

National Council for **NCOR** Osteopathic Research

**NCOR monthly news bulletin
November 2013**

Recent research



Van Oosterwijck J, Nijs J, Meeus M, Paul L. **Evidence for central sensitization in chronic whiplash:** A systematic literature review. *European Journal of Pain*. 2013;17:299–312. The abstract is available at: <http://www.ncbi.nlm.nih.gov/pubmed/23008191>

Claes S, Vereecke E, Maes M, Victor J, Verdonk P, Bellemans J. **Anatomy of the anterolateral ligament of the knee.** *Journal of Anatomy*, 2013; 223 (4): 321. The abstract is available at: <http://www.ncbi.nlm.nih.gov/pubmed/23906341>

If the above link doesn't work by clicking on it, copy and paste it into your browser.

Need some help making sense of the papers? Visit: <http://www.ncor.org.uk/learning-online/critical-appraisal/> for some help with how to critically review a paper.

Welcome to Tom Mars

We are delighted to welcome Tom Mars, research assistant, to the NCOR team this month. Tom will be working 1 day per week; his primary role will be in the evaluation of the OsteoMAP service being developed at the British School of Osteopathy (BSO).

After a successful career in industry and business consultancy Tom graduated from the BSO with distinction in 2007.

Since graduating Tom has combined osteopathic practice and research and has been actively involved in a variety of significant osteopathic research projects. Tom worked at Queen Mary University of London as a researcher on a systematic review of adverse events in manual therapy; and was a research fellow at the BSO on the Clinical Risk, Osteopathy and Management (CROaM) project, commissioned by the General Osteopathic Council. Recently Tom has worked with the British Osteopathic

Association and the Foundation for Paediatric Osteopathy to explore ways to extend the evidence base of cranial osteopathic techniques. He is currently working with the BSO on their OsteoMAP intervention which combines Acceptance and Commitment Therapy (ACT) principles and osteopathic techniques for those with long-term musculoskeletal pain.

Tom believes that an appreciation of the value of research is essential in the development of osteopathic clinical decision-making and has lectured at the BSO, the European School of Osteopathy and the Foundation of Paediatric Osteopathy. Moreover Tom believes that the development of a dynamic research culture within osteopathy is essential for the further growth of the profession and hopes that in his role at NCOR he can make a positive contribution to that development.

Keeping up to date



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For information regarding our forthcoming research hub meetings visit:

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