

SDM CONCEPT

Citation List



Lists of references related to indexed articles on the SDM (Structural Diagnosis & Management) concept are maintained and updated regularly. The most recent update to these lists was made in August 2024.

CITATION LIST

INTRODUCTION

The Structural Diagnosis and Management (SDM) system, created by Dr. M Shahadat Hossain, a Physiotherapist from Bangladesh, is an innovative method for evaluating and treating spinal and extremity musculoskeletal conditions. This innovative approach has developed and improved over a span of 18 years in the treatment of various musculoskeletal conditions. It has garnered global acclaim for its high level of effectiveness. The last time this document was updated was in early 2024, after a literature search that found references to the SDM Concept of manual therapy. There are 4 citations right now, and that number will keep going up because every year more research on the SDM Concept is done and published.

CITATION LIST

1. Hossain, M.S., Akter, S., Siddique, M.A.E., Siddique, M.K.B., Reza, G.M., Alom, F.M.M., Ali, M., Noman, M.O.R., Rahman, M.M., Islam, M.S. and Hossain, K.A., 2023. Multidisciplinary conservative treatment outcomes of in-patient physiotherapy set-up among patients with lumbar disc herniation in Dhaka City, Bangladesh: a retrospective, cross-sectional study. *Journal of Multidisciplinary Healthcare*, pp.587-601. <https://www.tandfonline.com/doi/abs/10.2147/JMDH.S400021>
2. Akter, S., Hossain, M.S., Hossain, K.A., Uddin, Z., Hossain, M.A., Alom, F., Kabir, M.F., Walton, L.M. and Raigangar, V., 2023. Comparison of Structural Diagnosis and Management (SDM) approach and Myofascial Release (MFR) for improving plantar heel pain, ankle range of motion and disability: A randomized clinical trial. *Journal of Manual & Manipulative Therapy*, pp.1-10. <https://www.tandfonline.com/doi/abs/10.1080/10669817.2023.2214020>
3. Sharmin, F., Hossain, K.A., Kabir, F., Hossain, M.Z., Jahan, S., Rahman, E. and Islam, M.A., 2024. Efficacy of neck muscle activation versus strengthening for adults with chronic cervical radiculopathy: a study protocol for a randomised clinical trial. *BMJ Open Sport & Exercise Medicine*, 10(1), p.e001819. <https://bmjopensem.bmj.com/content/10/1/e001819.abstract>
4. Hossain, K.A., Hossain, M.S., Akter, S., Hossain, M.A. and Haque, M.O., 2020. Treating Mechanical Dysfunctions of Lower Back through Lumbar Spine Assessment of Structural Diagnosis and Management (SDM): A New Comprehensive Approach of Musculoskeletal Medicine. *Bull World Health Organ*, 81(9), pp.646-656. <https://biomedgrid.com/fulltext/volume7/treating-mechanical-dysfunctions-of-lower-back-through-lumbar-spine-assessment.001101.php#:~:text=Structural%20Diagnosis%20and%20Management%20is%20a%20comprehensive%20and,an d%20isolated%20neural%20structures%20to%20generate%20a%20diagnosis>