ESSENTIAL ARTICLES OF PM&R

INTEGRATIVE/COMPLEMENTARY AND REGENERATIVE MEDICINE

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Acupuncture

Acupuncture for chronic pain: individual patient data meta-analysis.

Effectiveness of acupuncture for low back pain: a systematic review.

Acupuncture for rheumatic conditions: an overview of systematic reviews.

Acupuncture for treating fibromyalgia.

Dry Needling

Effectiveness of dry needling for myofascial trigger points associated with neck and shoulder pain: A systematic review and meta-analysis.

Meditation and Mindfulness

Alterations in brain and immune function produced by mindfulness meditation.

Effects of mindfulness meditation on chronic pain: A randomized control trial.
The effects of mind-body therapies on the immune system: meta-analysis.

Meditation programs for psychological stress and well-being.

Prolotherapy

Prolotherapy in primary care practice.

Prolotherapy: a clinical review of its role in treating chronic musculoskeletal pain.
Distel LM, Best TM. PMR 2011;3:S78-S81.

Supplements

A systematic review and meta-analysis of α-lipoic acid in the treatment of diabetic peripheral neuropathy.

Glucosamine and chondroitin for knee osteoarthritis: a double-blind randomized placebo-controlled clinical trial evaluating single and combination regimens.

Herbal Remedies.