Guidelines and Guidance


Journal articles

Cardiovascular

Exercise as a Therapeutic Intervention in Patients with Stable Ischemic Heart Disease: An Underfilled Prescription
William E. Boden, Barry Franklin, Kathy Berra, et al.
American Journal of Medicine, October 2012, 127(10), p905–911

Chronic Pain

Compliance effects in a randomised controlled trial of yoga for chronic low back pain: a methodological study
H.E. Tilbrook, C.E. Hewitt, J.D. Aplin, A. Semlyen, A. Trehwela, I. Watt, D.J. Torgerson
Physiotherapy, September 2014, 100(3), p256–262

Corticosteroid Injection

One-year outcome of subacromial corticosteroid injection compared with manual physical therapy for the management of the unilateral shoulder impingement syndrome: a pragmatic randomized trial.
Rhon DI, Boyles RB, Cleland JA.

Nonsteroidal Anti-Inflammatory Drugs Versus Corticosteroid for Treatment of Shoulder Pain: A Systematic Review and Meta-Analysis
Xiao-Qing Zheng, Ke Li, You-Dong Wei, Hong-Tao Tie, Xiao-Yan Yi, Wei Huang
Archives of Physical Medicine and Rehabilitation, October 2014, 95(10), p1824–1831
Critical Care

The Physical Function Intensive Care Test: Implementation in Survivors of Critical Illness
Amy Nordon-Craft, Margaret Schenkman, Lara Edbrooke, Daniel J. Malone, Marc Moss, and Linda Denehy
PHYS THER October 2014 94:1499-1507
Abstract

Gerontology

Stand up for health—avoiding sedentary behaviour might lengthen your telomeres: secondary outcomes from a physical activity RCT in older people
Per Sjögren, Rachel Fisher, Lena Kallings, Ulrika Svenson, Göran Roos, Mai-Lis Hellénius
[Abstract]

Association Between Energy Availability and Physical Activity in Older Adults
Matthew A. Schrager, PhD; Jennifer A. Schrack, PhD; Eleanor M. Simonsick, PhD; Luigi Ferrucci, MD, PhD
American Journal of Physical Medicine & Rehabilitation October 2014, Volume 93 Issue 10 876-883

Pain Interference Is Associated With Psychological Concerns Related to Falls in Community-Dwelling Older Adults: Multisite Observational Study
Brendon Stubbs, Laura H.P. Eggermont, Sandhi Patchay, and Pat A. Schofield
PHYS THER October 2014 94:1410-1420
Abstract

Functional benefits of tai chi training in senior housing facilities.
Manor B, Lough M, Gagnon MM, Cupples A, Wayne PM, Lipsitz LA.
Free PMC Article

Neurology/Stroke

What is the evidence for physical therapy poststroke? A systematic review and meta-analysis.
PMC Article

Comparison of Physical Activity Using Questionnaires (Leisure Time Physical Activity Instrument and Physical Activity at Home and Work Instrument) and Accelerometry in Fibromyalgia Patients: The Al-Andalus Project
Archives of Physical Medicine and Rehabilitation, October 2014, 95(10), p1903–1911.e2

Determinants of Use of a Walking Device in Persons With Parkinson's Disease
Mon S. Bryant, Diana H. Rintala, James E. Graham, Jyhong Gabriel Hou, Elizabeth J. Protas
Archives of Physical Medicine and Rehabilitation, October 2014, 95(10), p1940–1945

Considering how athletic identity assists adjustment to spinal cord injury: a qualitative study
C. Hawkins, P. Coffee, A. Soundy
Physiotherapy, September 2014, 100(3), p268–274
A specific exercise strategy reduced the need for surgery in subacromial pain patients
Hanna C Björnsson Hallgren, Theresa Holmgren, Birgitta Öberg, Kajsa Johansson, Lars E Adolfsson
[Abstract]

Exergaming With Additional Postural Demands Improves Balance and Gait in Patients With Multiple Sclerosis as Much as Conventional Balance Training and Leads to High Adherence to Home-Based Balance Training
Andreas Kramer, Christian Dettmers, Markus Gruber
Archives of Physical Medicine and Rehabilitation, October 2014, 95(10), p1803–1809

Meegan G. Van Straaten, Beth A. Cloud, Melissa M. Morrow, Paula M. Ludewig, Kristin D. Zhao
Archives of Physical Medicine and Rehabilitation, October 2014, 95(10), p1810–1817.e2

Recalibration and Validation of the Cumberland Ankle Instability Tool Cutoff Score for Individuals With Chronic Ankle Instability
Cynthia J. Wright, Brent L. Arnold, Scott E. Ross, Shelley W. Linens
Archives of Physical Medicine and Rehabilitation, October 2014, 95(10), p1853–1859

Understanding Therapeutic Benefits of Overground Bionic Ambulation: Exploratory Case Series in Persons With Chronic, Complete Spinal Cord Injury
Jochen Kressler, Christine K. Thomas, Edelle C. Field-Fote, et al.
Archives of Physical Medicine and Rehabilitation, October 2014, 95(10), p1878–1887.e4

Assessment of Muscle Endurance of the Knee Extensor Muscles in Adolescents With Spastic Cerebral Palsy Using a Submaximal Repetitions-to-Fatigue Protocol
Maaike M. Eken, Annet J. Dallmeijer, Caroline A. Doorenbosch, Hurnet Dekkers, Jules G. Becher, Han Houdijk
Archives of Physical Medicine and Rehabilitation, October 2014, 95(10), p1888–1894

Comparison of Mirror, Raw Video, and Real-Time Visual Biofeedback for Training Toe-Out Gait in Individuals With Knee Osteoarthritis
Michael A. Hunt, Judit Takacs, Katie Hart, Erika Massong, Keri Fuchko, Jennifer Biegler
Archives of Physical Medicine and Rehabilitation, October 2014, 95(10), p1912–1917

Can Measures of Limb Loading and Dynamic Stability During the Squat Maneuver Provide an Index of Early Functional Recovery After Unilateral Total Hip Arthroplasty?
Torsten Brauner, Scott Wearing, Ernst Rämisch, Marion Zillober, Thomas Horstmann
Archives of Physical Medicine and Rehabilitation, October 2014, 95(10), p1946–1953

Decrease of Muscle Strength Is Associated With Increase of Activity Limitations in Early Knee Osteoarthritis: 3-Year Results From the Cohort Hip and Cohort Knee Study
Martin van der Esch, Jasmijn F. Holla, Marike van der Leeden, et al.

Determining the Activation of Gluteus Medius and the Validity of the Single Leg Stance Test in Chronic, Nonspecific Low Back Pain
Tracy Penney, Michelle Ploughman, Mark W. Austin, David G. Behm, Jeannette M. Byrne

Effect of Therapeutic Aquatic Exercise on Symptoms and Function Associated With Lower Limb Osteoarthritis: Systematic Review With Meta-Analysis
Benjamin Waller, Anna Ogonowska-Slodownik, Manuel Vitor, et al.
PHYS THER October 2014 94:1383-1395 Abstract
Quality of Life and Self-Reported Lower Extremity Function in Adults With HIV-Related Distal Sensory Polyneuropathy
Mary Lou A. Galantino, David M. Kietrys, James Scott Parrott, et al.
PHYS THER October 2014 94:1455-1466
Abstract

Stepping Asymmetry Among Individuals With Unilateral Transtibial Limb Loss Might Be Functional in Terms of Gait Stability
Laura Hak, Jaap H. van Dieën, Peter van der Wurff, and Han Houdijk
PHYS THER October 2014 94:1480-1488
Abstract

Variability in Postural Control With and Without Balance-Based Torso-Weighting in People With Multiple Sclerosis and Healthy Controls
Charlotte M. Hunt, Gail Widener, and Diane D. Allen
PHYS THER October 2014 94:1489-1498
Abstract

The effects of ACL injury on knee proprioception: a meta-analysis
N. Relph, L. Herrington, S. Tyson
Physiotherapy, September 2014, 100(3), p187–195

Effect of total-body prehabilitation on postoperative outcomes: a systematic review and meta-analysis
Physiotherapy, September 2014, 100(3), p196–207

The effectiveness of therapeutic exercise for joint hypermobility syndrome: a systematic review
Shea Palmer, Samuel Bailey, Louise Barker, Lauren Barney, Ami Elliott
Physiotherapy, September 2014, 100(3), p220–227

Efficacy of a static progressive stretch device as an adjunct to physical therapy in treating adhesive capsulitis of the shoulder: a prospective, randomised study
M. Ibrahim, R. Donatelli, M. Hellman, J. Echternach
Physiotherapy, September 2014, 100(3), p228–234

Efficacy of low-level laser therapy applied at acupuncture points in knee osteoarthritis: a randomised double-blind comparative trial
A.S. Al Rashoud, R.J. Abboud, W. Wang, C. Wigderowitz
Physiotherapy, September 2014, 100(3), p242–248

Short-term changes in median nerve neural tension after a suboccipital muscle inhibition technique in subjects with cervical whiplash: a randomised controlled trial
Physiotherapy, September 2014, 100(3), p249–255

Factors associated with ambulatory status 6 months after total hip arthroplasty
Physiotherapy, September 2014, 100(3), p263–267

Paediatrics

Physical activity interventions in children and young people with Type 1 diabetes mellitus: a systematic review with meta-analysis
H. Quirk, H. Blake, R. Tennyson, T. L. Randell and C. Glazebrook
Diabetic Medicine, Volume 31, Issue 10 October 2014, (pages 1163–1173) Free full text
The effectiveness of a physical activity stimulation programme for children with cerebral palsy on social participation, self-perception and quality of life: a randomized controlled trial
Leontien Van Wely, Astrid CJ Balemans, Jules G Becher, and Annet J Dallmeijer
Clin Rehabil October 2014 28: 972-982
Abstract

Core stability exercise is as effective as task-oriented motor training in improving motor proficiency in children with developmental coordination disorder: a randomized controlled pilot study
Mei K Au, Wai M Chan, Lin Lee, Tracy MK Chen, Rosanna MW Chau, and Marco YC Pang
Clin Rehabil October 2014 28: 992-1003
Abstract

Upper limb training using *Wii Sports Resort™* for children with hemiplegic cerebral palsy: a randomized, single-blind trial
Hsiu-Ching Chiu, Louise Ada, and Hsin-Min Lee
Clin Rehabil October 2014 28: 1015-1024
Abstract

A randomized, single-blind cross-over design evaluating the effectiveness of an individually defined, targeted physical therapy approach in treatment of children with cerebral palsy
Inge Franki, Christine Van den Broeck, Josse De Cat, et al.
Clin Rehabil October 2014 28: 1039-1052
Abstract

Initiation of Movement and Energy Expenditure in Children With Developmental Delay: A Case-Control Study
Chiao-Nan (Joyce) Chen, Ai-Wen Hwang, Shang-Ying Lin, and Yu-Chieh Lin
PHYS THER October 2014 94:1434-1442
Abstract

Physiotherapy Practice

“*What do you expect from physiotherapy?*”: a detailed analysis of goal setting in physiotherapy
Veronika Schoeb, Liliana Staffoni, Ruth Parry, and Alison Pilnick
Summary

Multidisciplinary Consensus Guideline for Managing Trigger Finger: Results From the European HANDGUIDE Study
Bionka M.A. Huisstede, Peter Hoogvliet, J. Henk Coert, and Jan Fridén, for the European HANDGUIDE Group
PHYS THER October 2014 94:1421-1433
Abstract

Can Physical Therapists Deliver a Pain Coping Skills Program? An Examination of Training Processes and Outcomes
Christina Bryant, Prudence Lewis, Kim L. Bennell, et al.
PHYS THER October 2014 94:1443-1454
Abstract

Addressing the disparity in physical health provision for people with schizophrenia: an important role for physiotherapists
Brendon Stubbs, Andy Soundy, Michel Probst, et al.
Physiotherapy, September 2014, 100(3), p185–186

Evidence-Based Practice in physiotherapy: a systematic review of barriers, enablers and interventions
Laura Scurlock-Evans, Penney Upton, Dominic Upton
Physiotherapy, September 2014, 100(3), p208–219
Do musculoskeletal physiotherapists believe the NICE guidelines for the management of non-specific LBP are practical and relevant to their practice? A cross sectional survey
Sarah Parr, Stephen May
Physiotherapy, September 2014, 100(3), p235–241

Respiratory

The effect of feedback respiratory training on pulmonary function of children with cerebral palsy: a randomized controlled preliminary report
Hye Young Lee, Yong Jun Cha, and Kyung Kim
Clin Rehabil October 2014 28: 965-971
[Abstract]

Benefits of combining inspiratory muscle with ‘whole muscle’ training in children with cystic fibrosis: a randomised controlled trial
Elena Santana-Sosa, Laura Gonzalez-Saiz, Iris F Groeneveld, et al.
[Abstract]

Sports Medicine

Sensory and motor deficits exist on the non-injured side of patients with unilateral tendon pain and disability—implications for central nervous system involvement: a systematic review with meta-analysis
L J Heales, E C W Lim, P W Hodges, B Vicenzino
[Abstract]

Transcutaneous electrical nerve stimulation as adjunct to primary care management for tennis elbow: pragmatic randomised controlled trial (TATE trial)
Linda S Chesterton, A Martyn Lewis, Julius Sim, et al.
[Abstract]

Associations between objectively measured physical activity intensity in childhood and measures of subclinical cardiovascular disease in adolescence: prospective observations from the European Youth Heart Study
[Abstract]

The independent associations of sedentary behaviour and physical activity on cardiorespiratory fitness
Rute Santos, Jorge Mota, Anthony David Okely, et al.
[Abstract]

Evidence updates

http://plus.mcmaster.ca/EvidenceUpdates/NewArticles.aspx?Page=1&ArticleID=60301#Data

http://plus.mcmaster.ca/EvidenceUpdates/NewArticles.aspx?Page=1&ArticleID=60252#Data
http://plus.mcmaster.ca/EvidenceUpdates/NewArticles.aspx?Page=1&ArticleID=60200#Data

http://plus.mcmaster.ca/EvidenceUpdates/NewArticles.aspx?Page=1&ArticleID=60244#Data

http://plus.mcmaster.ca/EvidenceUpdates/MMA.aspx?ArticleID=60164

Manual therapy and exercise for adhesive capsulitis (frozen shoulder).

Therapeutic ultrasound for chronic low-back pain.
Ebadi S, Henschke N, Nakhostin Ansari N, Fallah E, van Tulder MW.

Rehabilitation after lumbar disc surgery.
Oosterhuis T, Costa LO, Maher CG, de Vet HC, van Tulder MW, Ostelo RW.

Continuous passive motion following total knee arthroplasty in people with arthritis.
Harvey LA, Brosseau L, Herbert RD.

News items

From CSP News:

- 17 October 2014 - 4:49pm
  Physios encouraged to apply for integrated care pilots
  Health and social care services will be able to apply in the next fortnight to take part in the second wave of integrated care projects in England.

- 16 October 2014 - 3:15pm
  Care services minister praises ‘excellent work’ of physios in Greenwich integrated care pilot
  Care services minister for England Norman Lamb has praised a south east London integrated care project in which physiotherapists play a key role.

- 16 October 2014 - 10:11am
  NHS mega tender goes to NHS-led consortium
  The largest single competitive tender for NHS clinical services has been secured by a consortium led by a NHS provider organisation.

- 16 October 2014 - 9:51am
  CSP launches campaign to keep older people active and mobile
  The CSP says its first UK Older People’s Day on 1 October was a huge success, with almost 300 members taking part.
Physio 14: Evidence-based treatment can combat osteoarthritis, says MSK expert
The number of people with osteoarthritis in the UK is increasing, but treatment based on strong evidence is being ‘implemented inconsistently’.

Physio 14: Catch frailty early, before it leads to a crisis
Health professionals need to think of frailty as a long-term condition which they can diagnose and treat before a patient has a health crisis.

Physio 14: Physio staff urged to take heed of the ‘groan test’
Whether you are ageing yourself or work with older patients a simple test allows you to spot when fitness levels need urgent attention, delegates heard.

Physio 14: Exercise helps prevent dementia, says public health consultant
There is clear evidence that exercise can help to prevent dementia, Iain Lang said in his presentation on responding to the government’s dementia challenge.

Physio 14: Physios urged to be part of research into stroke, Parkinson’s and MS care
More physiotherapists are needed to get involved in research about supporting people with neurological conditions, said Ann Ashburn of the university of Southampton.

Physio 14: Macmillan Cancer Support director urges physios to ‘innovate’
Physiotherapists must work in new and innovative ways to meet the needs of the UK’s ageing population, according to Fran Woodard, Macmillan Cancer Support’s director for England.

Physio 14: Make your work visible, NHS Confederation chief Rob Webster tells physios
Physiotherapists made a big difference to health and wellbeing, but their work is often poorly understood and invisible, Rob Webster, chief executive of the NHS Confederation, told delegates.

Physio 14: Speakers praise work of Louis Gifford, pain management pioneer
The human side of Louis Gifford, a leading physiotherapist, teacher and writer in the pain field who died earlier this year, loomed large during a session dedicated to his memory on the first morning of Physiotherapy UK 2014.

Physio 14: Physios are the exercise specialists of choice, delegates say
Some universities in England are increasing the amount of time students spend learning about helping patients to exercise, several hundred delegates attending a debate on the second day of the conference heard.

Physio 14: Physio tells conference how to raise awareness of exercise and MS
Treks in Jordan and Peru by groups of people with MS have raised awareness about the importance of exercise for people with this condition, Paul Van Asch told delegates at Physiotherapy UK.
11 October 2014 - 9:29am

**Physio14: Teamwork can improve older people's discharge rates, delegates told**

An interdisciplinary team based at Leicester Royal Infirmary is helping to ensure that frail older people are discharged more quickly and is also cutting re-admission rates.

10 October 2014 - 10:34am

**Karen Middleton calls for action to stop physiotherapy ‘sleepwalking into obscurity’**

Every physiotherapist must act to ensure a future for the profession, Karen Middleton told more than 1,000 delegates on the opening day of the Physiotherapy UK 2014 conference.

9 October 2014 - 3:14pm

**CSP urges physios to apply for NICE fellowships and scholarships**

The CSP is encouraging physiotherapists to put themselves forward as candidates for the annual National Institute for Health and Care Excellence (NICE) fellows and scholars programme.

8 October 2014 - 3:44pm

**NICE puts exercise at heart of MS guidance**

The CSP has welcomed the focus on exercise in the latest NHS guidance on MS care as an ‘opportunity’ for physios.

8 October 2014 - 1:59pm

**Physio exercise expertise can improve quality of life for MS patients, CSP says**

The Chartered Society of Physiotherapy has responded to new guidelines from the National Institute for Health and Care Excellence on the management of multiple sclerosis.

7 October 2014 - 2:58pm

**Retired physio staff encouraged to join Healthwatch**

The CSP is encouraging members – particularly those who are retired – to use their physiotherapy expertise as Local Healthwatch volunteers.

7 October 2014 - 11:25am

**Physio high on the agenda during the political party conference season**

Political leaders drove physiotherapy up the agenda during this year’s political party conference season, including a call by David Cameron for more physiotherapy to prevent illness.

6 October 2014 - 3:52pm

**Physios inspired by day with Welsh health minister**

Two physiotherapists have spoken of the importance of engaging with politicians, after spending an 'inspiring' day shadowing the Welsh health minister Mark Drakeford.

3 October 2014 - 3:57pm

**Physio input ‘vital’ to achieving paperless NHS**

Physiotherapists can play a key part in the drive to make the NHS paperless by 2018, delegates at a conference in London heard on 1 October.

3 October 2014 - 2:19pm

**Collaboration essential for the future, CSP says**

Responding to a speech by NHS England chief executive Simon Stevens at the RCGPs’ annual conference, Sue Browning, deputy chief executive of the Chartered Society of Physiotherapy, said:

2 October 2014 - 1:44pm
Physiotherapists win at Health Service Journal’s Value in Healthcare Awards
Physiotherapy staff made a splash at this year’s Health Service Journal (HSJ) Value in Healthcare Awards, which celebrate outstanding efficiency and improvement in healthcare.

- 1 October 2014 - 3:47pm
  **CSP to develop online tools about workforce planning and safe and effective staffing levels**
  The CSP has launched two projects that aim to provide members with valuable information about safe staffing levels and workforce planning.

- 1 October 2014 - 3:25pm
  **CSP raises concerns over low fees for whiplash reports**
  The CSP has expressed concern that physiotherapists in England and Wales could receive lower than expected fees for writing medical reports in whiplash cases.

- 1 October 2014 - 12:01am
  **Online calculator reveals falls that can be prevented and NHS money saved**
  Almost 200,000 falls could be prevented each year, saving lives and £275m for the NHS, according to a new web tool developed for the Chartered Society of Physiotherapy (CSP).

- 1 October 2014
  **British Lung Foundation invites respiratory physios to join its ‘professionals’ scheme**
  The British Lung Foundation (BLF) has launched an initiative to encourage physiotherapists working in respiratory care to engage with its work.

- 1 October 2014
  **CSP web tool shows falls cost NHS in England £275million a year**
  Physiotherapy could prevent 200,000 falls each year in England, save lives and £275million for the NHS, a web tool developed for the CSP has shown.

- 30 September 2014 - 9:38am
  **Gather more data on AHPs’ role, say Nuffield Trust and Health Foundation**
  Physiotherapists are an important part of the NHS workforce, but there is a lack of data about the contribution they make to patient care at a national level.

- 26 September 2014 - 12:28pm
  **CSP calls for change of culture to support NHS staff with concerns**
  Trusts in England should appoint a non-executive director with responsibility for ensuring staff can raise concerns and that they will be listened to and appropriate action taken, says the CSP.

- 23 September 2014 - 3:47pm
  **First spinal cord compression guidelines for physios published**
  Patients with metastatic spinal cord compression (MSCC) should be referred for physiotherapy on admission, says a report from Northern Ireland’s Guidelines and Audit Implementation Network.

- 19 September 2014 - 10:13am
  **London trust programme shows benefits of helping patients to exercise after receiving cancer treatment, says physio**
  A physiotherapy-led programme in London has reported a nine per cent increase in the number of cancer survivors meeting exercise recommendations, according to one of the physios involved.
19 September 2014 - 9:48am

**Physio-led Southampton pilot cuts length of stay for patients after bone marrow transplants**

A pilot service in Southampton has improved patient satisfaction and cut the length of stay for people having bone marrow transplants, according to the physio leading the project.

18 September 2014 - 12:58pm

**Think about patients’ mental health, physios urged**

There should be a greater focus on the link between long-term physical conditions and mental illness, according to a new report from England’s chief medical officer Dame Sally Davies.

**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.