

## 5.b Il trattamento riabilitativo nell'artrite reumatoide. Evidenze scientifiche

Angela Del Rosso, Susanna Maddali Bongi

- Anderson R.B., Needleman R.D., Gatter R.A., Andrews R.P., Scarola J.A. (1988), *Patient outcome following inpatient vs outpatient treatment of rheumatoid arthritis*, in «J. Rheumatol.», 15, pp. 556-560.
- Arioli G., Sala R., Manfredini M. (2004), *Il progetto riabilitativo nel paziente con artrite reumatoide*, in M. Cazzola, P. Sarzi Puttini, *La riabilitazione del paziente affetto da artrite reumatoide*, Mattioli 1885, Fidenza, pp. 173-208.
- Badsha H.I., Chhabra V., Leibman C., Mofti A., Kong K.O. (2009), *The benefits of yoga for rheumatoid arthritis: Results of a preliminary, structured 8-week program*, in «Rheumatol. Int.», 29, pp. 1417-1421.
- Baillet A., Vaillant M., Guinot M., Juvin R., Gaudin P. (2012), *Efficacy of resistance exercises in rheumatoid arthritis: Meta-analysis of randomized controlled trials*, in «Rheumatology» (Oxford), 51, pp. 519-527.
- Biddulph S.L. (1981), *The effect of the Futuro wrist brace in pain conditions of the wrist*, in «S. Afr. Med. J.», 60, pp. 389-391.
- Bosch P.R., Traustadóttir T., Howard P., Matt K.S. (2009), *Functional and physiological effects of yoga in women with rheumatoid arthritis: A pilot study*, in «Altern. Ther. Health Med.», 15, pp. 24-31.
- Cairns A.P., McVeigh J.G. (2009), *A systematic review of the effects of dynamic exercise in rheumatoid arthritis*, in «Rheumatol. Int.», 30, pp. 147-158.
- Combe B., Landewe R., Lukas C., Bolosiu H.D., Breedveld F., Dougados M. (2007), *Non-pharmaceutical interventions such as dynamic exercises, occupational therapy, and hydrotherapy can be applied as adjuncts to pharmaceutical interventions in patients with early arthritis*, in «Ann. Rheum. Dis.», 66, pp. 34-45.
- Conceição C.S., Gomes Neto M., Mendes S.M., Sá K.N., Baptista A.F. (2014), *Systematic review and meta-analysis of effects of foot orthoses on pain and disability in rheumatoid arthritis patients*, in «Disabil. Rehabil.», 23, pp. 1-5.
- Dahmen R., Buijsmann S., Siemonsma P.C., Boers M., Lankhorst G.J., Roorda L.D. (2014), *Use and effects of custom-made therapeutic footwear on lower-extremity-related pain and activity limitations in patients with rheumatoid arthritis: A prospective observational study of a cohort*, in «J. Rehabil. Med.», 13(46), pp. 561-567.
- Da Mota L.M., Cruz B.A., Brenol C.V., Pereira I.A., Rezende-Fronza L.S., Bertolo M.B. et al. (2012), *2012 Brazilian Society of Rheumatology Consensus for the treatment of rheumatoid arthritis*, in «Rev. Bras. Reumatol.», 5, pp. 152-174.
- De Jong Z., Munneke M., Zwijderman A.H., Kroon H.M., Jansen A., Ronday K.H. et al. (2003), *Is a long-term high-intensity exercise program effective and safe in patients with rheumatoid arthritis?*, in «Arthr. Rheum.», 48, pp. 2415-2424.
- Di Gioia L., Zincarelli C., Di Minno M.N., Rengo G., Peluso R., Spanò A. et al. (2013), *Effectiveness of a rehabilitative programme in improving fatigue and function in rheumatoid arthritis patients treated with biologics: A pilot study*, in «Clin. Exp. Rheumatol.», 31, pp. 285-288.
- Durcan L., Wilson F., Cunnane G. (2014), *The effect of exercise on sleep and fatigue in rheumatoid arthritis: A randomized controlled study*, in «J. Rheumatol.», 41, pp. 1966-1973.

- Egan M., Brosseau L., Farmer M., Ouimet M.A., Rees S., Wells G. et al. (2003), *Splints/orthoses in the treatment of rheumatoid arthritis*, in «The Cochrane Datab. Syst. Rev.», CD004018.
- Evans S.L., Moieni M., Taub R., Subramanian S.K., Tsao J.C., Sternlieb B. et al. (2010), *Iyengar yoga for young adults with rheumatoid arthritis: Results from a mixed-methods pilot study*, in «J. Pain Sympt. Manag.», 39, pp. 904-913.
- Eversden L., Maggs F., Nightingale P., Jobanputra P. (2007), *A pragmatic randomised controlled trial of hydrotherapy and land exercises on overall well being and quality of life in rheumatoid arthritis*, in «BMC Musculoskel. Disord.», 1, pp. 8-23.
- Falagas M.E., Zarkadoulia E., Rafailidis P.I. (2009), *The therapeutic effect of balneotherapy: Evaluation of the evidence from randomised controlled trials*, in «Int. J. Clin. Pract.», 63, pp. 1068-1084.
- Forestier R., André-Vert J., Guillez P., Coudeyre E., Lefevre-Colau M.M., Combe B. et al. (2009), *Non-drug treatment (excluding surgery) in rheumatoid arthritis: Clinical practice guidelines*, in «Joint Bone Spine.», 76, pp. 691-698.
- Gaudin P., Leguen-Guegan S., Allenet B., Baillet A., Grange L., Juvin R. (2008), *Is dynamic exercise beneficial in patients with rheumatoid arthritis?*, in «Joint Bone Spine.», 75, pp. 11-17.
- Hakkinen A., Sokka T., Kotaniemi A., Hannonen P. (2001), *A randomised two-year study of the effects of dynamic strength training on muscle strength, disease activity, functional capacity and bone mineral density in early rheumatoid arthritis*, in «Arthr. Rheum.», 44, pp. 515-522.
- Hakkinen A., Sokka T., Kotaniemi A., Kautiainen H., Jappinen I., Laitinen L. et al. (1999), *Dynamic strength training in patients with early rheumatoid arthritis increase muscle strength but not bone mineral density*, in «J. Rheumatol.», 26, pp. 1257-1263.
- Hammond A., Bryan J., Hardy A. (2008), *Effects of a modular behavioural arthritis education programme: A pragmatic parallel-group randomized controlled trial*, in «Rheumatology» (Oxford), 47, pp. 1712-1718.
- Hammond A., Young A., Kidao R. (2004), *A randomised controlled trial of occupational therapy for people with early rheumatoid arthritis*, in «Ann. Rheum. Dis.», 63, pp. 23-30.
- Hawke F., Burns J., Radford J.A., Du Toit V. (2008), *Custom-made foot orthoses for the treatment of foot pain*, in «The Cochrane Datab. Syst. Rev.», 16, CD006801.
- Hicks J.E. (1988), *Syllabus update for joint and connective tissue disease. Scientific basis for the use of exercise for rheumatoid disease*, in «1988 Annual Meetings, American Congress of Rehabilitation Medicine and American Academy of Physical Medicine and Rehabilitation. Course Supplements», vols. I-II, pp. 39-52.
- Hurkmans E., Van der Giesen F.J., Vliet Vlieland T.P., Schoones J., Van den Ende E.C. (2009), *Dynamic exercise programs (aerobic capacity and/or muscle strength training) in patients with rheumatoid arthritis*, in «The Cochrane Datab. Syst. Rev.», 7, CD006853.
- Kamioka H., Tsutani K., Okuizumi H., Mutoh Y., Ohta M., Handa S. et al. (2010), *Effectiveness of aquatic exercise and balneotherapy: A summary of systematic reviews based on randomized controlled trials of water immersion therapies*, in «J. Epidemiol.», 2, pp. 2-12.
- Kiely P.D., Joseph A.E., Mortimer P.S., Bourke B.E. (1994), *Upper limb lymphedema associated with polyarthritis of rheumatoid type*, in «J. Rheumatol.», 21, pp. 1043-1045.
- Koele R., Volker J., Van Vree F., Van Gestel M., Koke A., Vliet Vlieland T.P. (2014), *Multidisciplinary rehabilitation for chronic widespread musculoskeletal pain: Results from daily practice*, in «Musculoskel. Care», 12, pp. 210-220.
- Lamb S.E., Williamson E.M., Heine P.J., Adams J., Dosanjh S., Dritsaki M. et al. (2015), *On behalf of the Strengthening and Stretching for Rheumatoid Arthritis of the Hand (SARAH) trial team exercises to improve function of the rheumatoid hand: A randomised controlled trial*, in «Lancet», 31, pp. 421-429.
- Lee M.S., Pittler M.H., Ernst E. (2007), *Tai Chi for rheumatoid arthritis: Systematic review*, in «Rheumatology» (Oxford), 46, pp. 1648-1651.

- Lee M.S., Shin B.C., Ernst E. (2008), *Acupuncture for rheumatoid arthritis: A systematic review*, in «Rheumatology» (Oxford), 47, pp. 1747-1753.
- Luqmani R., Hennell S., Estrach C., Birrell F., Bosworth A., Davenport G. et al., British Society for Rheumatology, British Health Professionals in Rheumatology Standards, Guidelines and Audit Working Group (2006), *British Society for Rheumatology and British Health Professionals in Rheumatology guideline for the management of rheumatoid arthritis (the first two years)*, in «Rheumatology» (Oxford), 45, pp. 1167-1169.
- Maddali Bongi S., Del Rosso A., Di Felice C., Landi G., Matucci Cerinic M. (2010), *Efficacy of Rességuier Method in the rehabilitation of systemic rheumatic diseases*, in EULAR Congress (Roma, 16-19.6.2010), abstract book, in «Ann. Rheum. Dis.», 9, abstr. THU0317.
- Mayoux-Benhamou A., Giraudet-Le Quintrec J.S., Ravaud P., Champion K., Dernis E., Zerkak D. et al. (2008), *Influence of patient education on exercise compliance in rheumatoid arthritis: A prospective 12-month randomized controlled trial*, in «J. Rheumatol.», 35, pp. 216-223.
- Minor M.A., Hewett J.E., Weber R.R., Dreisinger T.E., Kay D.R. (1988), *Exercise tolerance and disease related measures in patients with rheumatoid arthritis and osteoarthritis*, in «J. Rheumatol.», 15, pp. 905-911.
- NICE, National Institute for health and Clinical Excellence (2009), *Rheumatoid arthritis. National clinical guideline for management and treatment in adults*, Lavenham Press, Sudbury.
- O'Brien A.V., Jones P., Mullis R., Mulherin D., Dziedzic K. (2006), *Conservative hand therapy treatments in rheumatoid arthritis: A randomized controlled trial*, in «Rheumatology» (Oxford), 45, pp. 577-583.
- Oldfield V., Felson D.F. (2008), *Exercise therapy and orthotic devices in rheumatoid arthritis: Evidence-based review*, in «Curr. Opin. Rheumatol.», 20, pp. 353-359.
- Ottawa Panel (2004), *Evidence-based clinical practice guidelines for therapeutic exercises in the management of rheumatoid arthritis in adults*, in «Phys. Ther.», 84, pp. 934-972.
- Pradhan E.K., Baumgarten M., Langenberg P., Handwerger B., Gilpin A.K., Magyari T. et al. (2007), *Effect of mindfulness-based stress reduction in rheumatoid arthritis patients*, in «Arthr. Rheum.», 5(7), pp. 1134-1142.
- Telles S.L., Naveen K.V., Gaur V., Balkrishna A. (2011), *Effect of one week of yoga on function and severity in rheumatoid arthritis*, in «BMC Res Notes», 12(4), p. 118.
- Thyberg I.L., Hass U.A., Nordenskiöld U., Skogh T. (2004), *Survey of the use and effect of assistive devices in patients with early rheumatoid arthritis: A two-year follow-up of women and men*, in «Arthr. Rheum.», 51(3), pp. 413-421.
- Uhlig T., Fongen C., Steen E., Christie A., Ødegård S. (2010), *Exploring Tai Chi in rheumatoid arthritis: A quantitative and qualitative study*, in «BMC Musculoskel. Disord.», 11, p. 43.
- Van den Ende C.H., Breedveld F.C., Le Cessie S., Dijkmans B.A., De Munga W., Hazes J.M. (2000), *Effect of intensive exercise on patients with active rheumatoid arthritis: A randomised clinical trial*, in «Ann. Rheum. Dis.», 59, pp. 615-621.
- Veehof M.M., Taal E., Rasker J.J., Lohmann J., Van de Laar M.A. (2006), *What determines the possession of assistive devices among patients with rheumatic diseases? The influence of the country-related health care system*, in «Disabil. Rehabil.», 28(4), pp. 205-211.
- Verhagen A.P., Bierma-Zeinstra S.M., Cardoso J.R., De Bie R.A., Boers M., De Vet H.C. (2003), *Balneotherapy for rheumatoid arthritis*, in «The Cochrane Datab. Syst. Rev.», CD000518.
- Verhagen A.P., Karel C., Bierma-Zeinstra S.M., Burdorf L., Feleus A., Dahaghin S., De Vet H.C., Koes B.W. (2006), *Ergonomic and physiotherapeutic interventions for treating work-related complaints of the arm, neck or shoulder in adults*, in «The Cochrane Datab. Syst. Rev.», 19(3), CD003471.
- Waite-Jones J.M., Hale C.A., Lee H.Y. (2013), *Psychosocial effects of Tai Chi exercise on people with rheumatoid arthritis*, in «J. Clin. Nurs.», 22, pp. 3053-3061.

- Wang C. (2008), *Tai Chi improves pain and functional status in adults with rheumatoid arthritis: Results of a pilot single-blinded randomized controlled trial*, in «Med. Sport Sc.», 52, pp. 218-229.
- Ward L., Trehanne G.J., Stebbings S. (2011), *The suitability of yoga as a potential therapeutic intervention for rheumatoid arthritis: A focus group approach*, in «Musculoskel. Care», 9, pp. 211-221.
- Work Group Recommendations (2003), *Exercise and Physical Activity Conference, St. Louis, Missouri, 2002*, in «Arthr. & Rheumat. (Arthritis Care & Research)», 49, pp. 453-454.
- Yocum D.E., Castro W.L., Cornett M. (2000), *Exercise, education, and behavioral modification as alternative therapy for pain and stress in rheumatic disease*, in «Rheum. Dis. Clin. N. Am.», 26, pp. 145-159.
- Zautra A.J., Davis M.C., Reich J.W., Nicassario P., Tennen H., Finan P. et al. (2008), *Comparison of cognitive behavioral and mindfulness meditation interventions on adaptation to rheumatoid arthritis for patients with and without history of recurrent depression*, in «J. Consult. Clin. Psychol.», 76, pp. 408-421.
- Zoeckler A.A., Nicholas J.J. (1969), *Prenyl hand splint for rheumatoid arthritis*, in «Phys. Ther.», 49, pp. 377-379.