

# PSIO 5006/7012 Physiotherapy Management of Long Term Conditions (Semester 1 and 2)

This is the reading list for the 2nd year Long term conditions module on the BSc and MSc Physiotherapy programmes

[View Online](#)



A tale of mental illness | Elyn Saks - YouTube. (n.d.).  
<https://www.youtube.com/watch?v=f6CILJA110Y>

Ainslie, T. (2012a). The Concise Guide to Physiotherapy - Volume 2 - E-Book. Churchill.  
<https://oxfordbrookes.idm.oclc.org/login?url=http://www.vlebooks.com/vleweb/product/openreader?id=OxfBrookes&isbn=9780702052903&uid=^u>

Ainslie, T. (2012b). The Concise Guide to Physiotherapy - Volume 2 - E-Book. Churchill.  
<https://oxfordbrookes.idm.oclc.org/login?url=http://www.vlebooks.com/vleweb/product/openreader?id=OxfBrookes&isbn=9780702052903&uid=^u>

Ainslie, T. (2012c). The concise guide to physiotherapy: Volume 1: Assessment. Churchill Livingstone.  
<https://oxfordbrookes.idm.oclc.org/login?url=http://www.vlebooks.com/vleweb/product/openreader?id=OxfBrookes&isbn=9780702052897&uid=^u>

Ainslie, T. (2012d). The concise guide to physiotherapy: Volume 1: Assessment. Churchill Livingstone.  
<https://oxfordbrookes.idm.oclc.org/login?url=http://www.vlebooks.com/vleweb/product/openreader?id=OxfBrookes&isbn=9780702052897&uid=^u>

Ainslie, T. (2012e). The concise guide to physiotherapy: Volume 2: Treatment. Churchill Livingstone / Elsevier. <https://oxfordbrookes.on.worldcat.org/oclc/815470999>

Assessment | Diagnosis | Back pain - low (without radiculopathy) | CKS | NICE. (n.d.).  
<https://cks.nice.org.uk/topics/back-pain-low-without-radiculopathy/diagnosis/assessment/#red-flag>

Barker, K., Heelas, L., Buchanan, E., & Toye, F. (2014). Which Pain Rehabilitation Programme Should Patients With Chronic Back Pain Attend? – A Practical Example of a Service Evaluation Based Upon Implementing Research Findings into Clinical Practice. Journal of Novel Physiotherapy and Physical Rehabilitation.  
[https://www.researchgate.net/publication/265851102\\_Journal\\_of\\_Novel\\_Physiotherapy\\_and\\_Physical\\_Rehabilitation](https://www.researchgate.net/publication/265851102_Journal_of_Novel_Physiotherapy_and_Physical_Rehabilitation)

Binks, J. A., Barden, W. S., Burke, T. A., & Young, N. L. (2007). What Do We Really Know About the Transition to Adult-Centered Health Care? A Focus on Cerebral Palsy and Spina Bifida. Archives of Physical Medicine and Rehabilitation, 88(8), 1064–1073.

<https://doi.org/10.1016/j.apmr.2007.04.018>

Bogduk, N. (2005). Clinical anatomy of the lumbar spine and sacrum (4th ed). Elsevier/Churchill Livingstone.

Buckley, J. (2008). Palliative care: an integrated approach. Wiley-Blackwell.  
<https://oxfordbrookes.idm.oclc.org/login?url=http://www.vlebooks.com/vleweb/product/openreader?id=OxfBrookes&isbn=9780470518588&uid=^u>

Bunzli, S., Smith, A., Schütze, R., & O'Sullivan, P. (2015). Beliefs underlying pain-related fear and how they evolve: a qualitative investigation in people with chronic back pain and high pain-related fear. *BMJ Open*, 5(10). <https://doi.org/10.1136/bmjopen-2015-008847>

Burton, N. (2010). Psychiatry (2nd ed). Wiley-Blackwell.  
<https://oxfordbrookes.on.worldcat.org/oclc/370605036>

Burton, N. (2016). Psychiatry (Third edition). Acheron Press.

Capacity, care planning and advance care planning in life limiting illness: A guide for Health and Social Care staff. (n.d.).  
[https://www.england.nhs.uk/improvement-hub/wp-content/uploads/sites/44/2017/11/ACP\\_Booklet\\_2014.pdf](https://www.england.nhs.uk/improvement-hub/wp-content/uploads/sites/44/2017/11/ACP_Booklet_2014.pdf)

Carrier, J. (2016a). Managing long-term conditions and chronic illness in primary care: a guide to good practice (2nd ed). Routledge.  
<https://oxfordbrookes.idm.oclc.org/login?url=https://www.taylorfrancis.com/books/9781135130855>

Carrier, J. (2016b). Managing long-term conditions and chronic illness in primary care: a guide to good practice (2nd ed). Routledge.  
<https://oxfordbrookes.idm.oclc.org/login?url=https://www.taylorfrancis.com/books/9781135130855>

Colver, A., Fairhurst, C., & Pharoah, P. O. D. (2014). Cerebral palsy. *The Lancet*, 383(9924), 1240-1249. [https://doi.org/10.1016/S0140-6736\(13\)61835-8](https://doi.org/10.1016/S0140-6736(13)61835-8)

Coulter, A., Roberts, S., & Dixon, A. (2013). Delivering better services for people with long term conditions.  
[https://www.kingsfund.org.uk/sites/default/files/field/publication\\_file/delivering-better-services-for-people-with-long-term-conditions.pdf](https://www.kingsfund.org.uk/sites/default/files/field/publication_file/delivering-better-services-for-people-with-long-term-conditions.pdf)

Exercise for Mental Health - with Dr Brendon Stubbs | The Doctor's Kitchen Podcast on acast. (n.d.).  
<https://play.acast.com/s/the-doctors-kitchen-podcast/084fbc1c-d904-41a3-981d-6174fb27cb06>

Faull, C., Caestecker, S. de, Nicholson, A., & Black, F. (Eds.). (2012). Handbook of palliative care (3rd edition). Wiley-Blackwell.  
<https://oxfordbrookes.idm.oclc.org/login?url=http://www.vlebooks.com/vleweb/product/openreader?id=OxfBrookes&isbn=9781118426845&uid=^u>

Fay B Horak. (2009). The Balance Evaluation Systems Test (BESTTest) to Differentiate Balance Deficits. *Physical Therapy*, 89(5). <https://doi.org/doi: 10.2522/ptj.20080071>

Forbes, D., Forbes, S. C., Blake, C. M., Thiessen, E. J., & Forbes, S. (1996). Exercise programs for people with dementia. In *Cochrane Database of Systematic Reviews*. John Wiley & Sons, Ltd. <https://doi.org/10.1002/14651858.CD006489.pub4>

Gillespie, L. D., Robertson, M. C., Gillespie, W. J., Sherrington, C., Gates, S., Clemson, L. M., & Lamb, S. E. (1996). Interventions for preventing falls in older people living in the community. *Cochrane Database of Systematic Reviews*. <https://doi.org/10.1002/14651858.CD007146.pub3>

Goodwin, N., Sonola, L., Theil, V., & Kodner, D. (2013). Co-ordinated care for people with complex chronic conditions. [https://www.kingsfund.org.uk/sites/default/files/field/field\\_publication\\_file/co-ordinated-care-for-people-with-complex-chronic-conditions-kingsfund-oct13.pdf](https://www.kingsfund.org.uk/sites/default/files/field/field_publication_file/co-ordinated-care-for-people-with-complex-chronic-conditions-kingsfund-oct13.pdf)

Greenhalgh, S., & Selfe, J. (2006). Red flags: a guide to identifying serious pathology of the spine. Churchill Livingstone Elsevier.

Gunn, H., Markevics, S., Haas, B., Marsden, J., & Freeman, J. (2015). Systematic Review: The Effectiveness of Interventions to Reduce Falls and Improve Balance in Adults With Multiple Sclerosis. *Archives of Physical Medicine and Rehabilitation*, 96(10), 1898–1912. <https://doi.org/10.1016/j.apmr.2015.05.018>

Hartley, P., Gibbins, N., Saunders, A., Alexander, K., Conroy, E., Dixon, R., Lang, J., Luckett, J., Luddington, T., & Romero-Ortuno, R. (2017). The association between cognitive impairment and functional outcome in hospitalised older patients: a systematic review and meta-analysis. *Age and Ageing*. <https://doi.org/10.1093/ageing/afx007>

Hayden, J. A., Ellis, J., Ogilvie, R., Malmivaara, A., & van Tulder, M. W. (2021). Exercise therapy for chronic low back pain. *Cochrane Database of Systematic Reviews*, 2021(10). <https://doi.org/10.1002/14651858.CD009790.pub2>

Hing, W., Hall, T., Rivett, D. A., Vicenzino, B., & Mulligan, B. R. (2016). The Mulligan concept of manual therapy: textbook of techniques. Elsevier.

Hochheim, M., Ramm, P., & Amelung, V. (2023). The effectiveness of low-dosed outpatient biopsychosocial interventions compared to active physical interventions on pain and disability in adults with nonspecific chronic low back pain: A systematic review with meta-analysis. *Pain Practice*, 23(4), 409–436. <https://doi.org/10.1111/papr.13198>

Hopper, T. L. (2003). "They're just going to get worse anyway": perspectives on rehabilitation for nursing home residents with dementia. *Journal of Communication Disorders*, 36(5), 345–359. [https://doi.org/10.1016/S0021-9924\(03\)00050-9](https://doi.org/10.1016/S0021-9924(03)00050-9)

Horak, F. B. (2006). Postural orientation and equilibrium: what do we need to know about neural control of balance to prevent falls? *Age and Ageing*, 35(suppl\_2), ii7–ii11. <https://doi.org/10.1093/ageing/afl077>

Improving care for people with long term conditions: A review of UK and international

frameworks. (n.d.).

<http://www.birmingham.ac.uk/Documents/college-social-sciences/social-policy/HSMC/research/long-term-conditions.pdf>

Isbel ST1, Jamieson MI1. (2017). Views from health professionals on accessing rehabilitation for people with dementia following a hip fracture. *Dementia (London)*., 16(8), 1020-1031.

<https://journals-sagepub-com.oxfordbrookes.idm.oclc.org/doi/full/10.1177/1471301216631141>

Jacob HG Grand. (2011). Clinical features and multidisciplinary approaches to dementia care. *Journal of Multidisciplinary Healthcare*, 4. <https://doi.org/doi: 10.2147/JMDH.S17773>

Jull, G. A., Falla, D., Treleaven, J., & O'Leary, S. (2019). Management of neck pain disorders: a research-informed approach (First edition). Elsevier.

<https://oxfordbrookes.on.worldcat.org/v2/search/detail/1023489412?queryString=%20Management%20of%20Neck%20Pain%20Disorders%20&format=Book>

Kamm, C. P., Uitdehaag, B. M., & Polman, C. H. (2014). Multiple Sclerosis: Current Knowledge and Future Outlook. *European Neurology*, 72(3-4), 132-141.

<https://doi.org/10.1159/000360528>

Kent, P. (20230603). Cognitive functional therapy with or without movement sensor biofeedback versus usual care for chronic, disabling low back pain (RESTORE): a randomised, controlled, three-arm, parallel group, phase 3, clinical trial. *Lancet (London, England)*, 401(10391). [https://doi.org/10.1016/S0140-6736\(23\)00441-5](https://doi.org/10.1016/S0140-6736(23)00441-5)

Kiverstein, J. (20220318). An Embodied Predictive Processing Theory of Pain Experience. *Review of Philosophy and Psychology*, 13(4). <https://doi.org/10.1007/s13164-022-00616-2>

Knöchel, C., Oertel-Knöchel, V., O'Dwyer, L., Prvulovic, D., Alves, G., Kollmann, B., & Hampel, H. (2012). Cognitive and behavioural effects of physical exercise in psychiatric patients. *Progress in Neurobiology*, 96(1), 46-68.

<https://doi.org/10.1016/j.pneurobio.2011.11.007>

Lam, L. C. W., & Riba, M. (Eds.). (2016). *Physical Exercise Interventions for Mental Health*. Cambridge University Press.

<https://oxfordbrookes.idm.oclc.org/login?url=https://doi.org/10.1017/CBO9781316157565>

Lennon, S., Ramdharry, G., & Verheyden, G. (Eds.). (2018). *Physical management for neurological conditions* (Fourth edition). Elsevier.

<https://ebookcentral-proquest-com.oxfordbrookes.idm.oclc.org/lib/brookes/detail.action?docID=5485007>

Low back pain and sciatica in over 16s: assessment and management. (2020). NICE. <https://www.nice.org.uk/guidance/ng59>

Maitland, G. D. (2014). Maitland's vertebral manipulation: management of

neuromusculoskeletal disorders, Volume 1 (E. Hengeveld & K. Banks, Eds.; Eighth edition). Churchill Livingstone, Elsevier Ltd.  
<https://oxfordbrookes.idm.oclc.org/login?url=https://www.vlebooks.com/vleweb/product/openreader?id=OxfBrookes&isbn=9780702054587&uid=^u>

McLean, S., Protti, D., & Sheikh, A. (2011). Telehealthcare for long term conditions. *BMJ*, 342(feb03 2), d120-d120. <https://doi.org/10.1136/bmj.d120>

Mental illnesses and mental health problems | Royal College of Psychiatrists. (n.d.). <https://www.rcpsych.ac.uk/mental-health/mental-illnesses-and-mental-health-problems>

Middleditch, A., & Oliver, J. (2005). Functional anatomy of the spine (2nd ed). Butterworth-Heinemann.

Miller, W. R., & Rollnick, S. (2023). Motivational interviewing: helping people change and grow (Fourth edition). The Guilford Press, a division of Guilford Publications, Inc.  
<https://oxfordbrookes.on.worldcat.org/oclc/1384415280>

Moseley, G. L., & Butler, D. S. (2015). Explain pain handbook: protectometer (First edition). Noigroup Publications.

Moseley, G. L., & Butler, D. S. (2017). Explain pain supercharged: The clinician's manual. Noigroup Publications.

Moseley, L. (n.d.). A new direction for the fear avoidance model? *Pain*, 152(11), 2447-2448.

NHS. (2019). The NHS Long Term Plan.  
<https://www.longtermplan.nhs.uk/wp-content/uploads/2019/01/nhs-long-term-plan-june-2019.pdf>

NHS, E. (2015). Our declaration: Person-centred care for long term conditions.  
<https://www.england.nhs.uk/wp-content/uploads/2015/09/ltc-our-declaration.pdf>

No health without mental health. (n.d.).  
[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/138253/dh\\_124058.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/138253/dh_124058.pdf)

Oddy, R. (2004). Promoting success in mobility for residents with dementia. *Nursing and Residential Care*, 6(3), 124-127. <https://doi.org/10.12968/nrec.2004.6.3.12137>

O'Sullivan, P. (2012). It's time for change with the management of non-specific chronic low back pain. *British Journal of Sports Medicine*, 46(4), 224-227.  
<https://doi.org/10.1136/bjsm.2010.081638>

Petty, N. J. (2024). Petty's musculoskeletal examination and assessment: a handbook for therapists (D. Ryder & K. Barnard, Eds.; Sixth edition). Elsevier.

Petty, N. J., & Ryder, D. (Eds.). (2018). Musculoskeletal examination and assessment: a handbook for therapists (Fifth edition). Elsevier.  
<https://oxfordbrookes.idm.oclc.org/login?url=https://oxfordbrookes.idm.oclc.org/login?url=>

<http://www.vlebooks.com/vleweb/product/openreader?id=OxfBrookes&isbn=9780702067167&uid=^u>

Pollock, A. S., Durward, B. R., Rowe, P. J., & Paul, J. P. (2000). What is balance? Clinical Rehabilitation, 14(4), 402–406. <https://doi.org/10.1191/0269215500cr342oa>

Pountney, T. E. (2007). Physiotherapy for children. Butterworth-Heinemann Elsevier.

Principles and Evidence for Best Practice in the Assessment and Management of Risk to Self and Others in Mental Health Services. (n.d.).

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/478595/best-practice-managing-risk-cover-webtagged.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/478595/best-practice-managing-risk-cover-webtagged.pdf)

Purdy, S. (n.d.). Avoiding hospital admissions: What does the research evidence say? Kings Fund.

<https://www.kingsfund.org.uk/sites/default/files/Avoiding-Hospital-Admissions-Sarah-Purdy-December2010.pdf>

Randall, S., & Ford, H. (2011a). Long term conditions: a guide for nurses and healthcare professionals. Wiley-Blackwell. <https://oxfordbrookes.on.worldcat.org/oclc/682072176>

Randall, S., & Ford, H. (2011b). Long term conditions: a guide for nurses and healthcare professionals. Wiley-Blackwell. <https://oxfordbrookes.on.worldcat.org/oclc/682072176>

Richardson, C. R., Faulkner, G., McDevitt, J., Skrinar, G. S., Hutchinson, D. S., & Piette, J. D. (2005). Integrating Physical Activity Into Mental Health Services for Persons With Serious Mental Illness. Psychiatric Services, 56(3), 324–331.

[https://doi.org/10.1176/appi.ps.56.3.324?url\\_ver=Z39.88-2003&rfr\\_id=ori:rid:crossref.org&rfr\\_dat=cr\\_pub=pubmed](https://doi.org/10.1176/appi.ps.56.3.324?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub=pubmed)

Rosenbaum, P. L., Walter, S. D., Hanna, S. E., Palisano, R. J., Russell, D. J., Raina, P., Wood, E., Bartlett, D. J., & Galuppi, B. E. (2002). Prognosis for Gross Motor Function in Cerebral Palsy. JAMA, 288(11). <https://doi.org/10.1001/jama.288.11.1357>

Ruchinskas, R. A., Singer, H. K., & Repetz, N. K. (2000). Cognitive status and ambulation in geriatric rehabilitation: Walking without thinking? Archives of Physical Medicine and Rehabilitation, 81(9), 1224–1228. <https://doi.org/10.1053/apmr.2000.6976>

Searle, A., Spink, M., Ho, A., & Chuter, V. (2015). Exercise interventions for the treatment of chronic low back pain: a systematic review and meta-analysis of randomised controlled trials. Clinical Rehabilitation, 29(12), 1155–1167.

<https://doi.org/10.1177/0269215515570379>

Sharma, A., Cockerill, H., Okawa, N., Sheridan, M. D., & Sharma, A. (2014). Mary Sheridan's from birth to five years: Children's developmental progress (Fourth edition). Routledge, Taylor & Francis Group.

Sheridan, M. D., Sharma, A., & Cockerill, H. (n.d.). From birth to five years: children's developmental progress (3rd ed). Routledge.

<https://ebookcentral-proquest-com.oxfordbrookes.idm.oclc.org/lib/brookes/detail.action?doiID=325209>

Sherrington, C., Michaleff, Z. A., Fairhall, N., Paul, S. S., Tiedemann, A., Whitney, J., Cumming, R. G., Herbert, R. D., Close, J. C. T., & Lord, S. R. (2017). Exercise to prevent falls in older adults: an updated systematic review and meta-analysis. *British Journal of Sports Medicine*, 51(24), 1750–1758. <https://doi.org/10.1136/bjsports-2016-096547>

Sibley, K. M., Beauchamp, M. K., Van Ooteghem, K., Straus, S. E., & Jaglal, S. B. (2015). Using the Systems Framework for Postural Control to Analyze the Components of Balance Evaluated in Standardized Balance Measures: A Scoping Review. *Archives of Physical Medicine and Rehabilitation*, 96(1), 122-132.e29.  
<https://doi.org/10.1016/j.apmr.2014.06.021>

Steventon, A., Bardsley, M., Billings, J., Dixon, J., Doll, H., Hirani, S., Cartwright, M., Rixon, L., Knapp, M., Henderson, C., Rogers, A., Fitzpatrick, R., Hendy, J., & Newman, S. (2012). Effect of telehealth on use of secondary care and mortality: findings from the Whole System Demonstrator cluster randomised trial. *BMJ*, 344(jun21 3), e3874–e3874.  
<https://doi.org/10.1136/bmj.e3874>

Stubbs, B., Soundy, A., Probst, M., De Hert, M., De Herdt, A., & Vancampfort, D. (2014). Understanding the role of physiotherapists in schizophrenia: an international perspective from members of the International Organisation of Physical Therapists in Mental Health (IOPTMH). *Journal of Mental Health*, 23(3), 125–129.  
<https://doi.org/10.3109/09638237.2013.869574>

The Community Mental Health Framework for Adults and Older Adults (NHS England). (n.d.).  
<https://www.england.nhs.uk/wp-content/uploads/2019/09/community-mental-health-framework-for-adults-and-older-adults.pdf>

The voices in my head | Eleanor Longden - YouTube. (n.d.).  
<https://www.youtube.com/watch?v=syjEN3peCJw>

Toye, F., Seers, K., Allcock, N., Briggs, M., Carr, E., Andrews, J., & Barker, K. (2013). Patients' experiences of chronic non-malignant musculoskeletal pain: a qualitative systematic review. *British Journal of General Practice*, 63(617), 829–841.  
<https://doi.org/10.3399/bjgp13X675412>

Vancampfort, D., Firth, J., Schuch, F. B., Rosenbaum, S., Mugisha, J., Hallgren, M., Probst, M., Ward, P. B., Gaughran, F., De Hert, M., Carvalho, A. F., & Stubbs, B. (2017). Sedentary behavior and physical activity levels in people with schizophrenia, bipolar disorder and major depressive disorder: a global systematic review and meta-analysis. *World Psychiatry*, 16(3), 308–315. <https://doi.org/10.1002/wps.20458>

White, L., Ford, M. P., Brown, C. J., Peel, C., & Triebel, K. L. (2014). Facilitating the Use of Implicit Memory and Learning in the Physical Therapy Management of Individuals With Alzheimer Disease. *Journal of Geriatric Physical Therapy*, 37(1), 35–44.  
<https://doi.org/10.1519/JPT.0b013e3182862d2c>

Wood, L. (202302). Matching the Outcomes to Treatment Targets of Exercise for Low Back Pain: Does it Make a Difference? Results of Secondary Analyses From Individual Patient Data of Randomised Controlled Trials and Pooling of Results Across Trials in Comparative Meta-analysis. *Archives of Physical Medicine and Rehabilitation*, 104(2).

<https://doi.org/10.1016/j.apmr.2022.07.012>