

Estrategies efectives per cuidar l'esquena - Bibliografia

1. National Institute of Neurological Disorders and Stroke. (2019). Low Back Pain Fact Sheet. 20 enero de 2020, de National Institutes of Health Sitio web:
https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet#3102_2
2. Overview of Spinal Cord Disorders. 20 de enero de 2020, de Merck Sharp & Dohme Corp., a subsidiary of Merck & Co., Inc., Kenilworth, NJ, USA Sitio web: Merck Sharp & Dohme Corp., a subsidiary of Merck & Co., Inc., Kenilworth, NJ, USA Rubin, M. (2018).
<https://www.msmanuals.com/home/brain,-spinal-cord,-and-nerve-disorders/spinal-cord-disorders/overview-of-spinal-cord-disorders>
3. Spondylolysis and Spondylolisthesis. 27 de enero de 2020, de American Academy of Orthopaedic Surgeons OrthoInfo. (2016). Sitio web:
<https://orthoinfo.aaos.org/en/diseases-conditions/spondylolysis-and-spondylolisthesis/>
4. Herniated Disk in the Lower Back. 27 de enero de 2020, de American Academy of Orthopedic Surgeons Park, D. (2018). Sitio web:
<https://orthoinfo.aaos.org/en/search/?q=hernia+de+disco>
5. Stanford Health Care. (2019). Degenerative Disc Disease. 24 de enero de 2020, de Stanford Medicine Sitio web:
<https://stanfordhealthcare.org/medical-conditions/back-neck-and-spine/degenerative-disc-disease.html>
6. [What Is Mechanical Back Pain and How Best to Treat It?](#). Chien JJ, Bajwa ZH. ¿Qué es el dolor de espalda mecánico y cuál es la mejor manera de tratarlo? Curr Dolor de Cabeza Rep. 2008 Dic; 12(6):406-11. doi: 10.1007/s11916-008-0069-3. PMID: 18973732.

7. [Spinal Pain](#). Izzo R, Popolizio T, D'Aprile P, Muto M. Dolor espinal. Eur J Radiol. mayo de 2015; 84(5):746-56. doi: 10.1016/j.ejrad.2015.01.018. Epub 13 de febrero de 2015. PMID: 25824642.
8. [What Low Back Pain Is and Why We Need to Pay Attention](#). Hartvigsen J, Hancock MJ, Kongsted A, et al. Lancet (London, England). 2018;391(10137):2356-2367. doi:10.1016/S0140-6736(18)30480-X
9. [Back Pain: Differential Diagnosis and Management](#). Hartvigsen J, Hancock MJ, Kongsted A, Louw Q, Ferreira ML, Genevay S, Hoy D, Karppinen J, Pransky G, Sieper J, Smeets RJ, Underwood M; Grupo de trabajo de la serie Lancet sobre el dolor lumbar. Qué es el dolor lumbar y por qué debemos prestar atención. Lanceta. 9 de junio de 2018; 391(10137):2356-2367. doi: 10.1016/S0140-6736(18)30480-X. Epub 21 de marzo de 2018. PMID: 29573870.
10. [Low Back Pain](#). Knezevic NN, Candido KD, Vlaeyen JWS, Van Zundert J, Cohen SP. Dolor lumbar. Lanceta. 3 de julio de 2021; 398(10294):78-92. doi: 10.1016/S0140-6736(21)00733-9. Epub 8 de junio de 2021. PMID: 34115979.
11. [Low Back Pain](#). Chou R. Dolor lumbar. Ann Pasante Med. 2021 Agosto; 174(8):ITC113-ITC128. doi: 10.7326/AITC202108170. Epub 10 de agosto de 2021. PMID: 34370518.
12. [Low Back Pain](#). Delitto A, George SZ, Van Dillen L, Whitman JM, Sowa G, Shekelle P, Denninger TR, Godges JJ; Sección Ortopédica de la Asociación Americana de Fisioterapia. Dolor lumbar. J Orthop Sports Phys Ther. Abril de 2012; 42(4):A1-57. doi: 10.2519/jospt.2012.42.4.A1. Epub 30 de marzo de 2012. PMID: 22466247; PMCID: PMC4893951.
13. Pediatric Application of Coding and Valuation Systems. Kanter DM, Lander R, Molteni RA. Pediatrics. 2019;144(4):e20192496. doi:10.1542/peds.2019-2496.
14. Predictors of Back Pain in a General Population Cohort. Kopec JA, Sayre EC, Esdaile JM. Spine. 2004;29(1):70-7; discussion 77-8. doi:10.1097/01.BRS.0000103942.81227.7F.

15. Risk Factors for Episodes of Back Pain in Emerging Adults. A Systematic Review. Øiestad BE, Hilde G, Tvetter AT, et al. *European Journal of Pain* (London, England). 2020;24(1):19-38. doi:10.1002/ejp.1474.
16. Risk Factors for Low Back Pain: A Population-Based Longitudinal Study. Shiri R, Falah-Hassani K, Heliövaara M, et al. *Arthritis Care & Research*. 2019;71(2):290-299. doi:10.1002/acr.23710
17. Sex Differences in Subjective and Objective Measures of Pain, Functional Impairment, and Health-Related Quality of Life in Patients With Lumbar Degenerative Disc Disease. Gautschi OP, Corniola MV, Smoll NR, et al. *Pain*. 2016;157(5):1065-1071. doi:10.1097/j.pain.0000000000000480.
18. Sex Differences in Consequences of Musculoskeletal Pain. Wijnhoven HA, de Vet HC, Picavet HS. *Spine*. 2007;32(12):1360-7. doi:10.1097/BRS.0b013e31805931fd.
19. Sex Differences in Pain and Pain-Related Disability Among Primary Care Patients With Chronic Musculoskeletal Pain. Stubbs D, Krebs E, Bair M, et al.
20. *Pain Medicine* (Malden, Mass.). 2010;11(2):232-9. doi:10.1111/j.1526-4637.2009.00760.x.
21. The Burden of Chronic Low Back Pain: Clinical Comorbidities, Treatment Patterns, and Health Care Costs in Usual Care Settings. Gore M, Sadosky A, Stacey BR, Tai KS, Leslie D. *Spine*. 2012;37(11):E668-77. doi:10.1097/BRS.0b013e318241e5de.
22. Physical and Psychological Comorbidity Independently Associated With Spine-Related Disability. Mancuso CA, Stal M, Duculan R, Girardi FP. *Spine*. 2014;39(23):1969-74. doi:10.1097/BRS.0000000000000569
23. Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline From the American College of Physicians. Qaseem A, Wilt TJ, McLean RM, et al. *Annals of Internal Medicine*. 2017;166(7):514-530. doi:10.7326/M16-2367.

24. Which Specific Modes of Exercise Training Are Most Effective for Treating Low Back Pain? Network Meta-Analysis. Owen PJ, Miller CT, Mundell NL, et al. *British Journal of Sports Medicine*. 2020;54(21):1279-1287. doi:10.1136/bjsports-2019-100886.
25. Best Exercise Options for Reducing Pain and Disability in Adults With Chronic Low Back Pain: Pilates, Strength, Core-Based, and Mind-Body. A Network Meta-Analysis. Fernández-Rodríguez R, Álvarez-Bueno C, Cavero-Redondo I, et al. *The Journal of Orthopaedic and Sports Physical Therapy*. 2022;52(8):505-521. doi:10.2519/jospt.2022.10671.
26. Yoga for Chronic Non-Specific Low Back Pain. Wieland LS, Skoetz N, Pilkington K, et al. *The Cochrane Database of Systematic Reviews*. 2022;11:CD010671. doi:10.1002/14651858.CD010671.pub3.
27. Exercise Intervention for Patients With Chronic Low Back Pain: A Systematic Review and Network Meta-Analysis. Li Y, Yan L, Hou L, et al. *Frontiers in Public H Spine Ergonomics*.
28. Pope MH, Goh KL, Magnusson ML. *Annual Review of Biomedical Engineering*. 2002;4:49-68. doi:10.1146/annurev.bioeng.4.092101.122107.
29. The Impact of a Progressive Sit-Stand Rotation Exposure Duration on Low Back Posture, Muscle Activation, and Pain Development. McKinnon CD, Martel DR, Callaghan JP. *Ergonomics*. 2021;64(4):502-511. doi:10.1080/00140139.2020.1849817.
30. Manual Material Handling Advice and Assistive Devices for Preventing and Treating Back Pain in Workers. Martimo KP, Verbeek J, Karppinen J, et al. *The Cochrane Database of Systematic Reviews*. 2007;(3):CD005958. doi:10.1002/14651858.CD005958.pub2.
31. Relationship Between Working Posture/Movement and Measures to Prevent Low Back Pain Among Care Workers: A Cross-Sectional Study in the Kansai Region of Japan. Tomitagawa S, Kitahara T, Tsujimura H, Taoda K. *Industrial Health*. 2024;. doi:10.2486/indhealth.2024-0096.

32. Treatment and Ergonomics Training of Work-Related Lower Back Pain and Body Posture Problems for Nurses. Jaromi M, Nemeth A, Kranicz J, Laczko T, Betlehem J. *Journal of Clinical Nursing*. 2012;21(11-12):1776-84. doi:10.1111/j.1365-2702.2012.04089.x.ealth. 2023;11:1155225. doi:10.3389/fpubh.2023.1155225.