

**ESSENTIAL ARTICLES  
IN PHYSICAL MEDICINE  
& REHABILITATION TRAINING**

**2004-2010 Update**

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## INTRODUCTION

This collection is built upon the foundation of “Essential Articles” compiled by Dr. Gerard Francisco and a group of dedicated PM&R program directors and residents several years ago. The original collection included publications from 1980 to 2003.

Doctor Francisco passed the torch to me and I was fortunate to get help from the core group that created the original document.

We agreed to keep the same intent and criteria:

1. “Essential Articles” are defined as those articles that a PM&R resident should have read or at least be familiar with by completion of training;
2. Only articles from 2004 to the present are included in this iteration, in order to provide an update and keep the list manageable;
3. Original research and review articles are considered;
4. Book chapters and the AAEM mini-monographs are not included.

We hope that learners and educators will use this update together with the original “Essential Articles” collection.

I am indebted to the original authors who again shared their own lists and assisted in assembling the final compilation: Terry Massagli, James Sliwa, Mary Ann Miknevich, Lynn Weiss, Adam Stein, Noel Rao, Viviana Tastard, and Catherine Spires; NYU/Rusk faculty Ira Rashbaum and Jonathan Whiteson; our excellent residents Matt Diamond, JR Rizzo, Anjali Sinha, and Jeff Heckman ; my assistant director Safia Khan for preparing and editing the draft; Gerard Francisco for inspired guidance and practical advice; and my chairman Steven Flanagan for his generous support and encouragement.

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## CARDIAC REHABILITATION

**Physical activity and exercise recommendations for stroke survivors: An american heart association scientific statement from the council on cardiovascular nursing; the council on nutrition.** Gordon NF, Gulanick M, Costa F, Fletcher G, Franklin B, Roth EJ, Shephard T. Physical Activity, and Metabolism; and the Stroke Council. *Circulation*. 2004; 109:2031-2041.

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