List

February 2020

Below you will find a suggested reading list.

Reading all of the list is NOT a prerequisite to pass the exam.

This is not an exhaustive list, but articles we thought may be useful to you to prepare for the examination, in case you feel uncertain about a specific subject. There is a wide variety of resources available to you if you need to read up on topics as indicated below.

A number of these resources are freely available:

Pain: Clinical Updates:

<https://journals.lww.com/painrpts/Pages/collectiondetails.aspx?TopicalCollectionId=2>

IASP factsheets: <https://www.iasp-pain.org/GlobalYear?navItemNumber=580>

On the below left you will see a list of topics covered in the past 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

Acute Pain Management; scientific evidence 2015:

https://www.wfsahq.org/components/com_virtual_library/media/9ba91b367f94ed37531840b4b7a3115a-Acute-Pain-Management-Publication-4th-edition.pdf

Classification of chronic pain: <https://www.iasp-pain.org/PublicationsNews/Content.aspx?ItemNumber=1673>

We also recommend you browse the video library curated by the Examination Committee, with videos selected on the basis of their relevance for the EDPP Curriculum

<https://europeanpainfederation.eu/edpp-videolibrary/>

Section One: Pain Science and Knowledge

1.1 Pain Mechanisms

See various Textbooks on pain

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

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

Simons LE, Elman I, Borsook D. Psychological processing in chronic pain: a neural systems approach. *Neurosci Biobehav Rev.* 2014 Feb;39:61-78. doi: 10.1016/j.neubiorev.2013.12.006. Epub 2013 Dec 27. <https://www.ncbi.nlm.nih.gov/pubmed/24374383>

Registered candidates for EDPM and EDPP will be provided an English version of the two following review papers:

Le Bars D, Mouraux A, Plaghki L. Physiologie de la douleur : aspects psychophysiologiques et mécanismes périphériques. *EMC - Anesthésie-Réanimation* 2017;0(0):1-21 [Article 36-020-A-10].

Mouraux A, Plaghki L, Le Bars D. Physiologie de la douleur : mécanismes centraux et contrôles. *EMC - Anesthésie-Réanimation* 2017;0(0):1-22 [Article 36-020-A-20].

Section Two: Principles of Assessment and Measurement

2.1 Assessment

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

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

Assessment of Chronic Pain: Domains, Methods, and Mechanisms

Roger B.Fillingim, John D.Loesser, RalfBaron, Robert R.Edwards

<https://www.sciencedirect.com/science/article/pii/S1526590015008652?via%3Dihub>

2.2 Measurement

Outcome Measures, Faculty of Pain Medicine (FPM) of the Royal College of Anaesthetists and the British Pain Society (BPS) 2019 <https://www.rcoa.ac.uk/system/files/FPM-outcome-measures-2019.pdf>

Wang L, Guyatt GH, Kennedy SA, Romerosa B, Kwon HY, Kaushal A, Chang Y, Craigie S, de Almeida CP, Couban RJ, Parascandalo SR, Izhar Z, Reid S, Khan JS, McGillion M, Busse JW. 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 Jul;28(7):669-86. Review.

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.

<https://www.ncbi.nlm.nih.gov/pubmed/24780622>

Testa M¹, Rossettini G². Enhance placebo, avoid nocebo: How contextual factors affect physiotherapy outcomes. *Man Ther*. 2016 Aug;24:65-74. doi: 10.1016/j.math.2016.04.006. Epub 2016 Apr 20.

3.2 Education

Geneen LJ, Martin DJ, Adams N, Clarke C, Dunbar M, Jones D, McNamee P, Schofield P, Smith BH. 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.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4591560/>

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

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 May;91(5):700-11. Review

Eccleston C, Fisher E, Craig L, Duggan GB, Rosser BA, Keogh E. Psychological therapies (Internet-delivered) for the management of chronic pain in adults. *Cochrane Database Syst Rev.* 2014 Feb 26;(2). 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 <https://academic.oup.com/ptj/article/90/6/860/2737764>

Linton SJ, Flink IK, Vlaeyen JWS. Understanding the Etiology of Chronic Pain From a Psychological Perspective. *Phys Ther.* 2018 May 1;98(5):315-324. doi: 10.1093/ptj/pzy027. Review.

3.4 Exercise

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

Lima LV, Abner TSS, Sluka KA. Does exercise increase or decrease pain? Central mechanisms underlying these two phenomena. *J Physiol.* 2017 Jul 1;595(13):4141-4150. doi: 10.1113/JP273355. Epub 2017 May 26.

Oliveira CB, Franco MR, Maher CG, Christine Lin CW, Morelhão PK, Araújo AC, Negrão Filho RF, Pinto RZ. 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. <https://onlinelibrary.wiley.com/doi/full/10.1002/acr.22919>

Oliveira CB¹, Franco MR¹, Maher CG², Ferreira PH³, Morelhão PK¹, Damato TM¹, Gobbi C¹, Pinto RZ⁴. Physical Activity-Based Interventions Using Electronic Feedback May Be Ineffective in Reducing Pain and Disability in Patients With Chronic Musculoskeletal Pain: A Systematic Review With Meta-Analysis. *Arch Phys Med Rehabil.* 2018 Sep;99(9):1900-1912. doi: 10.1016/j.apmr.2017.10.013. Epub 2017 Nov 6.

Booth J, Moseley GL, Schiltenswolf M, Cashin A, Davies M, Hübscher M. Exercise for chronic musculoskeletal pain: A biopsychosocial approach. *Musculoskeletal Care.* 2017 Dec;15(4):413-421. doi: 10.1002/msc.1191. Epub 2017 Mar 30. Review.

Sluka KA, Frey-Law L, Hoeger Bement M. Exercise-induced pain and analgesia? Underlying mechanisms and clinical translation. *Pain.* 2018 Sep;159 Suppl 1:S91-S97. doi: 10.1097/j.pain.0000000000001235. Review. <https://www.ncbi.nlm.nih.gov/pubmed/30113953>

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, Hagen KB, Bachmann S. Effectiveness of exercise on work disability in patients with non-acute non-specific low back pain: Systematic review and meta-analysis of randomised controlled trials. *J Rehabil Med*. 2010 Mar;42(3):193-205. Review.

Schaafsma F, Schonstein E, Whelan KM, Ulvestad E, Kenny DT, Verbeek JH. Physical conditioning programs for improving work outcomes in workers with back pain. *Cochrane Database Syst Rev*. 2010 Jan 20;(1). : Review. Update in: *Cochrane Database Syst Rev*. 2013

3.7 Treatment Modalities

Bowering KJ, O'Connell NE, Tabor A, Catley MJ, Leake HB, Moseley GL, Stanton TR. 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 MI¹, Jones G Transcutaneous electrical nerve stimulation: current status of evidence. *Pain Manag*. 2017 Jan;7(1):1-4. Epub 2016 Sep 19.

https://www.futuremedicine.com/doi/10.2217/pmt-2016-0030?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%3dwww.ncbi.nlm.nih.gov

Jensen MP¹, Day MA¹, Miró J². Neuromodulatory treatments for chronic pain: efficacy and mechanisms. *Nat Rev Neurol*. 2014 Mar;10(3):167-78. doi: 10.1038/nrneurol.2014.12. Epub 2014 Feb 18. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5652321/>

3.8 Treatment Effects

For treatment effects, see any Cochrane systematic review on pain and physiotherapy (exercise, multidisciplinary rehabilitation)

3.9 Allied and Associated Therapies

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. <https://www.ncbi.nlm.nih.gov/pubmed/25175885>

Patti A, Bianco A, Paoli A, Messina G, Montalto MA, Bellafiore M, Battaglia G, Iovane A, Palma A. Effects of Pilates exercise programs in people with chronic low back pain: a systematic

review. *Medicine* (Baltimore). 2015 Jan;94(4). Review.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4602949/>

Wieland LS, Skoetz N, Pilkington K, Vempati R, D'Adamo CR, Berman BM.
Yoga treatment for chronic non-specific low back pain. *Cochrane Database Syst Rev*. 2017
Jan 12;1:CD010671. doi: 10.1002/14651858.CD010671.pub2. Review.

Crawford C¹, Lee C, Buckenmaier C 3rd, Schoomaker E, Petri R, Jonas W; Active Self-Care
Therapies for Pain (PACT) Working Group. The current state of the science for active self-care
complementary and integrative medicine therapies in the management of chronic
pain symptoms: lessons learned, directions for the future. *Pain Med*. 2014 Apr;15 Suppl 1:S104-
13. doi: 10.1111/pme.12406.

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.

Méndez-Rebolledo G, Gatica-Rojas V, Torres-Cueco R, Albornoz-Verdugo M, Guzmán-Muñoz E. Update on the effects of graded motor imagery and mirror therapy on complex regional pain syndrome type 1: A systematic review. *J Back Musculoskelet Rehabil.* 2017;30(3):441-449. doi: 10.3233/BMR-150500. Review.

De Groef A, Penen F, Dams L, Van der Gucht E, Nijs J, Meeus M. Best-Evidence Rehabilitation for Chronic Pain Part 2: Pain during and after Cancer Treatment. *J. Clin. Med.* 2019, 8(7), 979 <https://www.mdpi.com/2077-0383/8/7/979>

4.2 Pain Assessment and Management Strategies for Specific Populations

Bullock L, Bedson J, Jordan JL, Bartlam B, Chew-Graham CA, Campbell P. Pain assessment and pain treatment for community-dwelling people with dementia: A systematic review and narrative synthesis. *Int J Geriatr Psychiatry.* 2019 Jun;34(6):807-821. doi: 10.1002/gps.5078. Epub 2019 Apr 8.

4.4 Older Adults

Makris UE, Abrams RC, Gurland B, Reid MC. Management of persistent pain in the older patient: a clinical review. *JAMA.* 2014 Aug 27;312(8):825-36. doi: 10.1001/jama.2014.9405. Review.

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

4.5 Pain in Infants, Children and Adolescents

Harrison LE, Pate JW, Richardson PA, Ickmans K, Wicksell RK, Simons LE. Best-Evidence for the Rehabilitation of Chronic Pain Part 1: Pediatric Pain. *J Clin Med.* 2019 Aug 21;8(9). pii: E1267. doi: 10.3390/jcm8091267. <https://www.mdpi.com/2077-0383/8/9/1267>

Fisher E, Law E, Dudeney J, Eccleston C, Palermo TM. Psychological therapies (remotely delivered) for the management of chronic and recurrent pain in children and adolescents. Cochrane Database Syst Rev. 2019 Apr 2;4:CD011118.

Fisher E, Law E, Dudeney J, Palermo TM, Stewart G, Eccleston C. Psychological therapies for the management of chronic and recurrent pain in children and adolescents. Cochrane Database Syst Rev. 2018 Sep 29;9:CD003968



EDPP Video Library

The following videos have been selected by the Examination Committee of the European Diploma in Pain Physiotherapy (EDPP) as suitable for preparation for the Examination. This library of videos will be added to continually. To access the videos, it is necessary to click on the hyperlinked image which will take you to the EFIC Education Platform. You will be asked to create an account on the Platform.

