MEDLINE (Ovid)
Developing effective Library skills for Doctoral students
ulster.ac.uk
Define your topic

What are the key concepts?

The effectiveness of exercise in the treatment of fibromyalgia
Are there alternative ways to describe your keywords?

**Exercise**
- sport(s)
- running
- jogging
- tennis
- swimming, etc.

**Fibromyalgia**
- fibromyalgic
- fibromyalgia-related
- myofascial pain syndrome
- fibrositis
- muscular rheumatism
- fibromyalgia-fibromyositis syndrome
Accessing Medline

- Login to Portal
- Select the Library tile
- Click on Databases
- Locate Medline (OVID)
- Click on the name to log on
MEDLINE (Ovid)

Some tips

Covers 5,600 journals

Not all articles are available in full-text – look for the button to check Ulster holdings

Coverage includes allied health, biology, biomedical science, healthcare, nursing, pharmaceutical sciences and veterinary medicine

Coverage goes back to 1946 and it is updated daily
Add your search concepts

Use Advanced Search

- Ensure the “Map Term to Subject Heading” box is ticked
- Add your first search concept and click **Search**
- Select the appropriate heading
- Click **Continue** –
  include all subheadings
- **Continue adding search concepts one at a time**
- Click the **Search History** bar to combine your searches

[Click to view a video of this step]
Combine your searches with AND
Your Search History should look like this

<table>
<thead>
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<th>Search History (7)</th>
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Search 7 is the combined result of searches 3 AND 6
Refine your results

Use the Limits function

Click **Limits** and then **Additional Limits** to refine your results

You could try…

- Specifying a date range
- Journal articles
- Review articles
- English language

Or specify a population group e.g. **women**
Immediate Effects of Core-Stability Exercises and Clinical Massage on Dynamic-Balance Performance of Patients With Chronic Specific Low Back Pain.

Trampas A; Mpeneka A; Malliou V; Godolias G; Vlachakis P.

[Journal Article. Randomized Controlled Trial]

UI: 25474502

Authors Full Name
Trampas, Athanasios; Mpeneka, Anastasia; Malliou, Vivian; Godolias, George; Vlachakis, Periklis.

Abstract
Immediate Effects of Core-Stability Exercises and Clinical Massage on Dynamic-Balance Performance of Patients With Chronic Specific Low Back Pain.
An abstract is a summary of the article

Abstract:

CONTEXT: Previous studies showed improved dynamic-balance (DB) performance after core-stability (CS) exercises in populations with chronic low back pain. Although clinical massage plus exercise is likely to better enhance analgesia than exercise alone, its efficacy on balance remains unclear.

OBJECTIVE: To evaluate the immediate effects of CS exercises plus myofascial trigger-point (MTrP) therapy in comparison with CS exercises alone on DB performance, pressure-pain threshold (PPT), and cross-sectional area of active MTrPs in patients with clinical instability of the lumbar spine and chronic myofascial pain syndrome.

DESIGN: Randomized, assessor-blind, test-retest.

SETTING: University research laboratory.

PATIENTS: 10 physically active adults (5 men, 5 women).

MAIN OUTCOME MEASURES: Single-leg DB performance and motion (frontal, sagittal), as well as PPT and cross-sectional area of active MTrPs, were measured using stabilometry, pressure algometry, and real-time ultrasound scanning, respectively.

INTERVENTIONS: The 1st group performed CS exercises alone, whereas the same exercise program was applied in the 2nd group plus cross-fiber friction on active MTrPs (3.5 min/MTrP).

RESULTS: Within-group statistically and clinically significant differences were observed only for group II in PPT. However, group I also exhibited a large effect size with clinically significant changes from baseline on this outcome. Furthermore, patients in group II clinically improved their balance ratios and differed from group I at posttest in sagittal-plane DB performance of the painful side.

CONCLUSION: CS exercises immediately increase the PPT of active MTrPs in physically active adults with clinical instability of the lumbar spine and chronic myofascial pain syndrome. When MTrP therapy is added, side-to-side asymmetries in DB are minimized.
Article full-text
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