Guidelines and Guidance


Journal articles

Behavioural Therapy

Effectiveness of transcranial direct current stimulation preceding cognitive behavioural management for chronic low back pain: sham controlled double blinded randomised controlled trial
Kerstin Luedtke, Alison Rushton, Christine Wright, Tim Jürgens, Astrid Polzer, Gerd Mueller, Arne May
BMJ 2015;350:h1640
http://www.bmj.com/content/350/bmj.h1640?etoc=

Cardiovascular

Effects of Physical Activity and Exercise Training on Cardiovascular Risk in Coronary Artery Disease Patients With and Without Type 2 Diabetes
Jaana J. Karjalainen, Antti M. Kiviniemi, Arto J. Hautala, et al.
Diabetes Care April 2015 38:706-715
Abstract

The effect of supervised exercise therapy on physical activity and ambulatory activities in patients with intermittent claudication.
Fokkenrood HJ, Lauret GJ, Verhofstad N, Bendorfucher BL, Scheltinga MR, Teijink JA.
Eur J Vasc Endovasc Surg. 2015 Feb;49(2):184-91.

Safety of supervised exercise therapy in patients with intermittent claudication.
Gommans LN, Fokkenrood HJ, van Dalen HC, Scheltinga MR, Teijink JA, Peters RJ.
Chronic Pain

**Walking Exercise for Chronic Musculoskeletal Pain: Systematic Review and Meta-Analysis**
Seán R. O'Connor, Mark A. Tully, Brigid Ryan, et al.
Archives of Physical Medicine and Rehabilitation, April 2015, 96(4), p724–734.e3

Effectiveness of transcranial direct current stimulation preceding cognitive behavioural management for chronic low back pain: sham controlled double blinded randomised controlled trial
Kerstin Luedtke, Alison Rushton, Christine Wright, Tim Jürgens, Astrid Polzer, Gerd Mueller, Arne May
BMJ 2015;350:h1640
http://www.bmj.com/content/350/bmj.h1640?etoc=

Gastroenterology

**Moderate to vigorous physical activity volume is an important factor for managing nonalcoholic fatty liver disease: A retrospective study**
Se chang Oh, Takashi Shida, Kazumasa Yamagishi, et al.
Hepatology, April 2015, 61(4), (pages 1205–1215)

Gerontology

Can the Alexander Technique improve balance and mobility in older adults with visual impairments? A randomized controlled trial
Michael Gleeson, Catherine Sherrington, Serigne Lo, and Lisa Keay
Clin Rehabil March 2015 29: 244-260
Abstract

Balance training with multi-task exercises improves fall-related self-efficacy, gait, balance performance and physical function in older adults with osteoporosis: a randomized controlled trial
Alexandra Halvarsson, Erika Franzén, and Agneta Ståhle
Clin Rehabil April 2015 29: 365-375
Abstract

The effects of practicing sitting Tai Chi on balance control and eye-hand coordination in the older adults: a randomized controlled trial
Ken Y. T. Lee, Christina W. Y. Hui-Chan, and William W. N. Tsang
Disability and Rehabilitation 2015, Vol. 37, No. 9: 790-794.
Summary

**Effect of Pilates Exercise for Improving Balance in Older Adults: A Systematic Review With Meta-Analysis**
Anna Lucia Barker, Marie-Louise Bird, Jason Talevski
Archives of Physical Medicine and Rehabilitation, April 2015, 96(4), p715–723

The impact of a home-based walking programme on falls in older people: the Easy Steps randomised controlled trial
Alexander Voukelatos, Dafna Merom, Catherine Sherrington, et al.
Age Ageing 2015 44: 377-383
[Abstract]

The role of perceived barriers and objectively measured physical activity in adults aged 65–100
Paul Gellert, Miles D. Witham, Iain K. Crombie, Peter T. Donnan, Marion E. T. McMurdo, and Falko F. Sniehotta
Age Ageing 2015 44: 384-390
[Abstract]

**Effect of exercise on balance in persons with mild cognitive impairment.**
Establishing the reliability and concurrent validity of physical performance tests using virtual reality equipment for community-dwelling healthy elders
David Griswold, Kyle Rockwell, Carri Killa, Michael Maurer, Nancy Landgraff, and Ken Learman
Disability and Rehabilitation 2015, Vol. 37, No. 12: 1097-1101.

Summary

Neurology/Stroke

The development and implementation of the structured training programme for caregivers of inpatients after stroke (TRACS) intervention: The London Stroke Carers Training Course
Anne Forster, Josie Dickerson, Anne Melbourn, and on behalf of the TRACS trial collaboration
Clin Rehabil March 2015 29: 211-220

Abstract

Improvement in balance using a virtual reality-based stepping exercise: a randomized controlled trial involving individuals with chronic stroke
Roberto Lloréns, José-Antonio Gil-Gómez, Mariano Alcañiz, Carolina Colomer, and Enrique Noé
Clin Rehabil March 2015 29: 261-268

Abstract

Does the speed of the treadmill influence the training effect in people learning to walk after stroke? A double-blind randomized controlled trial
In-Hee Lee
Clin Rehabil March 2015 29: 269-276

Abstract

Participant and caregiver experience of the Nintendo Wii Sports™ after stroke: qualitative study of the trial of Wii™ in stroke (TWIST)
Jenny Wingham, Katja Adie, David Turner, Christine Schofield, and Colin Pritchard
Clin Rehabil March 2015 29: 295-305

Abstract

Effect of trunk-restraint training on function and compensatory trunk, shoulder and elbow patterns during post-stroke reach: a systematic review
Liza M. Pain, Ross Baker, Denyse Richardson, and Anne M. R. Agur
Disability and Rehabilitation 2015, Vol. 37, No. 7: 553-562.

Summary

Motivators for uptake and maintenance of exercise: perceptions of long-term stroke survivors and implications for design of exercise programmes
Leon Poltawski, Kate Boddy, Anne Forster, Victoria A. Goodwin, Amanda C. Pavey, and Sarah Dean
Disability and Rehabilitation 2015, Vol. 37, No. 9: 795-801.

Summary

Combined Clinical and Home Rehabilitation: Case Report of an Integrated Knowledge-to-Action Study in a Dutch Rehabilitation Stroke Unit
Christa S. Nanninga, Klaas Postema, Marleen C. Schönherr, Sacha van Twillert, and Ant T. Lettinga
PHYS THER April 2015 95:558-567

Abstract

Does additional exercise improve trunk function recovery in stroke patients? A meta-analysis.
Sorinola IO, Powis I, White CM.
Orthopaedics/ Musculoskeletal

Progressive resistance exercise in women with osteoarthritis of the knee: a randomized controlled trial
Renata Trajano Borges Jorge, Marcelo Cardoso de Souza, et al.
Clin Rehabil March 2015 29: 234-243

Abstract

Feasibility of the modified constraint-induced movement therapy in patients with median and ulnar nerve injuries: a single-subject A-B-A design
Hamid Reza Rostami, Mohammad Khayatzadeh Mahany, and Narjes Yarmohammadi
Clin Rehabil March 2015 29: 277-284

Abstract

Economic evaluation of a brief education, self-management and upper limb exercise training in people with rheumatoid arthritis (EXTRA) programme: a trial-based analysis.
Manning VL, Kaambwa B, Ratcliffe J, Scott DL, Choy E, Hurley MV, Bearne LM.

Effects of joint mobilization on chronic ankle instability: a randomized controlled trial
David Cruz-Díaz, Rafael Lomas Vega, Maria Catalina Osuna-Pérez, et al.
Disability and Rehabilitation 2015, Vol. 37, No. 7: 601-610.
Summary

Robot-assisted gait training is not superior to balance training for improving postural instability in patients with mild to moderate Parkinson's disease: a single-blind randomized controlled trial
Alessandro Picelli, Camilla Melotti, Francesca Origano, et al.
Clin Rehabil April 2015 29: 339-347

Abstract

The effects of mirror therapy on the gait of subacute stroke patients: a randomized controlled trial
Sang Gu Ji and Myoung Kwon Kim
Clin Rehabil April 2015 29: 348-354

Abstract

Efficacy of electrical stimulation as an adjunct to repetitive task practice therapy on skilled hand performance in hemiparetic stroke patients: a randomized controlled trial
Nevein MM Gharib, Ahmed M Aboumousa, Abeer A Elowishy, Soheir S Rezk-Allah, and Fatma S Yousef
Clin Rehabil April 2015 29: 355-364

Abstract

Efficacy and safety of paracetamol for spinal pain and osteoarthritis: systematic review and meta-analysis of randomised placebo controlled trials
Gustavo C Machado, Chris G Maher, Paulo H Ferreira, et al.
BMJ 2015;350:h1225
http://www.bmj.com/content/350/bmj.h1225?etoc=

Cost-effectiveness of a one-year coaching program for healthy physical activity in early rheumatoid arthritis
Nina Brodin, Malin Lohela-Karlsson, Emma Swärdh, and Christina H. Opava
Disability and Rehabilitation 2015, Vol. 37, No. 9: 757-762.
Summary

The functional exercise capacity and its correlates in obese treatment-seeking people with binge eating disorder: an exploratory study
Davy Vancampfort, Amber De Herdt, Johan Vanderlinden, et al.
Disability and Rehabilitation 2015, Vol. 37, No. 9: 777-782.
Summary
Effect of Taping on Spinal Pain and Disability: Systematic Review and Meta-Analysis of Randomized Trials
Carla Vanti, Lucia Bertozzi, Ivan Gardenghi, Francesca Turoni, Andrew A. Guccione, and Paolo Pillastrini
PHYS THER April 2015 95:493-506

Abstract

Early rehabilitation after total knee replacement surgery: a multicenter, noninferiority, randomized clinical trial comparing a home exercise program with usual outpatient care.
Han AS, Nairn L, Harmer AR, Crosbie J, March L, Parker D, Crawford R, Fransen M.

Use of nondrug, nonoperative interventions by community-dwelling people with hip and knee osteoarthritis.
Hinman RS, Nicolson PJ, Dobson FL, Bennell KL.

Inter-rater, intra-rater and inter-instrument reliability of an electrogoniometer to measure wrist range of motion
Patrícia Aparecida da Silva Camassuti, Alexandre'Marcio Marcolino, Guilherme Tamanini, et al.
Hand Therapy March 2015 20: 3-10

Abstract

Pathomechanics of the wrist following fractures of the distal radius
Charmaine Mifsud and Tim Drew
Hand Therapy March 2015 20: 11-23

Abstract

An evaluation of paediatric hand and upper limb assessment tools within the framework of the World Health Organisation International Classification of Disability, Functioning and Health
Riffat Aslam, Annelotte van Bommel, Taunton Southwood, Janine Hackett, and Andrea Jester
Hand Therapy March 2015 20: 24-34

Abstract

Extracorporeal shockwave therapy improves short-term functional outcomes of shoulder adhesive capsulitis.
Chen CY, Hu CC, Weng PW, Huang YM, Chiang CJ, Chen CH, Tsuang YH, Yang RS, Sun JS, Cheng CK.

Stabilizing characteristics of rotator cuff muscles: a systematic review
Sangeeta Sangwan, Rodney A. Green, and Nicholas F. Taylor
Disability and Rehabilitation 2015, Vol. 37, No. 12: 1033-1043.

Summary

Implementing a novel dance intervention in rehabilitation: perceived barriers and facilitators
Marika Demers, Aliki Thomas, Walter Wittich, and Patricia McKinley
Disability and Rehabilitation 2015, Vol. 37, No. 12: 1066-1072.

Summary

Paediatrics

Does muscle size matter? The relationship between muscle size and strength in children with cerebral palsy
Siobhán L. Reid, Christian A. Pitcher, Sîan A. Williams, et al.
Disability and Rehabilitation 2015, Vol. 37, No. 7: 579-584.
Summary
Daily Exercises and Education for Preventing Low Back Pain in Children: Cluster Randomized Controlled Trial
Julia J. Hill and Jennifer L. Keating
PHYS THER April 2015 95:507-516
Abstract

Physiotherapy Practice

Implementing an inpatient rehabilitation Saturday service is associated with improved patient outcomes and facilitates patient flow across the health care continuum
Sharon Hakkenes, Christopher Lindner, and Jodie Reid
Disability and Rehabilitation 2015, Vol. 37, No. 8: 721-727.
Summary

The Multiple Sclerosis-Fatigue Self– Efficacy (MS-FSE) scale: initial validation
Sarah Thomas, Paula Kersten, and Peter W Thomas
Clin Rehabil April 2015 29: 376-387
Abstract

Factors Associated With Physical Therapists' Implementation of Physical Activity Interventions in the Netherlands
Johanna M. Huijg, Elise Dusseldorp, Winifred A. Gebhardt, et al.
PHYS THER April 2015 95:539-557
Abstract

Cross-Sectional Study to Examine Evidence-Based Practice Skills and Behaviors of Physical Therapy Graduates: Is There a Knowledge-to-Practice Gap?
Patricia J. Manns, Amy V. Norton, and Johanna Darrah
PHYS THER April 2015 95:568-578
Abstract

Applying Knowledge Translation Theory to Physical Therapy Research and Practice in Balance and Gait Assessment: Case Report
Kathryn M. Sibley and Nancy M. Salbach
PHYS THER April 2015 95:579-587
Abstract

Evidence-Based Practice Implementation: Case Report of the Evolution of a Quality Improvement Program in a Multicenter Physical Therapy Organization
Joel M. Stevans, Christopher G. Bise, John C. McGee, Debora L. Miller, Paul Rockar Jr, and Anthony Delitto
PHYS THER April 2015 95:588-599
Abstract

An Innovative Peer Assessment Approach to Enhance Guideline Adherence in Physical Therapy: Single-Masked, Cluster-Randomized Controlled Trial
Marjo J.M. Maas, Philip J. van der Wees, Carla Braam, et al.
PHYS THER April 2015 95:600-612
Abstract

The Use of a Knowledge Translation Program to Increase Use of Standardized Outcome Measures in an Outpatient Pediatric Physical Therapy Clinic: Administrative Case Report
Joseph Schreiber, Gregory F. Marchetti, Brook Racicot, and Ellen Kaminski
PHYS THER April 2015 95:613-629
Abstract

The Contribution of Conceptual Frameworks to Knowledge Translation Interventions in Physical Therapy
Anne Hudon, Mathieu-Joël Gervais, and Matthew Hunt
PHYS THER April 2015 95:630-639
Abstract

Best Practice Recommendations for the Development, Implementation, and Evaluation of Online Knowledge Translation Resources in Rehabilitation
Danielle Levac, Stephanie M.N. Glegg, Chantal Camden, Lisa M. Rivard, and Cheryl Missiuna
PHYS THER April 2015 95:648-662
Abstract

Translating Knowledge in Rehabilitation: Systematic Review
C. Allyson Jones, Sanjesh C. Roop, Sheri L. Pohar, Lauren Albrecht, and Shannon D. Scott
PHYS THER April 2015 95:663-677
Abstract

Implementing Treatment Frequency and Duration Guidelines in a Hospital-Based Pediatric Outpatient Setting: Administrative Case Report
Heather Hanson, Ann Tokay Harrington, and Kim Nixon-Cave
PHYS THER April 2015 95:678-684
Abstract

Renal

Exercise Training in CKD: Efficacy, Adherence, and Safety
Erin J. Howden, Jeff S. Coombes, Haakan Strand, Bettina Douglas, Katrina L. Campbell, Nicole M. Isbel
American Journal of Kidney Diseases, April 2015, 65(4), p583–591

Respiratory

“We are not worthy” – understanding why patients decline pulmonary rehabilitation following an acute exacerbation of COPD
Samantha Louise Harrison, Noelle Robertson, Lindsay Apps, et al.
Disability and Rehabilitation 2015, Vol. 37, No. 9: 750-756.
Summary

Does manual therapy provide additional benefit to breathing retraining in the management of dysfunctional breathing? A randomised controlled trial
Mandy Jones, Fiona Troup, John Nugus, et al.
Disability and Rehabilitation 2015, Vol. 37, No. 9: 763-770.
Summary

Physical Activity Levels Early After Lung Transplantation
Lisa Wickerson, Sunita Mathur, Lianne G. Singer, and Dina Brooks
PHYS THER April 2015 95:517-525
Abstract

The 6-minute walk distance cannot be accurately assessed at home in people with COPD
Anne E. Holland, Tshepo Rasekaba, Julio F. Fiore, Angela T. Burge, and Annemarie L. Lee
Disability and Rehabilitation 2015, Vol. 37, No. 12: 1102-1106.
Summary

Sports Medicine

Injury and biomechanical perspectives on the rugby scrum: a review of the literature
Grant Trewartha, Ezio Preatoni, Michael E England, Keith A Stokes
Abstract

Health benefits of different sport disciplines for adults: systematic review of observational and intervention studies with meta-analysis
Pekka Oja, Sylvia Titze, Sami Kokko, Urho M Kujala, Ari Heinonen, Paul Kelly, Pasi Koski, Charlie Foster

Implementation of an App-based neuromuscular training programme to prevent ankle sprains: a process evaluation using the RE-AIM Framework
Ingrid Vriend, Iris Coehoorn, Evert Verhagen

Systematic review of rugby injuries in children and adolescents under 21 years
Andreas Freitag, Graham Kirkwood, Sebastian Scharer, Richard Ofori-Asenso, Allyson M Pollock

The International Rugby Board (IRB) Pitch Side Concussion Assessment trial: a pilot test accuracy study
Gordon Ward Fuller, Simon P T Kemp, Philippe Decq

Dizziness after sports-related concussion: Can physiotherapists offer better treatment than just 'physical and cognitive rest'? [Editorial]
Jennifer C Reneker, Chad E Cook
http://bjsm.bmj.com/content/49/8/491?etoc

Sports-Specialized Intensive Training and the Risk of Injury in Young Athletes: A Clinical Case-Control Study
Neeru A. Jayanthi, Cynthia R. LaBella, Daniel Fischer, Jacqueline Pasulka, and Lara R. Dugas
Abstract

Combined Anatomic Factors Predicting Risk of Anterior Cruciate Ligament Injury for Males and Females
Daniel R. Sturnick, Pamela M. Vacek, Michael J. DeSarno, et al.
Abstract

Sports Participation 2 Years After Anterior Cruciate Ligament Reconstruction in Athletes Who Had Not Returned to Sport at 1 Year: A Prospective Follow-up of Physical Function and Psychological Factors in 122 Athletes
Clare L. Ardern, Nicholas F. Taylor, Julian A. Feller, Timothy S. Whitehead, and Kate E. Webster
Am J Sports Med April 2015 43 848-856
Abstract

Rehabilitation Regimen After Surgical Treatment of Acute Achilles Tendon Ruptures: A Systematic Review With Meta-analysis
Jiazhang Huang, Chen Wang, Xin Ma, Xu Wang, Chao Zhang, and Li Chen
Am J Sports Med April 2015 43 1008-1016
Abstract
Women’s Health

**Postpartum pelvic floor muscle training and pelvic organ prolapse--a randomized trial of primiparous women.**
Bo K, Hilde G, Stær-Jensen J, Siafarikas F, Tennfjord MK, Engh ME.

**Exercise in pregnancies complicated by obesity: achieving benefits and overcoming barriers**
Sumudu N. Seneviratne, Lesley M.E. McCowan, Wayne S. Cutfield, José G.B. Derraik, Paul L. Hofman

News items

**Corticosteroids e-learning module launched**
Medicines and Healthcare products Regulatory Agency
Cancers | Critical care | Endocrine system disorders | Musculo-skeletal disorders | Respiratory disorders | Stroke
This interactive module helps clinicians understand how to identify, manage and avoid side effects when using corticosteroids and covers recognition of commonly used corticosteroids, important adverse effects and factors that increase the risk of adverse effects.

From CSP News:

- **1 May 2015 - 3:48pm**
  *Essential role of physiotherapy is highlighted as professionals reach quake-hit Nepal*
  A British physiotherapist has flown to Nepal to help rehabilitate injured earthquake survivors.

- **1 May 2015 - 1:00am**
  *Quality mark recognises physiotherapy occupational health services*
  Physiotherapists in occupational health can now apply for industry standard accreditation as a stamp of approval for the safety, effectiveness and quality of their services.

- **30 April 2015 - 2:46pm**
  *Whiplash watchdog opens registration for physios*
  Physiotherapists can now sign up to the new watchdog company for whiplash insurance claims.

- **27 April 2015 - 4:58pm**
  *Advancing Healthcare Awards 'showcase the difference physiotherapists make'*
  A Lanarkshire project which set up an allied health profession-led specialist multidisciplinary team to provide brain rehabilitation services in the community has won a major healthcare award.

- **24 April 2015 - 4:07pm**
  *Physios help woman with 96 per cent burns back to health*
  A teenager who had burns to 96 per cent of her body has been nursed back almost to full health, with physiotherapists playing a key role in her recovery.

- **24 April 2015 - 10:58am**
  *Physios welcome review of all manual therapies for babies and children*
  Paediatric physiotherapists have welcomed a proposed review of the effectiveness of manual therapies for children.

- **23 April 2015 - 9:01am**
  *NHS physios urged to lead e-prescribing initiatives*
  Physiotherapists and other clinicians must take the lead on e-prescribing projects, according to Jonathan Sheldon, consultant physician at Burton Hospitals NHS Trust.
Place physiotherapists on the frontline to free up millions of GP appointments, says CSP
More than 100 million GP appointments a year could be freed up in England by making physiotherapists the first point of contact for patients suffering back pain and other musculoskeletal problems, according to a new report.

Give patients the power to see physios without a GP referral, says CSP
Only one in three clinical commissioning groups (CCGs) in England allows patients to refer themselves for physiotherapy, a CSP investigation has found.

Survey opens to members with interest in shoulder conditions
A physio researcher wants CSP members with an interest in treating shoulder conditions to take part in an international survey.

Students launch Workout at Work campaign after wheelchair snub
Physiotherapy students plan to encourage people to use stairs rather than lifts, after one of them was left waiting outside a university lift – despite being in a wheelchair.

‘Up your friendly’ campaign set to raise awareness of Parkinson’s
Physiotherapists will be raising awareness of Parkinson’s disease by asking people to ‘up your friendly’.

Help choose osteoarthritis research goals
Physios are being asked to help set research priorities for non-surgical treatment of osteoarthritis in hips and knees, by completing a 10-question survey.

NHS in England reports rise in physio numbers
An extra 455 physiotherapists have been employed by the NHS in England over the past year, according to recently-published statistics.

Hip fracture team recognised at patient experience awards
Physiotherapists were part of a team recognised for an innovative service that helps get hip fracture patients home faster.

Physios produce DVD about the journey of a scoliosis patient
Two physiotherapists have produced a DVD that aims to help young people with scoliosis understand their pathway of care.

Karen Middleton urges physios to prepare for patient commissioners
Karen Middleton, the CSP’s chief executive, has urged members to prepare for a surge in demand for physiotherapy after a first wave of 10,000 people gained control of their personal health budgets.

Physio-led ‘simulated patient’ project receives £152,000
A physiotherapy-led team has received a £152,000 grant to help standardise the work of people who act as patients in research and education programmes for healthcare professionals.
Strength and balance experts can help prevent repeated falls in older people, says NICE
Older people with a history of falls should be referred to experts, such as physiotherapists, who can provide them with strength and balance training.

26 March 2015 - 12:54pm

Parkinson’s group issues final call for physios to join care audit
Physiotherapists have been encouraged to register and take part in this year’s audit of Parkinson’s services across the UK.

25 March 2015 - 12:38pm

Physios will gain right to prescribe controlled medicines
UK physiotherapists who are already independent prescribers will be able to prescribe controlled drugs, such as morphine, following legal changes agreed by the government.

24 March 2015 - 10:14am

One in four councils is missing needs of people with MSK issues
Arthritis Research UK has found that one in four local authorities in England is failing to assess the needs of people with arthritis, osteoarthritis or musculoskeletal conditions.

20 March 2015 - 11:00am

Physios can help identify people at risk from cold homes, says NICE
Physiotherapy staff should be helping to identify vulnerable people who live in cold homes says a new report.

19 March 2015 - 7:00am

HCPC chief tells physios to use data to show value of their services
Physiotherapists should use data to demonstrate the high levels of public satisfaction with their services, according to the chair of the Health and Care Professions Council (HCPC).

18 March 2015 - 2:04pm

Fitness for work service wins £75,000 NHS innovation prize
An occupational health physiotherapy service in Derbyshire has won £75,000 for its innovative support for NHS staff with musculoskeletal injuries.

16 March 2015 - 2:29pm

Lack of rehab is harming hip fracture patients, warns CSP
People with hip fracture do not get enough rehabilitation immediately after surgery, the CSP has warned.

14 March 2015 - 11:11am

Survey asks physios to share knowledge about female genital mutilation
The International Organization of Physical Therapists in Women’s Health is inviting physiotherapists in the UK to take part in a survey about female genital mutilation (FGM).

13 March 2015 - 10:39am

CSP launches online resources to boost continuing professional development
New interactive resources to help CSP members maximise opportunities for continuing professional development (CPD) have been added to the members’ ePortfolio.

13 March 2015 - 7:00am

Nine out of 10 people welcome healthy lifestyle advice from physios
Nine people in 10 (86 per cent) would trust advice about healthy lifestyles if it was given by a physiotherapist or other allied health professional (AHP).

12 March 2015 - 9:30am

Unions agree new NHS pay offer for England
Health unions, including the CSP, have agreed to accept the government’s revised pay offer to NHS staff in England for 2015/16.
Evidence updates

http://plus.mcmaster.ca/EvidenceUpdates/NewArticles.aspx?Page=2&ArticleID=62720#Data

http://plus.mcmaster.ca/EvidenceUpdates/NewArticles.aspx?Page=1&ArticleID=63089#Data

http://plus.mcmaster.ca/EvidenceUpdates/NewArticles.aspx?Page=1&ArticleID=63388#Data

http://plus.mcmaster.ca/EvidenceUpdates/NewArticles.aspx?Page=1&ArticleID=63426#Data

PEDro systematic review update
**Exercise prescription for people with osteoporotic vertebral fracture**
Richard Kasch, Harry Merk, Rafael Z Pinto

NICE Evidence Update:

‘**Promoting physical activity for children and young people**’
Evidence Update March 2015
A summary of selected new evidence relevant to NICE public health guidance 17 ‘Promoting physical activity for children and young people’ (2009)
Evidence Update 77

‘**Occupational therapy and physical activity interventions to promote the mental wellbeing of older people in primary care and residential care**’
Evidence Update March 2015
A summary of selected new evidence relevant to NICE public health guidance 16 (2008)
Evidence Update 75

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