ESSENTIAL ARTICLES OF PM&R

MEDICAL REHABILITATION

Authors:
Kathleen Boncimino, MD
Terrence Pugh, MD
Charles Rhoads, III, MD

Physical exercise in patients with severe kidney disease.
Kosmadakis GC, Bevington A, et al. NephronClinPract 2010;115(1):c7-c16. doi: 10.1159/000286344. Epub 2010 Feb 19.http://www.ncbi.nlm.nih.gov/pubmed/20173344.
This is the only article in the literature that addresses exercise in patients with kidney disease.

The Uniform Data System for Medical Rehabilitation: Report of patients with debility discharged from inpatient rehabilitation programs in 2000-2010.
Galloway RV, Granger CV, et al. Am J Phys Med Rehabil 2013 Jan;92(1):14-27. doi: 10.1097/PHM.0b013e31827441bc.http://www.ncbi.nlm.nih.gov/pubmed/23117268.*The article is a high quality article from a technical standpoint and certainly a good timeframe as far as a review of 10 years of data for debility.*

Exercise and the cardiovascular system: Clinical science and cardiovascular outcomes.
Lavie CJ, et al. Circ Res 2015 Jul 3;117(2):207-19. doi: 10.1161/CIRCRESAHA.117.305205.http://circres.ahajournals.org/content/117/2/207.long.*This is a great general review of the cardiovascular benefits of exercise, and pathophysiologic effects, and includes discussion of both coronary heart disease and heart failure in the context of exercise therapy.*

Pulmonary rehabilitation: Joint ACCP/AACVPR evidence-based clinical practice guidelines.
Reis AL, Bauldoff GS, Carlin BW, et al. Chest 2007;131:4S-42S.*This is a nice general article about clinical based practice guidelines for pulmonary conditions.*

Pulmonary rehabilitation in chronic obstructive pulmonary disease.
Troosters T, Casaburi R, Gosselink R, Decramer M. Am J RespirCrit Care Med 2005;172:19-38.

Exercise-based cardiac rehabilitation in patients with heart failure: A meta-analysis of randomised controlled trials between 1999 and 2013.
Lewinter C, Doherty P, et al.Eur J Prev Cardiol 2014 Nov 14. pii: 2047487314559853. [Epub ahead of print].http://www.ncbi.nlm.nih.gov/pubmed/25398703.

Outcomes of inpatient rehabilitation for older adults with debility.
Kortebein P, Bopp MM, Granger CV, Sullivan DH. Am J Phys Med Rehabil 2008 Feb;87(2):118-25.http://www.ncbi.nlm.nih.gov/pubmed/17912135.

Patients undergoing subacute physical rehabilitation following an acute hospital admission demonstrated improvement in cognitive functional task independence.
McPhail SM, Varghese PN, Kuys SS.ScientificWorldJournal 2014;2014:810418. doi: 10.1155/2014/810418. Epub 2014 Nov30.http://www.ncbi.nlm.nih.gov/pubmed/25544961.

Cardiac rehabilitation in real life.
Jankowski P, Pajak A, et al.Medicine (Baltimore) 2015 Aug;94(32):e1257. doi: 10.1097/MD.0000000000001257.http://www.ncbi.nlm.nih.gov/pubmed/26266357.

Cardiac rehabilitation in the United States.
Menezes AR, Lavie CJ, et al.ProgCardiovasc Dis. 2014 Mar-Apr;56(5):522-9. doi: 10.1016/j.pcad.2013.09.018. Epub 2013 Oct 25.
http://www.ncbi.nlm.nih.gov/pubmed/24607017.

American thoracic society/European respiratory society statement on pulmonary rehabilitation.
Nici L, Donner C, Wouters E, et al. Am J RespirCrit Care Med 2006;173: 1390- 1413.

Physical training for interstitial lung disease.
Holland A, Hill C. Cochrane Database of Systematic Reviews 2008, Issue 4.Art No: CD006322. DOI: 10. 1002/14651858.CD006322.pub2.

Self-management for patients with chronic obstructive pulmonary disease.
Zwerink M, Brusse-Keizer M, et al. Cochrane Database Syst Rev 2014 Mar 19;3:CD002990. doi: 10.1002/14651858.CD002990.pub3.http://www.ncbi.nlm.nih.gov/pubmed/24665053.

Benefits of completing pulmonary rehabilitation in patients with asthma.
Trevor JL, Bhatt SP, et al. J Asthma2015 Aug 19:1-5. [Epub ahead of print].http://www.ncbi.nlm.nih.gov/pubmed/26287942.