Guidelines and Guidance

No new guidelines this month.

Journal articles

Behavioural Therapy

The effect of interactive cognitive-motor training in reducing fall risk in older people: a systematic review.
Schoene D, Valenzuela T, Lord SR, de Bruin ED.
Free PMC Article

A randomized trial comparing Tai Chi with and without cognitive-behavioral intervention (CBI) to reduce fear of falling in community-dwelling elderly people.
Liu YW, Tsui CM.

Cost analysis of the Communication and Low Mood (CALM) randomised trial of behavioural therapy for stroke patients with aphasia
Ioan Humphreys, Shirley Thomas, Ceri Phillips, and Nadina Lincoln
Clin Rehabil January 2015 29: 30-41
Abstract

Cardiovascular

Moderate-and-vigorous physical activity from adolescence to adulthood and subclinical atherosclerosis in adulthood: prospective observations from the European Youth Heart Study
Mathias Ried-Larsen, Anders Grøntved, Peter Lund Kristensen, Karsten Froberg, Lars Bo Andersen
[Abstract]

Muscle strength in youth and cardiovascular risk in young adulthood (the European Youth Heart Study)
Anders Grøntved, Mathias Ried-Larsen, Niels Christian Møller, Peter Lund Kristensen, Karsten Froberg, Søren Brage, Lars Bo Andersen
[Abstract]
Chronic Pain

Aquatic exercise training for fibromyalgia.

A multidisciplinary rehabilitation programme improves disability, kinesiophobia and walking ability in subjects with chronic low back pain: results of a randomised controlled pilot study.

Effect of Transcutaneous Electrical Nerve Stimulation on Pain, Function, and Quality of Life in Fibromyalgia: A Double-Blind Randomized Clinical Trial
Brian Noehren, Dana L. Dailey, Barbara A. Rakel, Carol G.T. Vance, Miriam B. Zimmerman, Leslie J. Crofford, and Kathleen A. Sluka
PHYS THER January 2015 95:129-140
Abstract

Pilates improves pain, function and quality of life in patients with chronic low back pain: a randomized controlled trial
Jamil Natour, Luciana de Araujo Cazotti, Luiza Helena Ribeiro, Andréia Salvador Baptista, and Anamaria Jones
Clin Rehabil January 2015 29: 59-68
Abstract

Ten-year follow-up of strengthening versus flexibility exercises with or without abdominal bracing in recurrent low back pain.
Aleksiev AR.

Corticosteroid Injection

Long-Term Effectiveness of Corticosteroid Injections for Trigger Finger and Thumb
Juan Castellanos, Ernesto Muñoz-Mahamud, Enric Dominguez, Pablo Del Amo, Oscar Izquierdo, Pere Fillat
Journal of Hand Surgery, January 2015, 40(1), p121–126

Critical Care

Safety of physical therapy interventions in critically ill patients: a single-center prospective evaluation of 1110 intensive care unit admissions.
Sricharoenchai T, Parker AM, Zanni JM, Nelliot A, Dinglas VD, Needham DM.

Gerontology

Can a tailored exercise and home hazard reduction program reduce the rate of falls in community dwelling older people with cognitive impairment: protocol paper for the i-FOCIS randomised controlled trial.
Close JC, Wesson J, Sherrington C, Hill KD, Kurrle S, Lord SR, Brodaty H, Howard K, Gitlin LN, O'Rourke SD, Clemson L.

Physical therapies for improving balance and reducing falls risk in osteoarthritis of the knee: a systematic review
Sumaiyah Mat, Maw Pin Tan, Shahrul Bahyah Kamaruzzaman, and Chin Teck Ng
Age Ageing 2014 44: 16-24
Effects of vertical and side-alternating vibration training on fall risk factors and bone turnover in older people at risk of falls
Heather Corrie, Katherine Brooke-Wavell, Neil J. Mansfield, Alison Cowley, Robert Morris, and Tahir Masud
Age Ageing 2014 44: 115-122

Reproducibility and Validity of the Physical Activity Scale for the Elderly (PASE) Questionnaire in Patients After Total Hip Arthroplasty
Nicola C. Casartelli, Sylvain Bolszak, Franco M. Impellizzeri, and Nicola A. Maffiuletti
PHYS THER January 2015 95:86-94

Home modifications to reduce injuries from falls in the Home Injury Prevention Intervention (HIPI) study: a cluster-randomised controlled trial
Dr Michael D Keall, Nevil Pierse, Philippa Howden-Chapman, Chris Cunningham, Malcolm Cunningham, Jagadish Guria, Michael G Baker
Lancet, Volume 385, No. 9964, p231–238

Strength Training Associated with Task-Oriented Training to Enhance Upper-Limb Motor Function in Elderly Patients with Mild Impairment After Stroke: A Randomized Controlled Trial
Paulo Bazile da Silva, MSc; Fabiane Nunes Antunes, PT; Patrícia Graef, MSc; Fernanda Cechetti, PhD; Aline de Souza Pagnussat, PhD
American Journal of Physical Medicine and Rehabilitation, 2015 Jan; 94(1): 11-

Effect of Long-Term Physical Activity and Acute Exercise on Markers of Systemic Inflammation in Persons With Chronic Spinal Cord Injury: A Systematic Review
Céline R. Neefkes-Zonneveld, Arjan J. Bakkum, Nicolette C. Bishop, Maurits W. van Tulder, Thomas W. Janssen
Archives of Physical Medicine and Rehabilitation, January 2015, Volume 96, Issue 1,p30–42

Dual Tasking With the Timed “Up & Go” Test Improves Detection of Risk of Falls in People With Parkinson Disease
Roisin C. Vance, Dan G. Healy, Rose Galvin, and Helen P. French
PHYS THER January 2015 95:95-102

Psychometrics of the Wrist Stability and Hand Mobility Subscales of the Fugl-Meyer Assessment in Moderately Impaired Stroke
Stephen J. Page, Erin Hade, and Andrew Persch
PHYS THER January 2015 95:103-108

Effects of training on upper limb function after cervical spinal cord injury: a systematic review
Xiao Lu, Camilla R Battistuzzo, Maryam Zoghi, and Mary P Galea
Clin Rehabil January 2015 29: 3-13

Abstract

Adhesive taping vs. daily manual muscle stretching and splinting after botulinum toxin type A injection for wrist and fingers spastic overactivity in stroke patients: a randomized controlled trial
Andrea Santamato, Maria Francesca Micello, Francesco Panza, Francesca Fortunato, Alessandro Picelli, Nicola Smania, Giancarlo Logroscino, Pietro Fiore, and Maurizio Ranieri
Clin Rehabil January 2015 29: 50-58

Orthopaedics/ Musculoskeletal

Mayne Al, Bidwai AS, Beirne P, Garg NK, Bruce CE.

Associations between preoperative physical therapy and post-acute care utilization patterns and cost in total joint replacement.
Snow R, Granata J, Ruhl AV, Vogel K, McShane M, Wasielewski R.

Accelerated rehabilitation compared with a standard protocol after distal radial fractures treated with volar open reduction and internal fixation: a prospective, randomized, controlled study.
Brehmer JL, Husband JB.

Reliability of patient self-assessment of shoulder range of motion and strength after shoulder arthroplasty
Justin S. Yang, Jay D. Keener, Ken Yamaguchi, Jiajing Chen, Georgia Stobbs-Cucchi, Rebecca Patton, Leesa M. Galatz
Journal of Shoulder and Elbow Surgery, January 2015, 24(1), p1–10

Conservative treatment or surgery for shoulder impingement: systematic review and meta-analysis
Mikhail Saltychev, Ville Äärimaa, Petri Virolainen, and Katri Laimi

Factors relating to perioperative experience of older persons undergoing joint replacement surgery: an integrative literature review
Rosy Tay Swee Cheng, Piyane Klainin-Yobas, Desley Hegney, and Sandra Mackey

Effects and Effectiveness of Dynamic Arm Supports: A Technical Review
Loek A. van der Heide, MSc; Gert Jan Gelderblom, PhD; Luc P. de Witte, MD, PhD

Early multimodal rehabilitation following lumbar disc surgery: a randomised clinical trial comparing the effects of two exercise programmes on clinical outcome and lumbar multifidus muscle function
Jeffrey J Hebert, Julie M Fritz, Anne Thackeray, Shane L Koppenhaver, Deydre Teyhen

[Abstract]
Resistance Training Reduces Disability in Prostate Cancer Survivors on Androgen Deprivation Therapy: Evidence From a Randomized Controlled Trial
Kerri M. Winters-Stone, Jessica C. Dobek, Jill A. Bennett, Nathan F. Dieckmann, Gianni F. Maddalozzo, Christopher W. Ryan, Tomasz M. Beer
Archives of Physical Medicine and Rehabilitation, January 2015, Volume 96, Issue 1, p7–14

Finger Movement Function After Ultrasound-Guided Percutaneous Pulley Release for Trigger Finger: Effects of Postoperative Rehabilitation
Szu-Ching Lu, Li-Chieh Kuo, Hsiu-Yun Hsu, I-Ming Jou, Yung-Nien Sun, Fong-Chin Su
Archives of Physical Medicine and Rehabilitation, January 2015, Volume 96, Issue 1, p91–97

Classical Test Theory and Rasch Analysis Validation of the Upper Limb Functional Index in Subjects With Upper Limb Musculoskeletal Disorders
Elisabetta Bravini, Franco Franchignoni, Andrea Giordano, Francesco Sartorio, Giorgio Ferriero, Stefano Vercelli, Calogero Foti
Archives of Physical Medicine and Rehabilitation, January 2015, Volume 96, Issue 1, p98–104

Using the Systems Framework for Postural Control to Analyze the Components of Balance Evaluated in Standardized Balance Measures: A Scoping Review
Kathryn M. Sibley, Marla K. Beauchamp, Karen Van Ooteghem, Sharon E. Strauss, Susan B. Jaglal
Archives of Physical Medicine and Rehabilitation, January 2015, Volume 96, Issue 1, p122–132.e29

Associations of Upper Limb Disability Measures on Different Levels of the International Classification of Functioning, Disability and Health in People With Multiple Sclerosis
Ilse Lamers, Davide Cattaneo, Christine C. Chen, Rita Bertoni, Bart Van Wijmeersch, and Peter Feys
PHYS THER January 2015 95:65-75
Abstract

Effects of two physiotherapy booster sessions on outcomes with home exercise in people with knee osteoarthritis: a randomized controlled trial.
Bennell KL, Kyriakides M, Hodges PW, Hinman RS.

Delayed versus early motion after arthroscopic rotator cuff repair: a meta-analysis.
Chan K, MacDermid JC, Hoppe DJ, Ayeni OR, Bhandari M, Foote CJ, Athwal GS.

Active self-correction and task-oriented exercises reduce spinal deformity and improve quality of life in subjects with mild adolescent idiopathic scoliosis. Results of a randomised controlled trial.
Monticone M, Ambrosini E, Cazzaniga D, Rocca B, Ferrante S.

A review of conservative management of camptodactyly in children and adolescents
Katrina Lethbridge and Leslie Wollin
Hand Therapy December 2014 19: 93-101
Abstract

Influence of volar and dorsal static orthoses in different wrist positions on muscle activation and grip strength in healthy subjects
Alexandre M Marcolino, Marisa Fonseca, Fernanda Colombari, Eula Rodrigues, Guilherme Tamanini, and Rafael Barbosa
Hand Therapy December 2014 19: 114-125
Abstract

Progressive resistance training before and after total hip and knee arthroplasty: a systematic review
Birgit Skoffer, Ulrik Dalgas, and Inger Mechlenburg
Clin Rehabil January 2015 29: 14-29
Abstract
Comparison of body weight-supported treadmill training versus body weight-supported overground training in people with incomplete tetraplegia: a pilot randomized trial
Thangavelu Senthivelkumar, Henry Magimairaj, Jebaraj Fletcher, George Tharion, and Jacob George
Clin Rehabil January 2015 29: 42-49

Abstract

What are the factors that influence physical activity participation in adults with knee and hip osteoarthritis? A systematic review of physical activity correlates
Brendon Stubbs, Michael Hurley, and Toby Smith
Clin Rehabil January 2015 29: 80-94

Abstract

The rotator cuff quality-of-life index predicts the outcome of nonoperative treatment of patients with a chronic rotator cuff tear.
Boorman RS, More KD, Hollinshead RM, Wiley JP, Brett K, Mohtadi NG, Nelson AA, Lo IK, Bryant D.

Early progressive strength training to enhance recovery after fast-track total knee arthroplasty: a randomized controlled trial.
Jakobsen TL, Kehlet H, Husted H, Petersen J, Bandholm T.

Association of exercise therapy and reduction of pain sensitivity in patients with knee osteoarthritis: a randomized controlled trial.

Paediatrics

Low back pain in children and adolescents: a systematic review and meta-analysis evaluating the effectiveness of conservative interventions.
Michaleff ZA, Kamper SJ, Maher CG, Evans R, Broderick C, Henschke N.

The effects of Kinesio Taping on body functions and activity in unilateral spastic cerebral palsy: a single-blind randomized controlled trial
Ozgun Kaya Kara, Songul Atasavun Uysal, Duygu Turker, Sedef Karayazgan, Mintaze Kerem Gunel and Gul Baltaci
Developmental Medicine and Child Neurology, January 2015, 57(1), (pages 81–88)

The influence of early modified constraint-induced movement therapy training on the longitudinal development of hand function in children with unilateral cerebral palsy
Ann-Christin Eliasson and Marie Holmeufur
Developmental Medicine and Child Neurology, January 2015, 57(1), (pages 89–94)

Reliability and Validity of Play-Based Assessments of Motor and Cognitive Skills for Infants and Young Children: A Systematic Review
Michael G. O’Grady and Stacey C. Dusing
PHYS THER January 2015 95:25-38

Abstract

Infants Born Preterm Demonstrate Impaired Object Exploration Behaviors Throughout Infancy and Toddlerhood
Michele A. Lobo, Elena Kokkoni, Andrea Baraldi Cunha, and James Cole Galloway
PHYS THER January 2015 95:51-64

Abstract
Effects of aerobic training, resistance training, or both on percentage body fat and cardiometabolic risk markers in obese adolescents: the healthy eating aerobic and resistance training in youth randomized clinical trial.

Physiotherapy Practice

Systematic review of the psychometric properties of balance measures for cerebellar ataxia
Stanley J Winser, Catherine M Smith, Leigh A Hale, Leica S Claydon, Susan L Whitney, and Poonam Mehta
Abstract

Sports Medicine

The effect of cooling prior to and during exercise on exercise performance and capacity in the heat: a meta-analysis
Christopher James Tyler, Caroline Sunderland, Stephen S Cheung
[Abstract]

Evaluation of the effectiveness of anterior cruciate ligament injury prevention programme training components: a systematic review and meta-analysis
Jeffrey B Taylor, Justin P Waxman, Scott J Richter, Sandra J Shultz
[Abstract][Full text][PDF][Request permissions]

High knee abduction moments are common risk factors for patellofemoral pain (PFP) and anterior cruciate ligament (ACL) injury in girls: Is PFP itself a predictor for subsequent ACL injury?
Gregory D Myer, Kevin R Ford, Stephanie L Di Stasi, Kim D Barber Foss, Lyle J Micheli, Timothy E Hewett
[Abstract]

Effects of physical therapist-guided quadriceps-strengthening exercises for the treatment of patellofemoral pain syndrome: a systematic review.
Kooiker L, Van De Port IG, Weir A, Moen MH.

Women’s Health

Effect of pelvic floor muscle training compared with watchful waiting in older women with symptomatic mild pelvic organ prolapse: randomised controlled trial in primary care
Marian Wiegersma, Chantal M C R Panman, Boudewijn J Kollen, Marjolein Y Berger, Yvonne Lisman-Van Leeuwen, Janny H Dekker
BMJ 2014;349:g7378
http://www.bmj.com/content/349/bmj.g7378?etoc=

Sitting-time and 9-year all-cause mortality in older women
Toby G Pavey, GMEE (Geeske) Peeters, Wendy J Brown
[Abstract]

Nonsurgical management of urinary incontinence in women: a clinical practice guideline from the American College of Physicians.
Evidence updates

**Electrotherapy modalities for adhesive capsulitis (frozen shoulder).**


**Non-pharmacological interventions for chronic pain in people with spinal cord injury.**

**Exercise for reducing fear of falling in older people living in the community.**

**Exercise for vasomotor menopausal symptoms.**

**Interventions for improving upper limb function after stroke.**

**Aerobic physical exercise for adult patients with haematological malignancies.**

**Deep transverse friction massage for treating lateral elbow or lateral knee tendinitis.**

**Continuous passive motion for preventing venous thromboembolism after total knee arthroplasty.**

**Relaxation for perimenopausal and postmenopausal symptoms.**

**Oscillating devices for airway clearance in people with cystic fibrosis.**

**Exercise for intermittent claudication.**
Water-based exercise for adults with asthma.

Modes of exercise training for intermittent claudication.
Lauret GJ, Fakhry F, Fokkenrood HJ, Hunink MG, Teijink JA, Spronk S. 

News items

From CSP News:

- **15 January 2015 - 11:04am**
  Charity highlights plight of 'invisible' patients with neuro conditions
  Just one person in six (17 per cent) with a neurological condition has regular contact with a physiotherapist, according to the results of a survey of nearly 7,000 people with such conditions.

- **15 January 2015 - 9:52am**
  Physio works for obesity: CSP launches latest briefing in national obesity awareness week
  Physiotherapy works for obesity, the CSP's latest briefing for clinicians and commissioners, has been published to coincide with national obesity awareness week on 12 to 18 January.

- **14 January 2015 - 11:20am**
  CSP responds to neurology services report
  Findings in a new report from the Neurological Alliance show more work is needed to support people with long-term conditions, according to the Chartered Society of Physiotherapy.

- **13 January 2015 - 2:10pm**
  Physios are awarded £250,000 from CSP Charitable Trust and Action Medical Research
  Three physiotherapists have jointly been awarded £250,000 from the CSP Charitable Trust and children's charity Action Medical Research to fund paediatric research.

- **12 January 2015 - 11:47am**
  CSP members join rookie physios in rural Rwanda
  Two London-based physiotherapists who spent a fortnight volunteering in a remote part of Rwanda were inspired by the 'spirit of forgiveness' they encountered. The central African country was ravaged by genocide 21 years ago.

- **12 January 2015 - 10:43am**
  Economic modelling for Wales reveals falls that can be prevented and NHS money saved
  About 12,000 falls could be prevented in Wales each year, saving lives and £17.1m for the NHS, according to new data developed for the Chartered Society of Physiotherapy (CSP).

- **10 January 2015 - 10:10am**
  All physios involved in stroke care should participate in national audit, urges CSP
  The CSP wants physiotherapy teams in stroke care to collect data on their services as the first annual audit of stroke care in England and Wales reveals wide variations in provision.

- **9 January 2015 - 4:03pm**
  Fewer frontline NHS staff get seasonal flu jab
  Less than half of all frontline NHS staff in England chose to receive the seasonal flu vaccine this autumn.

- **8 January 2015 - 3:16pm**
  Millions watch as physio sings solo at the Royal Albert Hall in memory of the First World War
An army physiotherapist was chosen to sing solo at the Royal Albert Hall as part of a First World War commemoration that was watched on TV by millions of festive viewers.

- 7 January 2015 - 10:18am
  **NHS seven-day services can't be done on the cheap, says CSP**
  The introduction of widespread seven-day services in the NHS must be properly funded if it is to succeed, the CSP says in its written submission to the NHS Pay Review Body.

- 6 January 2015 - 12:56pm
  **Use frontline physios to reduce A&E waiting times, says CSP**
  With accident and emergency waiting times under scrutiny, the CSP urges the health service to give physios more opportunities to ease the pressure on the system.

- 5 January 2015 - 10:40am
  **Welsh health minister repays physios with visit to learn how technology improves patient outcomes**
  The Welsh health minister has been learning how technology is helping physiotherapists to deliver better patient outcomes.

- 2 January 2015 - 3:36pm
  **Physios are recognised in New Year Honours list**
  Three physiotherapists received recognition in the Queen's 2015 New Year Honours list.

- 23 December 2014 - 3:10pm
  **Put physios in A&E to ease pressures and cut waiting times, CSP says**
  Placing physiotherapists in every A&E department could cut waiting times, reduce admissions and save money for the NHS, according to a new briefing.

- 22 December 2014 - 4:32pm
  **Physio training place numbers to rise**
  The number of NHS-funded education and training places for physiotherapists in England is to increase from next September.

- 19 December 2014 - 1:09pm
  **Physios count in making sure baby is safe**
  Physios should advise pregnant women to be aware of unexpected changes in a baby's movements, said physiotherapist Rebecca Pullen who is collecting used stamps to fundraise for charity Count the Kicks.

- 18 December 2014 - 9:50am
  **Physios back call for ‘charter of rights’ for people with learning disabilities or autism**
  Physiotherapists are supporting a proposal for the government to draw up a charter of rights for people with learning disabilities and/or autism – but are disappointed not to be included in the plans.

**Department of Health publications**

**Guidance: Ebola: advice for allied health and social care professionals in community settings**
15 January, 2015 at 05:00pm
Guidance and advice for allied health and social care professionals who encounter patients with Ebola virus disease (EVD).

**Disclaimer**
The information published in this bulletin is not intended to be exhaustive, and while Library staff make every effort to link only to reputable and reliable websites, the information contained in this bulletin has not been critically appraised by Library staff and it is therefore the responsibility of the reader to appraise this information for accuracy and relevance.