

FOOT AND ANKLE BIBLIOGRAPHY

ANKLE ANATOMY

1. Foot Ankle Int. 2014 Aug 7. pii: 1071100714546549. Subtalar Joint Axis in Patients With Symptomatic Peritalar Subluxation Compared to Normal Controls. Apostle KL1, Coleman NW2, Sangeorzan BJ3.
2. Foot Ankle Surg. 2014 Sep;20(3):192-4. doi: 10.1016/j.fas.2014.04.001. Epub 2014 Apr 16. The extensor hallucis capsularis tendon - A prospective study of its occurrence and function. Bayer T¹, Kolodziejcki N², Flueckiger G².

FOOT INTRINSICS

1. Al-Himdani et al. Accessory muscles around the foot and ankle presenting as chronic undiagnosed pain. An illustrative case report and review of the literature. *The Foot* 23 (2013) 154–161
2. Jam B. Evaluation and retraining of the intrinsic foot muscles for pain syndromes related to abnormal control of pronation. [October 10, 2013]. <http://www.aptei.com/articles/pdf/IntrinsicMuscles.pdf>
3. Lynn SK, et al. Differences in Static- and Dynamic-Balance Task Performance After 4 Weeks of Intrinsic-Foot-Muscle Training: The Short-Foot Exercise Versus the Towel-Curl Exercise. *Journal of Sport Rehabilitation*, 2012, 21, 327-3
4. McKeon PO, Hertel J, Bramble D, Davis I. The Foot Core System: a new paradigm for understanding intrinsic foot muscle function. *Br J Sports Med* Published Online First doi:10.1136/bjsports-2013-092690.
5. Thordarson D, Schmotzer H, Chon J, et al. Dynamic support of the human longitudinal arch. *Clin Orthop* 316:165–172, 1995
6. Soysa A, Hiller C, Refshauge K, et al. Importance and challenges of measuring intrinsic foot muscle strength. *J Foot Ankle Res* 2012;5:29.

ANKLE/INSTABILITY

1. Effect of a 2-Week Joint Mobilization Intervention on Single-Limb Balance and Ankle Arthrokinematics in Those With Chronic Ankle Instability Authors: Matthew C. Hoch¹, David R. Mullineaux², Richard D. Andreatta³, Robert A. English³, Jennifer M. Medina-McKeon⁴, Carl G. Mattacola⁴, and Patrick O. McKeon⁴
2. Active ankle motion may result in changes to the talofibular interval in individuals with chronic ankle instability and ankle sprain copers: a preliminary study Authors: Croy, Theodore¹; Cosby, Nicole L²; Hertel, Jay³ *Journal of Manual & Manipulative Therapy*, Volume 21, Number 3, 2013 , pp. 127-133(7)
3. *Man Ther.* 2012 Apr 5. Manual testing for ankle instability. Wilkin EJ, Hunt A, Nightingale EJ, Munn J, Kilbreath SL, Refshauge KM.
4. Differential diagnosis and treatment of iliotibial band pain secondary to a hypomobile cuboid in a 24-year-old female tri-athlete, Brandon, Kristina; Patla, Catherine, *Journal of Manual & Manipulative Therapy*, Volume 21, Number 3, 2013 , pp. 142-147(6)
5. Chronic ankle instability alters eccentric eversion/inversion and dorsiflexion/plantarflexion ratio , *Journal of Back and Musculoskeletal Rehabilitation*, 07/10/2013 Evidence Based Medicine, Amr Almaz Abdel-aziem¹, Amira Hussin Draz²
6. *Manual Therapy* Volume 18, Issue 4 , Pages 316-320, August 2013, Lower leg neuromuscular changes following fibular reposition taping in individuals with chronic ankle instability, Esther Chou, Kyung-Min Kim, Andrew G. Baker, Jay Hertel, Joseph

M. Hart

7. Effects of Kinesio Tape Compared With Nonelastic Sports Tape and the Untaped Ankle During a Sudden Inversion Perturbation in Male Athletes , Kristin Briem, Hrefna Eythörðsdóttir, Ragnheidur G. Magnúsdóttir, Rúnar Pálmarrsson, Tinna Rúnarsdóttir, Thorarinn Sveinsson, DOI: 10.2519/jospt.2011.3501
8. Ankle Laxity: Stress Investigation Under MRI Control, Christian J. Seebauer¹, Hermann J. Bail², Jens C. Rump³, Bernd Hamm³, Thula Walter³ and Ulf K. M. Teichgräber³, American Journal of Roentgenology. 2013;201: 496-504. 10.2214/AJR.12.8553
9. Clin J Sport Med. 2013 Sep;23(5):384-91. doi: 10.1097/JSM.0b013e318291d22d., Six-week combined vibration and wobble board training on balance and stability in footballers with functional ankle instability., Cloak R, Nevill A, Day S, Wyon M.
10. Am J Sports Med. 2014 Apr 10;42(6):1441-1447., Accelerated Versus Traditional Rehabilitation After Anterior Talofibular Ligament Reconstruction for Chronic Lateral Instability of the Ankle in Athletes., Miyamoto W¹, Takao M², Yamada K², Matsushita T².
11. Med Sci Sports Exerc. 2014 Sep 15. Lower Limb Landing Biomechanics in Subjects with Chronic Ankle Instability. De Ridder R¹, Willems T, Vanrenterghem J, Robinson MA, Roosen P.
12. J Bone Joint Surg Am. 2014 Apr 16;96(8):e62. doi: 10.2106/JBJS.M.00870. The ligament anatomy of the deltoid complex of the ankle: a qualitative and quantitative anatomical study. Campbell KJ¹, Michalski MP¹, Wilson KJ¹, Goldsmith MT¹, Wijdicks CA¹, Laprade RF², Clanton TO².
13. J Foot Ankle Surg. 2014 Aug 16. pii: S1067-2516(14)00249-X. doi: 0.1053/j.jfas.2014.06.001. A Large-scale Study on Epidemiology and Risk Factors for Chronic Ankle Instability in Young Adults. Hershkovich O¹, Tenenbaum S², Gordon B³, Bruck N⁴, Thein R⁴, Derazne E⁵, Tzur D⁵, Shamiss A⁶, Afek A⁷.
14. Br J Sports Med. 2014 Aug;48(16):1235-9. doi: 10.1136/bjsports-2013-092947. Epub 2014 Jan 7. Bracing superior to neuromuscular training for the prevention of self-reported recurrent ankle sprains: a three-arm randomised controlled trial. Janssen KW¹, van Mechelen W², Verhagen EA².
15. BMC Musculoskelet Disord. 2014 Dec 16;15(1):436. Alteration in global motor strategy following lateral ankle sprain. Bastien M, Moffet H, Bouyer LJ, Perron M, Hébert LJ, Leblond J.
16. Clin J Sport Med. 2014 Jan;24(1):51-7. doi: 10.1097/JSM.0b013e31829ddc74. Residual mechanical effectiveness of external ankle tape before and after competitive professional soccer performance. Best R, Mauch F, Böhle C, Huth J, Brüggemann P.
17. Lower extremity muscle activation during functional exercises in patients with and without chronic ankle instability PM&R, 01/10/2014, Feger MA, et al.
18. Foot Ankle Int. 2014 Jan 13. A Comparative, Prospective, and Randomized Study of Two Conservative Treatment Protocols for First-episode Lateral Ankle Ligament Injuries. Prado MP, Mendes AA, Amodio DT, Camanho GL, Smyth NA, Fernandes TD.
19. Clin J Sport Med. 2014 Jan;24(1):62-8. doi: 10.1097/01.jsm.0000432858.86929.80. Ankle kinematics and muscle activity in functional ankle instability. Monteleone BJ, Ronsky JL, Meeuwisse WH, Zernicke RF
20. Clin J Sport Med. 2014 Jul;24(4):289-94. doi: 10.1097/JSM.0000000000000030. The effect of kinesio tape on force sense in people with functional ankle instability. Simon J¹, Garcia W, Docherty CL
21. Foot Ankle Int. 2014 Jul 18. pii: 1071100714543646. The Lambda Sign: A New Radiographic Indicator of Latent Syndesmosis Instability. Ryan LP¹, Hills MC², Chang J³, Wilson CD³.

22. Foot Ankle Int. 2014 Mar 17. Radiological Morphology of Peritalar Instability in Varus and Valgus Tilted Ankles. Nosewicz TL¹, Knupp M, Bolliger L, Henninger HB, Barg A, Hintermann B.
23. Takumi Kobayashi, PT, PhD¹, Eiichi Suzuki, MD², Naohito Yamazaki, RT³, Makoto Suzukawa, PT, MSc⁴, Atsushi Akaike, MD⁵, Kuniaki Shimizu, MD⁵, Kazuyoshi Gamada, PT, PhD⁶ Fibular Malalignment in Individuals With Chronic Ankle Instability, Journal of Orthopaedic & Sports Physical Therapy, 2014 , VOL. 11 PG 872-878 doi:10.2519/jospt.2014.52

Ankle sprains

1. J Athl Train. 2013 Aug 5. , Therapeutic Interventions for Increasing Ankle Dorsiflexion After Ankle Sprain: A Systematic Review., Terada M, Pietrosimone BG, Gribble PA.
2. PLoS One. 2013 Aug 5;8(8):e72124. doi: 10.1371/journal.pone.0072124. Print 2013., Predicting functional recovery after acute ankle sprain., O'Connor SR, Bleakley CM, Tully MA, McDonough SM.
3. Med Sci Sports Exerc. 2013 Jul 29. , Peroneal Reaction Time following Ankle Sprain: A Systematic Review and Meta-analysis., Hoch MC, McKeon PO.
4. Anterior fibrous bundle: a cause of residual pain and restrictive plantar flexion following ankle sprain , Knee Surgery, Sports Traumatology, Arthroscopy, 05/29/2012 Clinical Article, Miyamoto W et al.
5. Med Sci Sports Exerc. 2013 Aug 30., Prognosis of Ankle Syndesmosis Injury., Sman AD, Hiller CE, Rae K, Linklater J, Black DA, Refshauge KM.
6. September 2013, Volume 201, Number 3 Eur Spine J. , Ankle Laxity: Stress Investigation Under MRI Control, Christian J. Seebauer¹, Hermann J. Bail², Jens C. Rump³, Bernd Hamm³, Thula Walter³ and Ulf K. M. Teichgräber³
7. Br J Sports Med. 2013 Oct 11. doi: 10.1136/bjsports-2013-092626. , Mechanical instability destabilises the ankle joint directly in the ankle-sprain mechanism., Gehring D, Faschian K, Lauber B, Lohrer H, Nauck T, Gollhofer A.
8. The role of the medial ligaments in lateral stabilization of the ankle joint: an in vitro study, Knee Surgery, Sports Traumatology, Arthroscopy, 10/14/2013 Evidence Based Medicine, Ziai P, et al.
9. Br J Gen Pract. 2014 Sep;64, Structural abnormalities and persistent complaints after an ankle sprain are not associated: an observational case control study in primary care. van Ochten JM¹, Mos MC¹, van Putte-Katier N¹, Oei EH², Bindels PJ², Bierma-Zeinstra SM², van Middelkoop M³.
10. J Foot Ankle Surg. 2014 Apr 6. pii: S1067-2516(14)00096-9. doi: 053/j.jfas.2014.02.018. associations between MRI Findings and Symptoms in Patients with Chronic Ankle Sprain. Kwon DG¹, Sung KH², Chung CY², Park MS², Kim TW², Lee SH³, Lee KM⁴.
11. John M. van Ochten, MD¹, Marienke van Middelkoop, PhD¹, Duncan Meuffels, MD², Sita M.A. Bierma-Zeinstra, PhD¹ Chronic Complaints After Ankle Sprains: A Systematic Review on Effectiveness of Treatments, Journal of Orthopaedic & Sports Physical Therapy, 2014, Volume: 44 Issue: 11 Pages: 862- C23 doi:10.2519/jospt.2014.5221

12. Paula R. Beckenkamp, PT^{1,2}, Chung-Wei Christine Lin, PT, PhD^{1,2}, Sakina Chagpar, PT¹, Robert D. Herbert, PT, PhD³, Hidde P. van der Ploeg, PhD^{4,5}, Anne M. Moseley, PT, PhD^{1,2}, Prognosis of Physical Function Following Ankle Fracture: A Systematic Review With Meta-analysis, *J Orthop Sports Phys Ther* 2014;44(11):841–851. Epub 30 September 2014. doi:10.2519/jospt.2014.5199
-

Achilles Tendon

1. *Br J Sports Med.* 2013 Aug;47(12):763-8. doi: 10.1136/bjsports-2013-092271. Epub 2013 Jun 14., Recurrence of Achilles tendon injuries in elite male football players is more common after early return to play: an 11-year follow-up of the UEFA Champions League injury study., Gajhede-Knudsen M, Ekstrand J, Magnusson H, Maffulli N.
2. Ahmad J, Repka M, Raikin SMFoot Treatment of myotendinous achilles ruptures, *Ankle Int.* 2013 Aug;34(8):1074-8. doi: 10.1177/1071100713483115. Epub 2013 Mar 19.
3. Evoked Spinal Reflexes and Force Development in Elite Athletes With Middle-Portion Achilles Tendinopathy, Hsing-Kuo Wang, Kwan-Hwa Lin, Yu-Kuang Wu, Shyh-Ching Chi, Tiffany Ting-Fang Shih, Yung-Cheng Huang, DOI: 10.2519/jospt.2011.3564
4. *Am J Phys Med Rehabil.* 2012 Oct 5. , Effect of Eccentric Strengthening on Pain, Muscle Strength, Endurance, and Functional Fitness Factors in Male Patients with Achilles Tendinopathy., Yu J, Park D, Lee G.
5. Gärdin A, Movin T, Svensson L, Shalabi A ,The long-term clinical and MRI results following eccentric calf muscle training in chronic Achilles tendinosis. , *Skeletal radiology* , 201005 39(5):435-42
6. Mid-portion Achilles tendinopathy: why painful? An evidence-based philosophy *Knee Surgery, Sports Traumatology, Arthroscopy*, 05/24/2011 , Van Sterkenburg MN et al.
7. *Br J Sports Med.* 2012 Mar;46(3):214-8. Epub 2011 Nov 10., A 5-year follow-up study of Alfredson's heel-drop exercise programme in chronic midportion Achilles tendinopathy., van der Plas A, de Jonge S, de Vos RJ, van der Heide HJ, Verhaar JA, Weir A, Tol JL.
8. Achilles Pain, Stiffness, and Muscle Power Deficits: Achilles Tendinitis , Christopher R. Carcia, RobRoy L. Martin, Jeff R. Houck, Dane K. Wukich, *J Orthop Sports Phys Ther.* 2010;40(9):A1-A26. doi:10.2519/jospt.2010.0305
9. *Skeletal Radiol.* 2013 Oct;42(10):1393-402. doi: 10.1007/s00256-013-1650-3. Epub 2013 Jul 3., Correlation of morphologic and pathologic features of the various tendon groups around the ankle: MR imaging investigation., Cabral P, Paulino C, Takahashi R, Clopton P, Resnick D.
10. *Am J Sports Med.* 2013 Oct;41(10):2400-8. doi: 10.1177/0363546513498988. Epub 2013 Aug 12., The microvascular volume of the achilles tendon is increased in patients with tendinopathy at rest and after a 1-hour treadmill run., Pingel J, Harrison A, Simonsen L, Suetta C, Bülow J, Langberg H.
11. *J Bodyw Mov Ther.* 2013 Jul;17(3):316-21. doi: 10.1016/j.jbmt.2012.11.004. Epub 2012 Dec 23., Overweight and obesity alters the cumulative transverse strain in the Achilles tendon immediately following exercise., Wearing SC, Hooper SL, Grigg NL, Nolan G, Smeathers JE.

12. *J Bodyw Mov Ther.* 2013 Jul;17(3):309-15. doi: 10.1016/j.jbmt.2012.11.003. Epub 2012 Dec 12., Comparing two eccentric exercise programmes for the management of Achilles tendinopathy. A pilot trial., Stasinopoulos D, Manias P.
 13. Passive dorsiflexion stiffness is poorly correlated with passive dorsiflexion range of motion. , J.W. Whittinga, J.R. Steeleb, D.E. McGheeb, B.J. Munrob. , *Journal of Science and Medicine in Sport.* March 2013
 14. longitudinal effects of maturation on lower extremity joint stiffness in adolescent athletes, Ford KR, Myer GD, Hewett TE, , *American Journal of Sports Medicine.* 38(9):1829-37, 2010
 15. Surgical Versus Nonsurgical Treatment of Acute Achilles Tendon Rupture: A Meta-Analysis of Randomized Trials , *J Bone Joint Surg Am*, 2012 Dec 05; 94 (23): 2136-243
 16. *Bone Joint J.* 2013 Oct 1;95-B(10):1299-1307., Achilles tendinopathy: A review of the current concepts of treatment., Roche AJ, Calder JD
 17. *Bone Joint J.* 2013 Oct 1;95-B(10):1299-1307., Achilles tendinopathy: A review of the current concepts of treatment. Roche AJ, Calder JD.
 18. *Br J Sports Med.* 2013 Oct 15. doi: 10.1136/bjsports-2013-092756. , Declining incidence of surgery for Achilles tendon rupture follows publication of major RCTs: evidence-influenced change evident using the Finnish registry study., Mattila VM, Huttunen TT, Haapasalo H, Sillanpää P, Malmivaara A, Pihlajamäki H.
 19. *Journal of Orthopaedic & Sports Physical Therapy*, November 2013, Vol. 43, No. 11, pp. 794-803, (doi:10.2519/jospt.2013.4762) Whole-Body Vibration Versus Eccentric Training or a Wait-and-See Approach for Chronic Achilles Tendinopathy: Thomas Horstmann, MD1,2, Holger M. Jud, MD3, Vanessa Fröhlich, MD4, Annegret Mündermann, PhD5, Stefan Grau, PhD6
 20. *J Bone Joint Surg Am.* 2014 Sep 17;96(18):1497-503. doi: 10.2106/JBJS.M.01273. Nonoperative dynamic treatment of acute achilles tendon rupture: the influence of early weight-bearing on clinical outcome: a blinded, randomized controlled trial. Barfod KW, Bencke J, Lauridsen HB, Ban I, Ebskov L, Troelsen A.
 21. *Foot Ankle Surg.* 2014 Sep;20(3):154-159. doi: 10.1016/j.fas.2014.02.010. Epub 2014 Mar 12. The pathogenesis of Achilles tendinopathy: A systematic review. Magnan B¹, Bondi M², Pierantoni S², Samaila E².
 22. *Exp Gerontol.* 2014 Jan 23. pii: S0531-5565(14)00023-0. doi: 10.1016/j.exger.2014.01.011, The effect of knee joint angle on plantar flexor power in young and old men. Dalton BH1, Allen MD2, Power GA3, Vandervoort AA4, Rice CL5.
 23. *J Bone Joint Surg Am.* 2014 Jul 2;96(13):1073-1079. Weight-Bearing in the Nonoperative Treatment of Acute Achilles Tendon Ruptures: A Randomized Controlled Trial. Young SW¹, Patel A², Zhu M³, van Dijck S², McNair P⁴, Bevan WP², Tomlinson M².
 24. John M. van Ochten, MD¹, Marienke van Middelkoop, PhD¹, Duncan Meuffels, MD², Chronic Complaints After Ankle Sprains: A Systematic Review on Effectiveness of Treatment, *J Orthop Sports Phys Ther* 2014;44(11):862–871. Epub 9 October 2014. doi:10.2519/jospt.2014.5221
-
25. *Br J Sports Med.* 2014 Sep 8. pii: bjsports-2013-093273. doi: 10.1136/bjsports-2013-093273. , Acute tear of the fascia cruris at the attachment to the Achilles tendon: a new diagnosis. Webborn N¹, Morrissey D², Sarvananthan K², Chan O³.
 26. *Scan J Med Sci Sports.* 2014 Nov 4. Achilles tendinopathy: A prospective study on the effect of active rehabilitation and steroid injections in a clinical setting. Wetke E1, Johannsen F, Langberg H.

Posterior Tibialis

1. PERSONS WITH POSTERIOR TIBIAL TENDON DYSFUNCTION HAVE DIMINISHED HIP MUSCLE PERFORMANCE, Noceti-DeWit LM, Popovich J, Reischl S, Kulig K, Kim D, V DOI: 10.2519/jospt.2011.3427. Women With Posterior Tibial Tendon Dysfunction Have Diminished Ankle and Hip Muscle Performance, Kornelia Kulig, John M. Popovich, Lisa M. Noceti-Dewit, Stephen F. Reischl, Dong Kim, DOI: 10.2519/jospt.2011.3427.
2. Biomechanical and Clinical Factors Related to Stage I Posterior Tibial Tendon Dysfunction, Melissa Rabbito, Michael B. Pohl, Neil Humble, Reed Ferber, DOI: 10.2519/jospt.2011.3545
3. Pohl MB, Rabbito M, Ferber R. The role of tibialis posterior fatigue on foot kinematics during walking. *Journal of Foot and Ankle Research* 2010; 3:6.

Plantar Fasciitis

1. *J Orthop Sports Phys Ther.* 2013 Jul 25. , Investigation of the Correlation Between Ultrasound Imaging on Plantar Fascia Vascularity and Morphology and Foot Dysfunction in Individuals With Chronic Plantar Fasciitis.. Chen H, Ho HM, Ying M, Fu SN.
2. The short-term effects of treating plantar fasciitis with a temporary custom foot orthosis and stretching., Drake M, Bittenbender C, Boyles RE, *J Orthop Sports Phys Ther.* 2011;41(4):221-231
3. Fouré A, Cornu C, McNair PJ, Nordez A, Gender differences in both active and passive parts of the plantar flexors series elastic component stiffness and geometrical parameters of the muscle-tendon complex., *J Orthop Res.* 2012 May;30(5):707-12. doi: 10.1002/jor.21584. Epub 2011 Oct 27.
4. Not Plantar Fasciitis: the differential diagnosis and management of heel pain syndrome , *Orthopaedics and Trauma,* 07/20/2011 , Hossain M et al.
5. *Acupunct Med.* 2012 Dec;30(4):298-306. doi: 10.1136/acupmed-2012-010183. Epub 2012 Oct 25., The effectiveness of acupuncture for plantar heel pain: a systematic review., Clark RJ, Tighe M.
6. *PM R.* 2013 Jul 19. pii: S1934-1482(13)00369-9. doi: 10.1016/j.pmrj.2013.07.003. , anutologous Platelet-Rich Plasma Versus Dextrose Prolotherapy for the Treatment of Chronic Recalcitrant Plantar Fasciitis., Kim E, Lee JH.
7. *Foot (Edinb).* 2012 Sep;22(3):125-9. Epub 2012 May 3., Calcaneal spurs: Examining etiology using prehistoric skeletal remains to understand present day heel pain., Weiss E.
8. *J Back Musculoskelet Rehabil.* 2014 May 27. , Taping for plantar fasciitis., Podolsky R, Kalichman L.
9. Association Between Plantar Fascia Vascularity and Morphology and Foot Dysfunction in Individuals With Chronic Plantar Fasciitis, Hongying Chen, PhD1, Hok-Ming Ho, MBChB2, Michael Ying, PhD3, Siu Ngor Fu, PhD1 , *Journal of Orthopaedic & Sports Physical Therapy,* 2013, Volume: 43 Issue: 10 Pages: 727-734 10.2519/jospt.2013.4774
10. *Clin J Sport Med.* 2014 May;24(3):211-7. doi: 10.1097/JSM.0000000000000021. Comparison of a physiotherapy program versus dexamethasone injections for plantar fasciopathy in prolonged standing workers: a randomized clinical trial., Ryan M1, Hartwell J, Fraser S, Newsham-West R, Taunton J.
11. *Foot Ankle Int.* 2014 Sep 18. pii: 1071100714551021, Musculoskeletal and Activity-Related Factors Associated With Plantar Heel Pain. Sullivan J1, Burns J2, Adams

- R3, Pappas E3, Crosbie J4. *PM R*. 2014 Feb;6(2):152-8. doi: 10.1016/j.pmrj.2013.07.003. Epub 2013 Jul 19.
12. Autologous platelet-rich plasma versus dextrose prolotherapy for the treatment of chronic recalcitrant plantar fasciitis. Kim EI, Lee JH2.
 13. Gender-related effect of aging on the sonographic appearance of plantar fascia *Journal of Musculoskeletal Pain* , 02/25/2014 Clinical Article, Cheng JW, et al.
 14. *Foot Ankle Int*. 2014 Jan 13. Platelet-Rich Plasma Efficacy Versus Corticosteroid Injection Treatment for Chronic Severe Plantar Fasciitis. Monto RR.
 15. Stecco C, Corradin M, Macchi V, Morra A, Porzionato A, Biz C, De Caro R. Plantar fascia anatomy and its relationship with Achilles tendon and paratenon. *J Anat*. 2013 Dec;223(6):665-76. doi: 10.1111/joa.12111. Epub 2013 Sep 12.
 16. Wearing SC, Smeathers JE, Urry SR, et al. The pathomechanics of plantar fasciitis. *Sports Med* 2006;36:585–611.

Hallux Valgus

1. *Foot Ankle Int*. 2013 Aug 13. , Influence of Common Associated Forefoot Disorders on Preoperative Quality of Life in Patients With Hallux Valgus., Gines-Cespedosa A, Alentorn-Geli E, Sanchez JF, Leal-Blanquet J, Rigol P, Puig L, de Zabala S.
2. *Int Orthop*. 2013 Jul 3. , Distal soft tissue procedure in hallux valgus surgery: biomechanical background and technique., Schneider W.
3. Validity and Reliability of Hallux Valgus Angle Measured on Digital Photographs,
4. Sheree Nix, Trevor Russell, Bill Vicenzino, Michelle Smith, *jospt*.2012.3841,
5. *Phys Ther*. 2013 Sep 26. , An Image-Based Gait Simulation Study of Tarsal Kinematics in Women With Hallux Valgus., Glasoe WM, Phadke V, Pena FA, Nuckley DJ, udewig PM
6. *Ann Rheum Dis*. 2013 Sep 1;72(9):1545-8. doi: 10.1136/annrheumdis-2012-202786. Epub 2013 Jan 19., Tendon involvement in the feet of patients with gout: a dual-energy CT study., Dalbeth N, Kalluru R, Aati O, Horne A, Doyle AJ, McQueen FM.
7. *Foot Ankle Surg*. 2013 Sep;19(3):155-61. doi: 10.1016/j.fas.2013.01.003. Epub 2013 Feb 27., The biomechanics of the first metatarsal bone in hallux valgus: a preliminary study utilizing a weight bearing extremity CT., Collan L, Kankare JA, Mattila K.
8. *Foot Ankle Int*. 2014 Sep 18. pii: 1071100714551022. Prevalence of Metatarsus Adductus in Patients Undergoing Hallux Valgus Surgery. Aiyer AA1, Shariff R2, Ying L2, Shub J2, Myerson MS2.
9. *Foot Ankle Int*. 2014 Nov 20. pii: 1071100714559072. Staple Fixation for Akin Proximal Phalangeal Osteotomy in the Treatment of Hallux Valgus Interphalangeus. Neumann JA¹, Reay KD², Bradley KE³, Parekh SG⁴.
10. *Arthritis Care Res (Hoboken)*. 2014 Nov 21. Factors associated with hallux valgus in a community-based cross-sectional study of adults with and without osteoarthritis. Golightly YM¹, Hannan MT, Dufour AB, Renner JB, Jordan JM.

Exercise

1. Keles SB, Sekir U, Gur H, Akova B., Eccentric/concentric training of ankle evertor and dorsiflexors in recreational athletes: Muscle latency and strength.

2. J Orthop Sports Phys Ther. 2013 Jun 11. , Activation of Selected Ankle Muscles During Exercises Performed on Rigid and Compliant Balance Platforms., Harput G, Soylu AR, Ertan H, Ergun N.
3. Effect of plantar intrinsic muscle training on medial longitudinal arch morphology and dynamic function, April 2013 Manual Therapy, Edward P. Mulligan | Patrick G. Cook
4. J Sport Rehabil. 2012 Nov;21(4):327-33., Differences in static- and dynamic-balance task performance after 4 weeks of intrinsic-foot-muscle training: the short-foot exercise versus the towel-curl exercise., Lynn SK, Padilla RA, Tsang K KW
5. Effectiveness of proprioceptive exercises for ankle ligament injury in adults: A systematic literature and meta-analysis , Manual Therapy , 04/03/2012 Evidence Based Medicine, Postle K et al.
6. Improvements in dynamic plantar flexor strength after resistance training are associated with increased voluntary activation and V-to-M ratio. , Ekblom MM , Journal of applied physiology , 201007 109(1):19-26
7. Multistation proprioceptive exercise program prevents ankle injuries in basketball. , Eils E, Schr  ter R, Schr  der M, Gerss J, Rosenbaum D , Medicine and science in sports and exercise ,201011 42(11):2098-105
8. The influence of muscle length on the fatigue-related reduction in joint range of motion of the human dorsiflexors. . Cheng AJ, Davidson AW, Rice CL , European journal of applied physiology 201006 109(3):405-15
9. Med Sci Sports Exerc. 2013 Aug 30. , Eccentric Exercise Leads to Performance Decrease and Insulin Signaling Impairment., Pereira BC, Pauli JR, DE Souza CT, Ropelle ER, Cintra DE, Freitas EC, Silva AS.
10. Gait Posture. 2013 Aug 18. pii: S0966-6362(13)00461-X. oi.1016/j.gaitpost.2013.08.006. , Exercise intensity progression for exercises performed on unstable and stable platforms based on ankle muscle activation., Borreani S, Calatayud J, Martin J, Colado JC, Tella V, Behm D.
11. Manual Therapy Volume 18, Issue 5 , Pages 425-430, October 2013, Effect of plantar intrinsic muscle training on medial longitudinal arch morphology and dynamic function, Edward P. Mulligan, Patrick G. Cook
12. Scand J Med Sci Sports. 2014 Aug 21. High-load strength training improves outcome in patients with plantar fasciitis: A randomized controlled trial with 12-month follow-up. Rathleff MS¹, M  lgaard CM, Fredberg U, Kaalund S, Andersen KB, Jensen TT, Aaskov S, Olesen JL.
13. Br J Sports Med. 2014 Mar 21. doi: 10.1136/bjsports-2013-092690. The foot core system: a new paradigm for understanding intrinsic foot muscle function. McKeon PO¹, Hertel J, Bramble D, Davis I.
14. Br J Sports Med. 2014 Jan 7. doi: 10.1136/bjsports-2013-092947. Bracing superior to neuromuscular training for the prevention of self-reported recurrent ankle sprains: a three-arm randomised controlled trial. Janssen KW, van Mechelen W, Verhagen EA.

Stretching

1. Time course of changes in passive properties of the gastrocnemius muscle-tendon unit during 5 min of static stretching, June 2013 Manual Therapy, Masatoshi Nakamura | Tome Ikezoe | Yohei Takeno | Noriaki Ichihashi
2. J Orthop Res 29:1759-1763, 2011., Acute and prolonged effect of static stretching on the passive stiffness of the human gastrocnemius muscle tendon unit in vivo., Ikezoe T,

- Takeo Y, Ichihashi NT
3. The effects of dynamic stretching on plantar flexor muscle-tendon tissue properties, Mina Samukawaa, Masaki Hattorib, Naoko Sugamac, Naoki Takedaa, , *Manual Therapy*, vol 16, Issue 6, Pgs 618 - 622
 4. Acute effects of 15min static or contract-relax stretching modalities on plantar flexors neuromuscular properties., Babault N, Kouassi BY, Desbrosses K , *Journal of science and medicine in sport / Sports Medicine Australia* 201003 13(2):247-52
 5. Time course of changes in passive properties of the gastrocnemius muscle–tendon unit during 5 min of static stretching, June 2013 *Manual Therapy*, Masatoshi Nakamura | Tome Ikezoe | Yohei Takeo | Noriaki Ichihashi

Foot Types

1. *J Am Podiatr Med Assoc* 103(5): 369–373, 2013, Prevalence of Flatfoot and Anthropometric Comparison Between Flat and Normal Feet in the Hausa Ethnic Group of Nigeria, Musa B. T. Umar, MBBS, MSc, PhD* and Rabiu U. Tafida, BSc*
2. Jasper W.K. Tong, MSc, Pui W. Kong, PhD, Association Between Foot Type and Lower Extremity Injuries: Systematic Literature Review With Meta-analysis, *Journal of Orthopaedic & Sports Physical Therapy*, 2013, Volume: 43 Issue: 10 Pages: 700-714 doi:10.2519/jospt.2013.4225
3. Intrauterine Foot Position of Fetuses, NAKAI TOSHIYUKI (Choritsuoyodosogobyoin) SAKAMOTO TATSUYA (Choritsuoyodosogobyoin) TAKAKURA YOSHINORI (Nara Med. Univ, Journal of Japanese Paediatric Orthopaedic Association.) TAMAI SUSUMU (Nara Med. Univ.), VOL.8;NO.2;PAGE.153-156(1999)
4. The association between body composition and foot structure and function: a systematic review, *Obesity Reviews*, 10/28/2013 Evidence Based Medicine Review Article, Butterworth PA, et al.
5. *Journal of Orthopaedic & Sports Physical Therapy*, November 2013, Vol. 43, No. 11, pp. 814-820, (doi:10.2519/jospt.2013.4504), The Association of Foot Arch Posture and Prior History of Shoulder or Elbow Surgery in Elite-Level Baseball Pitchers, Luis A. Feigenbaum, PT, DPT, SCS, ATC, LAT, CSCS1, Kathryn E. Roach, PT, PhD2, Lee D. Kaplan, MD3, Bryson Lesniak, MD3, Sean Cunningham, ATC, LAT4
6. *Med Sci Sports Exerc.* 2014 Jun 3. , Toe Flexor Strength and Foot Arch Height in Children. Morita N1, Yamauchi J, Kurihara T, Fukuoka R, Otsuka M, Okuda T, Ishizawa N, Nakajima T, Nakamichi R, Matsuno S, Kamiie S, Shide N, Kambayashi I, Shinkaiya H
7. *Bone Joint J.* 2014 Sep, Evertor muscle activity as a predictor of the mid-term outcome following treatment of the idiopathic and non-idiopathic clubfoot. Gelfer Y¹, Dunkley M¹, Jackson D¹, Armstrong J², Rafter C¹, Parnell E¹, Eastwood DM¹.
8. Adult-Acquired Flatfoot Deformity and Age-Related Differences in Foot and Ankle Kinematics During the Single-Limb Heel-Rise Test, Authors: Ruth L. Chimenti, PT, DPT^{1,2}, Joshua Tome, MS², Cody D. Hillin, MS, MD³, Adolph S. Flemister, MD⁴, Jeff Houck, PT, PhD⁵ , *Journal of Orthopaedic & Sports Physical Therapy*, 2014, Volume: 44 Issue: 4 Pages: 283-290 doi:10.2519/jospt.2014.4939
9. Akeo Waseda, MD Yasunori Suda, MD, Suguru Inokuchi, MD, Yuji Nishiwaki, MD, Yoshiaki Toyama, MD Standard growth of the foot arch in childhood and adolescence—Derived from the measurement results of 10,155 children, *Foot and Ankle Surgery* Volume 20, Issue 3, Pages 208–214, September 2014
10. Demographic, physical, and radiographic factors associated with functional flatfoot deformity *The Journal of Foot & Ankle Surgery*, 01/14/2014 Shibuya N, et al.

11. *Curr Opin Pediatr.* 2014 Feb;26(1):93-100. doi: 10.1097/MOP.000000000000039., Pediatric flatfoot: cause, epidemiology, assessment, and treatment. Dare DM, Dodwell ER.
12. *Foot Ankle Int.* 2014 Jul 18. pii: 1071100714543907. Foot Disorders Associated With Overpronated and Oversupinated Foot Function: The Johnston County Osteoarthritis Project. Golightly YM1, Hannan MT2, Dufour AB2, Hillstrom HJ3, Jordan JM4.
13. *J Am Acad Orthop Surg.* 2014 Aug;22(8):512-520. Subtle Cavus Foot: Diagnosis and Management. Deben SE, Pomeroy GC.
14. *Foot Ankle Int.* 2014 Nov 7. pii: 1071100714558846. New Radiographic Parameter Assessing Hindfoot Alignment in Stage II Adult-Acquired Flatfoot Deformity. Williamson ER¹, Chan JY¹, Burket Koltsov JC¹, Deland JT¹, Ellis SJ².
15. Clinical analysis and baropodometric evaluation in diagnosis of abnormal foot posture: A clinical TRIAL, *Journal of Bodywork & Movement Therapies* , 10/27/2014 Clinical Article, Neto HP, et al.
16. Hosl M, Bohm H, et al. Does excessive flatfoot deformity affect function? A comparison between symptomatic and asymptomatic flatfeet using the Oxford Foot Model. *Gait and Posture* 2013.
17. Huang CK, Kitaoka HB, An KN, et al. Biomechanical stability of the arch. *Foot Ankle* 1993; 14: 353-7
18. McKenzie J. The foot as a half-dome. *Br Med J* 1955;1:1068-9.
19. Mulligan EP, Cook PG. Effect of plantar intrinsic muscle training on medial longitudinal arch morphology and dynamic function. *Manual Therapy* 18 (2013) 425e430.
20. Riskowski JL, Dufour AB, et al. Associations of Foot Posture and Function to Lower Extremity Pain: The Framingham Foot Study. *Arthritis Care and Research* 2013.

Manual Therapy

1. Teixeira LM, Pires T, Silva RD, de Resende MA, , Immediate Effect of a Single Anteroposterior Talus Mobilization on Dorsiflexion Range of Motion in Participants With Orthopedic Dysfunction of the Ankle and Foot. *J Manipulative Physiol Ther.* 2013 Jul 11. pii: S0161-4754(13)00116-4. doi: 10.1016/j.jmpt.2013.06.003.
2. Manual Physical Therapy and Exercise Versus Supervised Home Exercise in the Management of Patients With Inversion Ankle Sprain: A Multicenter Randomized Clinical Trial, Joshua A. Cleland, Paul E. Mintken, Amy McDevitt, Melanie L. Bieniek, Kristin J. Carpenter, Katherine Kulp, Julie M. Whitman. DOI: 10.2519/jospt.2013.4792
3. Sebastián Truyols-Domí-nguez, Jaime Salom-Moreno, Javier Abian-Vicent, Joshua A. Cleland, César Fernández-de-las-Peñas, Efficacy of Thrust and Nonthrust Manipulation and Exercise With or Without the Addition of Myofascial Therapy for the Management of Acute Inversion Ankle Sprain: A Randomized Clinical Trial, , DOI: 10.2519/jospt.2013.4467
4. Initial Changes in Posterior Talar Glide and Dorsiflexion of the Ankle After Mobilization With Movement in Individuals With Recurrent Ankle Sprain, Bill Vicenzino, Michelle Branjerdporn, Pam Teys, Kate Jordan, DOI: 10.2519/jospt. 2006.2265
5. Martins DF, Mazzardo-Martins L, Cidral-Filho FJ, Santos AR, Stramosk , Ankle Joint Mobilization Affects Postoperative Pain Through Peripheral and Central Adenosine A1 Receptors., *J.Phys Ther.* 2012 Oct 19.
6. James R. Beazell, Terry L. Grindstaff, Lindsay D. Sauer, Eric M. Magrum, Christopher D. Ingersoll, Jay Hertel, Effects of a Proximal or Distal Tibiofibular Joint Manipulation on Ankle Range of Motion and Functional Outcomes in Individuals With Chronic Ankle

- Instability DOI: 10.2519/jospt.2012.3729
7. Manual therapy Volume 16, Issue 4, Pages 373-377 (August 2011), Hypoalgesic effect of a passive accessory mobilisation technique in patients with lateral ankle pain, Hwee Koon Yeo, Anthony Wright.
 8. Loudon JK, Reiman MP, The efficacy of manual joint mobilisation/manipulation in treatment of lateral ankle sprains: a systematic review. Sylvain JBr J Sports Med. 2013 Aug 26. doi: 10.1136/bjsports-2013-092763.
 9. The effects of Mobilization with Movement on dorsiflexion range of motion, dynamic balance, and self-reported function in individuals with chronic ankle instability . Manual Therapy , 10/29/2013 Clinical Article, Gilbreath JP, et al
 10. J Manipulative Physiol Ther. 2014 Jun;37(5):320-5. doi: 10.1016/j.jmpt.2014.01.007., Changes in kinetic, kinematic, and temporal parameters of walking in people with limited ankle dorsiflexion: pre-post application of modified mobilization with movement using talus glide taping. Yoon JY1, Hwang YI2, An DH3, Oh JS4.
 11. Foot Ankle Int. 2014 Jan 23. Treatment of Naviculo-First Cuneiform Coalition of the Foot. Byun SE, Lee HS, Ahn JY, Seo DK, Seo JH.
 12. Manipulative therapy and rehabilitation for recurrent ankle sprain with functional instability: a short-term, assessor-blind, parallel-group randomized trial , Journal of Manipulative and Physiological Therapeutics, 11/14/2014 Lubbe D, et al.

Testing

1. Br J Sports Med. 2013 Jul;47(10):620-8. doi: 10.1136/bjsports-2012-091702. Epub 2012 Dec 6., Diagnostic accuracy of clinical tests for diagnosis of ankle syndesmosis injury: a systematic review., Sman AD, Hiller CE, Refshauge KM.
2. Simon O'Shea | Kate Grafton, The intra and inter-rater reliability of a modified weight-bearing lunge measure of ankle dorsiflexion, June 2013 Manual Therapy.
3. The Spring Ligament Recess of the Talocalcaneonavicular Joint: Depiction on MR Images With Cadaveric and Histologic Correlation, Kapil R. Desai1,2,3 Luis S. Beltran1 Jenny T. Bencardino1 Zehava S. Rosenberg1 Catherine Petchprapa1, German Steiner1,2 AJR:196, May 2011
4. Gait Posture. 2013 Jun 21. pii: S0966-6362(13)00251-8. doi: .1016/j.gaitpost.2013.05.017. , Does excessive flatfoot deformity affect function? A comparison between symptomatic and asymptomatic flatfeet using the Oxford Foot Model. Hösl M, Böhm H, Multerer C, Döderlein L.
5. Menz HB et al. Planus foot posture and pronated foot function are associated with foot pain: The Framingham Foot Study, Arthritis Care & Research , 07/18/2013 Clinical Article,
6. Arthritis Care Res (Hoboken). 2013 Jun 5. doi: 10.1002/acr.22049. , Associations of foot posture and function to lower extremity pain: The Framingham Foot Study., Riskowski J, Dufour A, Hagedorn T, Hillstrom H, Casey V, Hannan M
7. Variations in Foot Posture and Mobility Between Individuals with Patellofemoral Pain and Those in a Control Group, Journal of the American Podiatric Medical Association, 08/05/2011, McPoil TG et al.
8. New approach to the diagnosis and classification of chronic foot and ankle disorders: Identifying motor control and movement impairments, Manual Therapy , 08/11/2011, Kangas J et al. –

9. J. Athl train. 2002 Apr – Jun: 37(2):129132, , Differences in Postural Control During Single-Leg Stance Among Healthy Individuals With Different Foot Types, Jay Hertel, Michael R. Gay, and Craig R. Denegar
10. Menz HB, Dufour AB, Riskowski JL, Hillstrom HJ, Hannan MT. , Foot posture, foot function and low back pain: the Framingham Foot Study. *Rheumatology (Oxford)*. 2013 Sep 17.
11. A Quick and Reliable Procedure for Assessing Foot Alignment in Athletes , *Journal of the American Podiatric Medical Association*, 10/03/2013 Evidence Based Medicine, Mendonca LDM et al.
12. *J Am Podiatr Med Assoc* 103(5): 369–373, 2013, Prevalence of Flatfoot and Anthropometric Comparison Between Flat and Normal Feet in the Hausa Ethnic Group of Nigeria, Musa B. T. Umar, MBBS, MSc, PhD* and Rabi U. Tafida, BSc*
13. Association Between Foot Type and Lower Extremity Injuries: Systematic Literature Review With Meta-analysis, Jasper W.K. Tong, MSc^{1,2}, Pui W. Kong, PhD¹ , *Journal of Orthopaedic & Sports Physical Therapy*, 2013, Volume: 43 Issue: 10 Pages: 700-714 doi:10.2519/jospt.2013.4225
14. A Quick and Reliable Procedure for Assessing Foot Alignment in Athletes , *Journal of the American Podiatric Medical Association*, 10/03/2013 Evidence Based Medicine, Mendonca LDM et al.
15. *Man Ther.* 2014 Apr 2. pii: S1356-689X(14)00042-3. doi: 10.1016/j.math.2014.03.008. A simplified version of the weight-bearing ankle lunge test: Description and test-retest reliability. Cejudo A¹, Sainz de Baranda P², Ayala F³, Santonja F⁴.
16. Ankle kinematics and performance on the Y-balance test are associated with inclinometer measurements on the weight-bearing lunge test, *Journal of Sport Rehabilitation*, 01/22/2014 Evidence Based Medicine, Kang MH, et al.
17. *Scand J Med Sci Sports.* 2014 Jun 27. doi: 10.1111/sms.12282. Single-leg drop landing motor control strategies following acute ankle sprain injury. Doherty C1, Bleakley C, Hertel J, Caulfield B, Ryan J, Delahun E.
18. *BMC Musculoskelet Disord.* 2014 Jul 23;15(1):246. The influence of knee position on ankle dorsiflexion - a biometric study. Baumbach SF, Brumann M, Binder J, Mutschler W, Regauer M, Polzer H.
19. Thales R. Souza Marisa C. Mancini Vanessa L. Araújo Viviane O.C. Carvalhais Juliana M. Ocarino Paula L. Silva Sérgio T. Fonseca, *Manual Therapy* Volume 19, Issue 5, Pages 379–385, October 2014, Clinical measures of hip and foot–ankle mechanics as predictors of rearfoot motion and posture

Barefoot running

1. *Ann Biomed Eng.* 2013 May 3. , The Effect of Foot Strike Pattern on Achilles Tendon Load During Running., Almonroeder T, Willson JD, Kernozek TW.
2. *Medicine and Science in Sports and Exercise*, 09/04/2013 , Rearfoot Striking Runners Are More Economical than Midfoot Strikers, Ogueta-Alday, Ana; Rodríguez-Marroyo, José Antonio; García-López, Juan
3. *Br J Sports Med* 2009;43:159-162 doi:10.1136/bjism.2008.046680 , Is your prescription of distance running shoes evidence-based? , C E Richards, P J Magin1, R Callister.
4. *Current Sports Medicine Reports: September/October 2009 - Volume 8 - Issue 5 - pp 262-266* doi: 10.1249/JSR.0b013e3181b9e3be , Foot and Ankle Injuries in the Barefoot Sports , Vormittag, Kara; Calonje, Ronald; Briner, William W.
5. ROBBINS, S. E. and A. M. HANNA. , Running-related injury prevention through barefoot adaptation. , *Med. Sci. Sports Exerc*, Vol. 19, No. 2, pp. 148-156, 1987.

6. Orthopedics and Biomechanics: Int. J Sports med 2005; 26(7): 593-598, mechanical Comparison of barefoot and Sod Running. , Divert C et al
7. Foot Ankle. 1993 Jul-Aug;14(6):347-52., Protective sensation of the plantar aspect of the foot. Robbins S, Gouw GJ, McClaran J, Waked E.
8. Cunningham, C. B., Schilling, N., Anders, C. and Carrier, D. R. (2010). The influence of foot posture on the cost of transport in humans. J. Exp. Biol. 213, 790-797.
9. J Orthop Trauma. 2013 Feb 28. , Barefoot Sports injury on Hallux: A New Classification by Injury Mechanism., Park DY, Han KJ, Han SH, Cho JH.
10. McCarthy C et al. Barefoot Running and Hip Kinematics: Good News for the Knee? Med Sci Sports Exerc. 2014 Sep 9
11. Perkins et al. The Risks and Benefits of Running Barefoot or in Minimalist Shoes: A Systematic Review. Sports Health vol 6 num 6; 475-480.

Gait

1. Goryachev Y, Debbi EM, Haim A, Wolf A, The effect of manipulation of the center of pressure of the foot during gait on the activation patterns of the lower limb musculature., Journal of electromyography and kinesiology : official journal of the International Society of Electrophysiological Kinesiology, 20110421(2):333-9.
2. THE EFFECTS OF WALKING SPEED ON FOREFOOT, HINDFOOT AND ANKLE JOINT MOTION, Dubbeldam R, Buurke JH, Simons C, Groothuis-Oudshoorn CG, Baan H, Nene AV, Hermens HJ, Clinical Biomechanics. 25(8):796-801, 2010 Oct.
3. Arch Phys Med Rehabil. 2012 Mar 20. , Contribution of Ankle Dorsiflexor Strength to Walking Endurance in People With Spastic Hemiplegia After Stroke., Ng SS, Hui-Chan CW.
4. J Sports Sci. 2012 Feb 22. , Changes in biomechanics and muscle activation in injured ballet dancers during a jump-land task with turnout (Sissonne Fermée), Lee HH, Lin CW, Wu HW, Wu TC, Lin CF
5. J Am Podiatr Med Assoc 103(5): 374–379, 2013, Foot and Ankle Characteristics of Children with an Idiopathic Toe-Walking Gait, Cylie Williams, BASci (Pod), MHSci (Hlth Ed & Prom), PhD*, Paul D. Tinley, PhD†, Michael Curtin, BOccThy, MPhil, EdD‡ and Sharon Nielsen, BAppSc, DipEd, Grad Cert Biom, MPhil§
6. Foot Ankle Int. 2014 Sep 4. Finite Element Analysis of Plantar Fascia During Walking: A Quasi-static Simulation. Chen YN¹, Chang CW², Li CT³, Chang CH³, Lin CF⁴.
7. Phys Ther Sport. 2014 Aug;15(3):156-61. doi: 10.1016/j.ptsp.2013.09.001. Epub 2013 Sep 15. Immediate effect of walking with talus-stabilizing taping on ankle kinematics in subjects with limited ankle dorsiflexion. Kang MH¹, Kim JW², Choung SD³, Park KN⁴, Kwon OY⁵, Oh JS⁶.
8. PM R. 2014 Jul 1. pii: S1934-1482(14)00305-0. doi: 10.1016/j.pmrj.2014.06.014 Gait and Physical Impairments in Patients With Acute Ankle Sprains Who Did Not Receive Physical Therapy. Punt IM, Ziltener JL, Laidet M, Armand S, Allet L4
9. Lower extremity electromyography measures during walking with ankle destabilization devices Journal of Sport Rehabilitation, 01/22/2014 Review Article, Donovan L, et a
10. J Sport Rehabil. 2014 Oct 30 One Week of Unilateral Ankle Immobilisation Alters Plantarflexor Strength, Balance and Walking Speed: A Pilot Study in Asymptomatic Volunteers. Caplan N¹, Forbes A, Radha S, Stewart S, Ewen A, St Clair Gibson A, Kader D.

11. Foot Ankle Int. 2014 Nov 7. pii: 1071100714559540. Sagittal Subtalar and Talocrural Joint Assessment With Weight-Bearing Fluoroscopy During Barefoot Ambulation. McHenry BD¹, Exten EL², Long J³, Law B², Marks RM², Harris G⁴.

Shoes

1. Effect of Shoe Flexibility on Plantar Loading in Children Learning to Walk, Howard J. Hillstrom, PhD*†, Melanie A. Buckland, PT, DPT*, Corinne M. Slevin, PT, DPT, MS*, Jocelyn F. Hafer, MA*, Leon M. Root, MD*, Sherry I. Backus, PT, DPT, MA*, Andrew P. Kraszewski, MS*, Kendrick A. Whitney, DPM†, David M. Scher, MD*, Jinsup Song, DPM, PhD†, James Furmato, DPM, PhD†, Cherri S. Choate, DPM‡ and Paul R. Scherer, DPM‡, Journal of the American Podiatric Medical Association, 07/31/2013
2. Clin Biomech (Bristol, Avon). 2013 Feb 12. pii: S0268-0033(13)00010-7. doi: 10.1016/j.clinbiomech.2013.01.009. , Effects of toning shoes on lower extremity gait biomechanics., Horsak B, Baca A.
3. The influence of high and low heeled shoes on EMG timing characteristics of the lumbar and hip extensor complex during trunk forward flexion and return task, Manual Therapy Anna Mika | Brian C. Clark | Łukasz Oleksy
4. Foster A, Blanchette MG, Chou YC, Powers CM. The influence of heel height on frontal plane ankle biomechanics: implications for lateral ankle sprains Foot Ankle Int. 2012 Jan;33(1):64-9.
5. Gait Posture. 2012 Apr 18. , The influence of heel height on patellofemoral joint kinetics during walking. Ho KY, Blanchette MG, Powers CM.
6. Gait Posture. 2013 Aug 19. pii: S0966-6362(13)00440-2. doi: 10.1016/j.gaitpost.2013.07.116. , Effects of shoe sole hardness on plantar pressure and comfort in older people with forefoot pain., Lane TJ, Landorf KB, Bonanno DR, Raspovic A, Menz HB.
7. The effects of commercially available footwear on foot pain and disability in people with gout: a pilot study, BMC Musculoskeletal Disorders, 09/25/2013 Clinical Article, Rome K et al.
8. Spine (Phila Pa 1976). 2013 Oct 15;38(22):1905-1912., Effectiveness of Rocker Sole Shoes in the Management of Chronic Low Back Pain: A Randomized Clinical Trial., Macrae CS, Lewis JS, Shortland AP, Morrissey MC, Critchley D.
9. Int Orthop. 2014 Sep 12. Comparison of plantar-pressure distribution and clinical impact of anatomically shaped sandals, off-the-shelf sandals and normal walking shoes in patients with central metatarsalgia. Schuh R¹, Seegmueller J, Wanivenhaus AH, Windhager R, Sabeti-Aschraf M.
10. Effects of High-Heeled Shoes and Asymmetrical Load Carrying on Lower-Extremity Kinematics During Walking in Young Women, Soul Lee, MSc* and Jing Xian Li, PhD*, Journal of the American Podiatric Medical Association, 02/07/2014 Evidence Based Medicine+

Orthotics

1. The Effectiveness of Foot Orthotics on Improving Postural Control in Individuals With Chronic Ankle Instability: A Critically Appraised Topic, Journal of Sport Rehabilitation, 08/13/2013, Michael L. Gabriner¹, Brittany A. Braun¹, Megan N. Houston², and Matthew C. Hoch²
2. Shoe Orthotics for the Treatment of Chronic Low Back Pain: A Randomized Controlled Pilot Study, Journal of Manipulative and Physiological Therapeutics, 06/10/2011,

- Cambron JA et al
3. Application of wedged foot orthosis effectively reduces pain in runners with pronated foot: a randomized clinical study , *Clinical Rehabilitation*, 07/27/2011, Shih YF et al.
 4. *J Back Musculoskelet Rehabil.* 2011 Jan 1;24(4):225-31., Effect of foot orthoses and short-foot exercise on the cross-sectional area of the abductor hallucis muscle in subjects with pes planus: a randomized controlled trial., Jung DY, Koh EK, Kwon OY.
 5. *Journal of Sports Rehabilitation in Press*, The Effectiveness of Foot Orthotics on Improving Postural Control in Individuals With Chronic Ankle Instability: A Critically Appraised Topic , Michael L. Gabriner¹, Brittany A. Braun¹, Megan N. Houston², and Matthew C. Hoch²
 6. *J Rheumatol.* 2014 Jul 15. pii: jrheum.131089. Comparison of Lifts Versus Tape Measure in Determining Leg Length Discrepancy. Badii M, Wade AN, Collins DR, Nicolaou S, Kobza BJ, Kopec JA.
 7. *Arch Phys Med Rehabil.* 2014 Jul 4. pii: S0003-9993(14)00471-7. doi: 10.1016/j.apmr.2014.06.014. Immediate efficacy of laterally-wedged insoles with arch support on walking in persons with bilateral medial knee osteoarthritis. Yeh HC¹, Chen LF², Hsu WC³, Lu TW⁴, Hsieh LF⁵, Chen HL⁶.
 8. Pressure Pain Sensitivity Changes After Use of Shock-Absorbing Insoles Among Young Soccer Players Training on Artificial Turf: A Randomized Controlled Trial, Authors: Pascal Madeleine, PhD, DSc1, Brian P. Hoj, MSc1, César Fernández-de-las-Peñas, PT, DSc1,2, Michael S. Rathleff, PT, PhD3, Søren Kaalund, MD4,5 *Journal of Orthopaedic & Sports Physical Therapy*, 2014, Volume: 44 Issue: 8 Pages: 587-594 doi:10.2519/jospt.2014.5117PDFPDF Plus

Foot and Ankle pain

1. Thomas MJ et al., The population prevalence of foot and ankle pain in middle and old age: A systematic review *Pain*, 10/28/2011
2. Factors associated with foot pain severity and foot-related disability in individuals with first metatarsophalangeal joint OA , *Rheumatology*, 11/21/2011, Munteanu SE et al.
3. *Manual Therapy* Volume 16, Issue 6 , Pages 522-530, December 2011, New approach to the diagnosis and classification of chronic foot and ankle disorders: Identifying motor control and movement impairments, Jukka Kangas Wim Dankaerts, Filip Staes
4. *Arch Orthop Trauma Surg.* 2012 Aug 17. , Clinical and MRI results after microfracture of osteochondral lesions of the talus. Kuni B, Schmitt H, Chloridis D, Ludwig K.
5. *Journal of the American Podiatric Medical Association*, Volume 101 Number 3 215 -222 2011, Patellofemoral Pain Syndrome and Its Association with Hip, Ankle, and Foot Function in 16- to 18-Year-Old High School Students, Carsten Mølgaard, MHSc, PT*, Michael Skovdal Rathleff, BSc, PT† and Ole Simonsen, MD.
6. *Br J Sports Med.* 2012 Jul 19. Factors associated with patellofemoral pain syndrome: a systematic review., Lankhorst NE, Bierma-Zeinstra SM, van Middelkoop M.
7. *BMC Musculoskelet Disord.* 2014 Jun 5;15(1):196. doi: 10.1186/1471-2474-15-196., Prevalence and risk factors for foot and ankle musculoskeletal disorders experienced by nurses. Reed LF¹, Battistutta D, Young J, Newman B.
8. *Arthritis Care Res (Hoboken).* 2014 Jan 27. doi: 10.1002/acr.22292. The relationship between mental health and foot pain. Butterworth PA¹, Urquhart DM, Cicuttini FM, Menz HB, Strauss BJ, Proietto J, Dixon JB, Jones G, Wluka AE.
9. *Curr Sports Med Rep.* 2014 Nov-Dec;13(6):370-6. doi: 10.1249/JSR.0000000000000099., Diagnostic considerations of lateral column foot pain in athletes. Traister E¹, Simons S.

10. Patterson SM. Cuboid Syndrome: A Review of the Literature. *Journal of Sports Science and Medicine* 2006;5:597-606.

Compartment Syndrome

1. J Orthop Surg Res. 2013 Apr 5;8(1):6. , Changes in leg pain after bilateral fasciotomy to treat chronic compartment syndrome: a case series study. Orlin JR, Oen J, Andersen JR.
2. J Orthop Trauma. 2014 Nov;28(11):e263-8. doi: 10.1097/BOT.000000000000097., The Severity of Microvascular Dysfunction Due to Compartment Syndrome Is Diminished by the Systemic Application of CO-Releasing Molecule-3. Lawendy AR¹, Bihari A, Sanders DW, Potter RF, Cepinskas G.
3. Blackman PG. A review of chronic exertional compartment syndrome. *Med Sci Sports Exerc.* 2000; 32:4-10 doi: 10.1097/00005768-200003001-00002
4. Murbarak SJ, Hargens AR, Definition and terminology. In: *Compartment Syndromes and Volkmann's contractures.* Murbarak SJ, Hargens AR, eds. Philadelphia: W.B. Saunders Company, 1981: 1-4
5. Pearse, Michael F., Lorraine, Harry, Nanchahal, Jagdeep Acute compartment syndrome of the leg: Fasciotomies must be performed early, but good surgical technique is important. *BMJ.* 2002 September 14; 325 (7364): 557-558
6. Detmer DE, Sharpe K, Sufit RL, Girdley FM. Chronic compartment syndrome; diagnosis, management, and outcomes. *Am J Sports Med.* 1985; 13:162-170
7. Davey JR, Rorabeck CH, Fowler PJ. The tibialis posterior muscle compartment: an unrecognized cause of exertional compartment syndrome. *Am J Sports Med* 1984; 12:391-396).
8. Rorabeck CH. Exertional tibialis posterior compartment syndrome. *Clin Orthop Rel Res* 1986; 208: 61-64
9. Tucker, Alicia K. Chronic exertional compartment syndrome of the leg. *Curr Rev Musculoskeletal Med.* 2010 october; 3(1-4): 32-37
10. Barnes M. Diagnosis and management of chronic compartment syndromes: a review of the literature. *Br J Sports Med.* 1997;31(1): 21-27 dio:10.1136/bjism.31.1.21
11. Pedowitz RA, Hargens AR: Acute and chronic compartment syndromes. In *Principles and practice of orthopaedic Sports Medicine.* Edited by Garret WE, SpeerKP, Kirkendall DT. Philadelphia: Lippincott Williams & Wilkins: 2001: 87-97.
12. Howard JL Evaluation of outcomes in patients following surgical treatment of chronic exertional compartment syndrome in the leg. *Clinical Journal of Sports Medicine,* 2000 10:176-184
13. Touliopoulos S, Hershman EB: Lower leg pain: diagnosis and treatment of compartment syndromes and other pain syndromes of the leg. *Sports Med* 1999;27:328-334
14. Garcia-Mata S. Hidalgo-Overjero A. Martinez-Grande M: Chronic exertional compartment syndrome of the legs in adolescents. *J Pediatric Orthopedics* 2001, 21:328-334
15. Boutin RD: Imaging of sports-related muscle injuries. *Radiol Clin North Am* 2002, 40:333-362
16. Ringler, michael, Litwiller, Daniel Felmlee, JoelShahid, Kameron Finnoff, Johathan Carter, Rickey Amrami, Kimberly. MRI accurately detects chronic exertional compartment syndrome: a validation study *Skeletal Radiology* 2013; 42:385-392
17. Lauder TD, Stuart MJ, Amrami KK, Felmlee JP: Exertional compartment syndrome and the role of magnetic resonance imaging. *Am J Phys Med Rehabil* 2002, 81:315-319

18. Raikin S, Venkat R, Vitano P. Bilateral simultaneous fasciotomy for chronic exertional compartment syndrome. *Foot Ankle Int.* 2005;26:1007-1011
 19. Winkes MB, Hoogeveen AR, Scheltinga MR. Is Surgery effective for deep posterior compartment syndrome of the leg? A systematic review. *Br J Sports Med* Published Online First: 09-24-2013 doi;10.1136/bjsports-2013-092518
 20. Fronek J, Murbarak SJ, Hargens AR, Lee, Gershuni DH, Garfin SR, Akeson WH. Management of chronic exertional anterior compartment syndrome of the lower extremity. *Clin Orthop Rel Res* 1987; 220:217-227
 21. Martens MA, Backaert M, Vermaut G, Miller JC. Chronic leg pain in athletes due to a recurrent compartment syndrome. *Am J Sports Med* 1984; 12:148-151
 22. Howard, James, Mohtadi, Nicholas, Wiley, Preston. Evaluation of Outcomes in Patients following surgical treatment of chronic exertional compartment syndrome in the leg. *Clinical Journal of Sports Medicine*, 2000: 10;176-184
 23. Detmer DE, Sharpe K, Sufit RL, Girdley FM. Chronic compartment syndromes; diagnosis, management and outcomes. *Am J Sports Med* 1985;13;162-170
 24. Bell S Repeat compartment decompression with partial fasciotomy. *J Bone Joint Surg* 1986;68-B:815-817
 25. Styf JR, Korner LM, Chronic anterior-compartment syndrome of the leg: Results of treatment by fasciotomy. *J Bone Joint Surg* 1986;68-A:1338-1347
 26. Blackman, PG, Simmons, L, Crossley, K. Treatment of Chronic Exertional Anterior Compartment Syndrome with Massage: A Pilot Study. *Clinical Journal of Sports Medicine*: 1998 8:14-17
 27. Diebal AR; Gregory R; Alitz C; Gerber JP Forefoot running improves pain and disability associate with chronic exertional compartment syndrome. *Am J Sports Med.* 2012; 40(5):1060-7
 28. Diebal AR, Gregory, R, Alitz, C, Gerber, P. Effects of forefoot running on chronic exertional compartment syndrome: A case series. *IJSPT*; 2011; V6;4 312
 29. Anuar K GP. Systematic Review of the Management of Chronic Compartment Syndrome in the lower leg. *Physiotherapy Singapore* 2006;9:2-15
 30. Jones DC, James SL: Overuse injuries of the lower extremity: Shin splints, iliotibial band friction syndrome, and exertional compartment syndromes. *Clin Sports Med* 1987;6 273-290.
 31. Mannarino F, Sexson S: The significance of intracompartmental pressures in the diagnosis of chronic exertional compartment syndrome. *Orthopedics* 1989; 12:1415-1418
 32. Binkley, JM, Stratford, PW., Lott, S, Riddle, DL. The Lower Extremity Functional Scale (LEFS): scale development, measurement properties, and clinical application. *North American Orthopaedic Rehabilitation Research Network. Physical Therapy* 1999 Apr, 79(4): 371-383
 33. Diebal, A, Gregory, R, Alitz, C, Gerber, P Effects of forefoot running on chronic exertional compartment syndrome: A case series. *IJSPT*, 2011 pg 312
 34. Slimmon, D, Bennell, K., Brukner, P., Crossley, K., Bell, S. Long-Term Outcome of Fasciotomy with Partial Fasciectomy for Chronic Exertional Compartment Syndrome of the Lower Leg *Am J Sports Med* July 2002 30 581-588
 35. Shah S, Miller B, Kugn J. Chronic exertional compartment syndrome. *Am J Orthop.* 2004: 33 (7): 335-341.
- Brennan F, Kane, S. Diagnosis, treatment options, and rehabilitation of chronic lower leg exertional compartment syndrome *Current Sports Medicine Reports* (2003) 2:247-25.0
-