Guidelines and Guidance

No new guidelines this month.

Journal articles

Cardiovascular

Effects of exercise rehabilitation on cardiac electrical instability assessed by T-wave alternans during ambulatory electrocardiogram monitoring in coronary artery disease patients without and with diabetes mellitus.
Kenttä T, Tulppo MP, Nearing BD, Karjalainen JJ, Hautala AJ, Kiviniemi AM, Huikuri HV, Verrier RL.

Chronic Pain

More attention to pain management in community-dwelling older persons with chronic musculoskeletal pain
Niina Maria Karttunen, Juha Turunen, Riitta Ahonen, and Sirpa Hartikainen
Age Ageing 2014 43: 845-850
[Abstract]

Predicting Response to Motor Control Exercises and Graded Activity for Patients With Low Back Pain: Preplanned Secondary Analysis of a Randomized Controlled Trial
Luciana Gazzi Macedo, Christopher G. Maher, Mark J. Hancock, Steve J. Kamper, James H. McAuley, Tasha R. Stanton, Ryan Stafford, and Paul W. Hodges
PHYS THER November 2014 94:1543-1554
Abstract

Success or failure of chronic pain rehabilitation: the importance of good interaction – a qualitative study under patients and professionals
B. Oosterhof, J. H. M. Dekker, M. Sloots, E. A. C. Bartels, and J. Dekker
Summary

Spinal manipulation and home exercise with advice for subacute and chronic back-related leg pain: a trial with adaptive allocation.
Gerontology

Rehabilitation interventions with deconditioned older adults following an acute hospital admission: a systematic review
Amanda J Timmer, Carolyn A Unsworth, and Nicholas F Taylor
Clin Rehabil November 2014 28: 1078-1086
Abstract

Relationships between physical performance and knee and hip osteoarthritis: findings from the European Project on Osteoarthritis (EPOSA)
Mark H. Edwards, Suzan van der Pas, Michael Dieter Denkinger, Camille Parsons, Karen A. Jameson, Laura Schaap, Sabina Zambon, Maria-Victoria Castell, Florian Herbolsheimer, Hans Nasell, Mercedes Sanchez-Martinez, Ángel Otero, Thorsten Nikolaus, Natasa M. van Schoor, Nancy L. Pedersen, Stefania Maggi, Dorly J. H. Deeg, Cyrus Cooper, and Elaine Dennison
Age Ageing 2014 43: 806-813
[Abstract]

Minimal Clinically Important Difference of the Functional Gait Assessment in Older Adults
Marianne Beninato, Arlene Fernandes, and Laura S. Plummer
PHYS THER November 2014 94:1594-1603
Abstract

Influences of Wheelchair-Related Efficacy on Life-Space Mobility in Adults Who Use a Wheelchair and Live in the Community
Brodie M. Sakakibara, William C. Miller, Janice J. Eng, Catherine L. Backman, and François Routhier
PHYS THER November 2014 94:1604-1613
Abstract

Neurology/Stroke

Virtual reality for upper extremity rehabilitation in early stroke: a pilot randomized controlled trial
Chan Wai Yin, Ng Yee Sien, Low Ai Ying, Stephanie Fook-Chong Man Chung, and Dawn Tan May Leng
Clin Rehabil November 2014 28: 1107-1114
Abstract

Effects of Vibration on Spasticity in Individuals with Spinal Cord Injury: A Scoping Systematic Review
Mahsa Sadeghi, MD; Bonita Sawatzky, PhD

Mirror Therapy Enhances Motor Performance in the Paretic Upper Limb After Stroke: A Pilot Randomized Controlled Trial
Selvaraj Samuelkamaleshkumar, Stephen Reethajanetsureka, Paul Pauljebaraj, Bright Benshamir, Sanjeev Manasseh Padankatti, Judy Ann David
Archives of Physical Medicine and Rehabilitation, November 2014, 95(11), p2000–2005

Locomotion Improvement Using a Hybrid Assistive Limb in Recovery Phase Stroke Patients: A Randomized Controlled Pilot Study
Hiroki Watanabe, Naoki Tanaka, Tomonari Inuta, Hideyuki Saitou, Hisako Yanagi
Archives of Physical Medicine and Rehabilitation, November 2014, 95(11), p2006–2012
**Tracking Functional Status Across the Spinal Cord Injury Lifespan: Linking Pediatric and Adult Patient-Reported Outcome Scores**
Feng Tian, Pengsheng Ni, M.J. Mulcahey, Ronald K. Hambleton, David Tulsky, Stephen M. Haley, Alan M. Jette
Archives of Physical Medicine and Rehabilitation, November 2014, 95(11), p2078–2085.e15

**Functional Recovery After Severe Traumatic Brain Injury: An Individual Growth Curve Approach**
Tessa Hart, Allan J. Kozlowski, John Whyte, Ingrid Poulsen, Karin Kristensen, Annette Nordenbo, Allen W. Heinemann
Archives of Physical Medicine and Rehabilitation, November 2014, 95(11), p2103–2110

**Task-Specific Training in Huntington Disease: A Randomized Controlled Feasibility Trial**
Lori Quinn, Katy Debono, Helen Dawes, Anne Elizabeth Rosser, Andrea H. Nemeth, Hugh Rickards, Sarah J. Tabrizi, Oliver Quarrell, Iris Trender-Gerhard, Mark J. Kelson, Julia Townson, and Monica Busse, for the members of the TRAIN-HD project group
PHYS THER November 2014 94:1555-1568
Abstract

**Assessment of Glenohumeral Subluxation in Poststroke Hemiplegia: Comparison Between Ultrasound and Fingerbreadth Palpation Methods**
Praveen Kumar, Marianne Mardon, Michael Bradley, Selena Gray, and Annette Swinkels
PHYS THER November 2014 94:1622-1631
Abstract

**Reliability and Validity of the Balance Evaluation Systems Test (BESTest) in People With Subacute Stroke**
Butsara Chinsongkram, Nithinun Chaikamol, Vitoon Saengsirisuwan, Nitaya Viriyatharakij, Fay B. Horak, and Rumpa Boonsinsukh
PHYS THER November 2014 94:1632-1643
Abstract

**A new hand assessment instrument for severely affected stroke patients.**
Broetz D, Del Grosso NA, Rea M, Ramos-Murguialday A, Soekadar SR, Birbaumer N.

**A qualitative theory guided analysis of stroke survivors’ perceived barriers and facilitators to physical activity**
Sarah L. Nicholson, Marie Donaghy, Marie Johnston, Falko F. Sniehotta, Frederike van Wijck, Derek Johnston, Carolyn Greig, Marion E. T. McMurdo, and Gillian Mead
Summary

**Experiences of participation in rhythm and movement therapy after stroke**
Kerstin Thornberg, Staffan Josephsson, and Ingrid Lindquist
Summary

**Orthopaedics/ Musculoskeletal**

**Delayed versus early motion after arthroscopic rotator cuff repair: a meta-analysis**
Kevin Chan, Joy C. MacDermid, Daniel J. Hoppe, Olufemi R. Ayeni, Mohit Bhandari, Clary J. Foote, George S. Athwal
Journal of Shoulder and Elbow Surgery, November 2014, 23(11), p1631–1639

**The role of hip abductor and external rotator muscle strength in the development of exertional medial tibial pain: a prospective study**
Ruth Verrelst, Tine Marieke Willems, Dirk De Clercq, Philip Roosen, Lennert Goossens, Erik Witvrouw
[Abstract]
Rigid versus semi-rigid orthotic use following TMC arthroplasty: A randomized controlled trial
Rosemary Prosser, Mark J. Hancock, Leslie Nicholson, Cathy Merry, Felicity Thorley, Douglass Wheen
Journal of Hand Therapy, November 2014, 27(4), Pages 265-271

Sensorimotor interventions and assessments for the hand and wrist: A scoping review
Kristin Valdes, Nancy Naughton, Lori Algar
Journal of Hand Therapy, November 2014, 27(4), Pages 272-286

Relationships between pain misconceptions, disability, patients' goals and interpretation of information from hand therapists
Stijn Bekkers, Stéphanie J.E. Becker, Jeroen K.J. Bossen, Chaitanya S. Mudgal, David Ring, Ana-Maria Vranceanu
Journal of Hand Therapy, November 2014, 27(4), Pages 287-295

Clinical Commentary in response to: Relationships between pain misconceptions, disability, patients' goals and interpretations of information from hand therapists
Lisa O'Brien
Journal of Hand Therapy, November 2014, 27(4), Pages 296-297

Hand therapist use of patient report outcome (PRO) in practice: A survey study
Kristin Valdes, Joy MacDermid, Lori Algar, Brian Connors, Lisa M. Cyr, Sharon Dickmann, Ann M. Lucado, Nancy Naughton
Journal of Hand Therapy, November 2014, 27(4), Pages 299-308

Swing traction versus no-traction for complex intra-articular proximal inter-phalangeal fractures
Journal of Hand Therapy, November 2014, 27(4), Pages 309-316

Ultrasonographic median nerve changes under tendon gliding exercise in patients with carpal tunnel syndrome and healthy controls
Yi-Shiung Horng, Shih-Fu Hsieh, Ming-Chuan Lin, Yi-Wei Chang, Kun-Chang Lee, Huey-Wen Liang
Journal of Hand Therapy, November 2014, 27(4), Pages 317-324

A novel way of treating mallet finger injuries
Dershnee Devan
Journal of Hand Therapy, November 2014, 27(4), Pages 325-329

Dynamic hinged orthosis following a surgical reattachment and therapy protocol of a distal triceps tendon avulsion
Marisol Monasterio, Kathleen A. Longsworth, Steven Viegas
Journal of Hand Therapy, November 2014, 27(4), Pages 330-334

Sup-ER orthosis: An innovative treatment for infants with birth related brachial plexus injury
Kim M. Durlacher, Doria Bellows, Cynthia Verchere
Journal of Hand Therapy, November 2014, 27(4), Pages 335-340

Association of Early Ambulation With Length of Stay and Costs in Total Knee Arthroplasty: Retrospective Cohort Study
Yong-Hao Pua, PhD; Peck-Hoon Ong, BAppSc (Physiotherapy), MPH

Gait Training with a Robotic Leg Brace After Stroke: A Randomized Controlled Pilot Study
Joel Stein, MD; Lauri Bishop, DPT; Daniel J. Stein, MD, MPH; Christopher Kevin Wong, PT, PhD
Efficacy of Addition of Transcutaneous Electrical Nerve Stimulation to Standardized Physical Therapy in Subacute Spinal Spasticity: A Randomized Controlled Trial
Win Min Oo
Archives of Physical Medicine and Rehabilitation, November 2014, 95(11), p2013–2020

English Cross-Cultural Translation and Validation of the Neuromuscular Score: A System for Motor Function Classification in Patients With Neuromuscular Diseases
Carole Vuillerot, Katherine G. Meilleur, Minal Jain, Melissa Waite, Tianxia Wu, Melody Linton, Jahannaz Datsgir, Sandra Donkervoort, Meganne E. Leach, Anne Rutkowski, Pascal Rippert, Christine Payan, Jean Iwaz, Dalil Hamroun, Carole Bérard, Isabelle Poirot, Carsten G. Bönnemann
Archives of Physical Medicine and Rehabilitation, November 2014, 95(11), p2064–2070.e1

Changes in Gross Motor Function and Health-Related Quality of Life in Adults With Cerebral Palsy: An 8-Year Follow-Up Study
Koyo Usuba, Bruce Oddson, Alain Gauthier, Nancy L. Young
Archives of Physical Medicine and Rehabilitation, November 2014, 95(11), p2071–2077.e1

Effects of an Anterior Ankle-Foot Orthosis on Walking Mobility in Stroke Patients: Get Up and Go and Stair Walking
Chiung-Ling Chen, Ya-Ling Teng, Shu-Zon Lou, Hsin-Yi Chang, Fen-Fen Chen, Kwok-Tak Yeung
Archives of Physical Medicine and Rehabilitation, November 2014, 95(11), p2167–2171

Survey of Current Physiotherapy Practice for Patients Undergoing Lumbar Spinal Fusion in the United Kingdom
Rushton, A.; Wright, C.; Heap, A.; White, L.; Eveleigh, G.; Heneghan, N.

Rehabilitation Therapies After Botulinum Toxin-A Injection to Manage Limb Spasticity: A Systematic Review
Bianca Z. Kinnear, Natasha A. Lannin, Anne Cusick, Lisa A. Harvey, and Barry Rawicki
PHYS THER November 2014 94:1569-1581
Abstract

The Dose-Response Relationship Between Cumulative Lifting Load and Lumbar Disk Degeneration Based on Magnetic Resonance Imaging Findings
Yu-Ju Hung, Tiffany T-F. Shih, Bang-Bin Chen, Yaw-Huei Hwang, Li-Ping Ma, Wen-Chuan Huang, Saou-Hsing Liou, Ing-Kang Ho, and Yue L. Guo
PHYS THER November 2014 94:1582-1593
Abstract

Coin Rotation Task: A Valid Test for Manual Dexterity in Multiple Sclerosis
Mirjam R. Heldner, Tim Vanbellingen, Stephan Bohilhalter, Heinrich P. Mattle, René M. Műri, and Christian P. Kamm
PHYS THER November 2014 94:1644-1651
Abstract

Health care use of patients with osteoarthritis of the hip or knee after implementation of a stepped-care strategy: an observational study.

Exercise training in adults with CKD: a systematic review and meta-analysis.
Heiwe S, Jacobson SH.
Participation in daily life activities and its relationship to strength and functional measures in boys with Duchenne muscular dystrophy
Roxanna M. Bendixen, Donovan J. Lott, Claudia Senesac, Sunita Mathur, and Krista Vandenborne

Summary

Evertor muscle activity as a predictor of the mid-term outcome following treatment of the idiopathic and non-idiopathic clubfoot.
Gelfer Y, Dunkley M, Jackson D, Armstrong J, Rafter C, Parnell E, Eastwood DM.

Adverse events after manual therapy among patients seeking care for neck and/or back pain: a randomized controlled trial.
Paanalahti K, Holm LW, Nordin M, Asker M, Lyander J, Skillgate E.
Free PMC Article

Efficacy of a physiotherapy rehabilitation program for individuals undergoing arthroscopic management of femoroacetabular impingement - the FAIR trial: a randomised controlled trial protocol.
Bennell KL, O'Donnell JM, Takla A, Spiers LN, Hunter DJ, Staples M, Hinman RS.
Free PMC Article

Paediatrics

Effect of Postural Balance Training on Gait Parameters in Children with Cerebral Palsy
Ehab Mohamed Abd El-Kafy, PhD; Heba M. Youssr M. El-Basatiny, PhD

Physiotherapy Practice

Physiotherapy students' self-reported assessment of professional behaviours and skills while working with young people with disability
Nora Shields and Nicholas F. Taylor
Summary

Self-management interventions for chronic disease: a systematic scoping review
Julie Richardson, Adalberto Loyola-Sanchez, Susanne Sinclair, Jocelyn Harris, Lori Letts, Norma J MacIntyre, Seanne Wilkins, Gabriela Burgos-Martinez, Laurie Wishart, Cathy McBey, and Kathleen Martin Ginis
Clin Rehabil November 2014 28: 1067-1077
Abstract

Outcomes With Individual Versus Group Physical Therapy for Treating Urinary Incontinence and Low Back Pain: A Systematic Review and Meta-Analysis of Randomized Controlled Trials
Belinda Robertson, Katherine E. Harding
Archives of Physical Medicine and Rehabilitation, November 2014, 95(11), p2187–2198

Introduction to the GRADE Approach for Guideline Development: Considerations for Physical Therapist Practice
Tricia M. Austin, Randy R. Richter, and Chris A. Sebelski
PHYS THER November 2014 94:1652-1659
Abstract
Respiratory

The effects of a physiotherapy programme on patients with a pleural effusion: a randomized controlled trial
G Valenza-Demet, MC Valenza, I Cabrera-Martos, I Torres-Sánchez, and F Revelles-Moyano
 Clin Rehabil November 2014 28: 1087-1095
 Abstract

The effects of elastic tubing-based resistance training compared with conventional resistance training in patients with moderate chronic obstructive pulmonary disease: a randomized clinical trial
Ercy Mara Cipulo Ramos, Alessandra Choqueta de Toledo-Arruda, Luciana Cristina Fosco, Rafaela Bonfim, Giovana Navarro Bertolini, Flavia Alessandra Guarnier, Rubens Cecchini, Carlos Marcelo Pastre, Daniel Langer, Rik Gosselink, and Dionei Ramos
 Clin Rehabil November 2014 28: 1096-1106
 Abstract

Standardizing the analysis of physical activity in patients with COPD following a pulmonary rehabilitation program.
 Free PMC Article

Pulmonary rehabilitation.
Spruit MA.
 Free Article

Sports Medicine

Ergometer training volume and previous injury predict back pain in rowing; strategies for injury prevention and rehabilitation
Fiona Wilson, Conor Gissane, Alison McGregor
[Abstract]

Fifty-five per cent return to competitive sport following anterior cruciate ligament reconstruction surgery: an updated systematic review and meta-analysis including aspects of physical functioning and contextual factors
Clare L Ardern, Nicholas F Taylor, Julian A Feller, Kate E Webster
Br J Sports Med 2014;48:1543-1552
[Abstract][Full text][PDF][Supplementary Data][Request permissions]

PEDro systematic review update
Health benefits of Nordic walking; a systematic review
Stephanie Mathieson, Chung-Wei Christine Lin
[Extract]

Anterior Cruciate Ligament Tears in Children and Adolescents: A Meta-analysis of Nonoperative Versus Operative Treatment
David E. Ramski, Wajdi W. Kanj, Corinna C. Franklin, Keith D. Baldwin, and Theodore J. Ganley
Abstract
A Comparison Study of KOOS-PS and KOOS Function and Sport Scores
Paul W. Stratford and Deborah M. Kennedy
PHYS THER November 2014 94:1614-1621

Abstract

Women’s Health

Nonsurgical management of urinary incontinence in women: a clinical practice guideline from the American College of Physicians.
Qaseem A, Dallas P, Forciea MA, Starkey M, Denberg TD, Shekelle P; Clinical Guidelines Committee of the American College of Physicians.

News items

From CSP News:
• 20 November 2014 - 11:00am
Nottinghamshire NHS trust’s Workout@Work puts ‘oomph’ into workplace
Staff at Nottinghamshire healthcare NHS trust were so invigorated by a pilot workplace exercise programme that the initiative is now set to become a permanent fixture.

• 19 November 2014 - 9:55am
30 physios become British Lung Foundation ‘professionals’
More than 30 physiotherapists have signed up to the British Lung Foundation’s (BLF) ‘professionals’ scheme after reading a Frontline report about the initiative.

• 19 November 2014 - 7:00am
Audit highlights more specialist respiratory physiotherapists needed for patients with COPD
Responding to a new audit entitled ‘COPD: Who Cares?’ which is published by the Royal College of Physicians today, Professor Karen Middleton, chief executive of the Chartered Society of Physiotherapy (CSP) said:

• 18 November 2014 - 9:48am
Vote fails to unite occupational medicine therapists
Doctors and therapists working in occupational health have voted against a merger that would have created a ‘single voice’ for occupational medicine in the UK.

• 17 November 2014 - 4:03pm
CSP Awards 2014: Royal Free London physio combats staff sickness absence
A Barking physiotherapist has received a prestigious national award for promoting activity and healthy lifestyle in his workplace.

• 17 November 2014 - 4:02pm
CSP Awards 2014: Plumstead physio leads UK-first prison treatment
A London physiotherapist who introduced the first pulmonary rehabilitation (PR) service at a UK prison has received a prestigious national award for her work.

• 17 November 2014 - 4:01pm
CSP Awards 2014: Newcastle physio saves NHS thousands with pilot programme
A Newcastle physiotherapist has received a prestigious national award for her outstanding leadership work.

• 17 November 2014 - 4:00pm
CSP Awards 2014: Bromsgrove physio pioneers stroke carer education
A Bromsgrove physiotherapist has received a prestigious national award for his work developing the first formal qualifications for stroke carers.
• 17 November 2014 - 2:47pm
**Patients first**
The CSP’s falls prevention economic model will be presented at a keynote conference titled Empowering allied health professionals in London on 9 December.

• 13 November 2014 - 1:07pm
**Bury physios make I will if you will exercise pledge**
Thirty physiotherapists at Pennine Acute Hospitals NHS trust are signposting patients to I will if you will, Bury Council’s campaign to encourage the town’s women and girls to get fit.

• 13 November 2014 - 10:51am
**Audit shows 99% of patients get physiotherapy within 24 hours of having a stroke**
Physiotherapists in England, Wales and Northern Ireland are assessing 99 per cent of patients who have had a stroke within a day of their hospital admission.

• 13 November 2014 - 9:50am
**NHS digital plan requires physios to ‘step outside their comfort zone’**
A radical plan to harness digital technology to improve the NHS has been welcomed by the CSP as an opportunity for physio staff.

• 12 November 2014 - 1:55pm
**Northern Ireland physios welcome revised standards for respiratory care**
Physiotherapy staff in Northern Ireland have welcomed a revised framework intended to improve outcomes for people with respiratory conditions.

• 12 November 2014 - 1:48pm
**Cornwall curbs MSK self-referral amid costs fears**
NHS Kernow, the clinical commissioning group (CCG) for Cornwall and the Isles of Scilly, has ended self-referral for low back and neck pain.

• 12 November 2014 - 12:01am
**More care closer to home the key to cost savings, say physios**
As a new National Audit of Intermediate Care (NAIC) estimates support services for frail older people who have left hospital, or are at risk of being admitted, need to double to meet demand, the Chartered Society of Physiotherapy (CSP) is calling on commissioners to better utilise the expertise of physiotherapists and other health professionals skilled in keeping patients out of hospital and slashing NHS costs.

• 11 November 2014 - 3:37pm
**CSP reminds members of NHS promise to the armed forces**
On Armistice Day the CSP is reminding physiotherapy staff about the promise made by the NHS to serving and retired members of the armed forces.

• 11 November 2014 - 12:00pm
**Physio student uses analytical skills to win prestigious prize**
A physiotherapy student has triumphed over nurses, midwives and other healthcare students to win first prize in a competition to critically analyse clinical research.

• 10 November 2014 - 4:19pm
**Physios to use telehealth at Guy’s and St Thomas’ NHS trust’s new respiratory centre**
Clinicians at the new Remeo respiratory centre at East Surrey hospital in Redhill will use state-of-the-art technologies to treat patients, respiratory physiotherapist Ruth Kent told *Frontline*.

• 7 November 2014 - 2:57pm
**Option grids are 'all about patient engagement', says consultant physio**
Physios can help to develop innovative tools that will engage patients in decision-making, according to consultant physiotherapist Rob Stenner.
CSP campaign inspires Aintree University Hospitals trust in Liverpool to showcase services for older people
UK Older People’s Day may be over for another year, but one hospital is keen to keep promoting the event’s ‘full of life’ message.

Physios urged to contribute to NICE consultation on quality standard for falls
The National Institute for Health and Care Excellence (NICE) wants physiotherapists to contribute to its draft quality standard for falls in older people.

CSP responds to workplace health statistics
New statistics on work-related injury and illness from the Health and Safety Executive show the need for a 'renewed focus' on employee health, says the Chartered Society of Physiotherapy.

Hippotherapy helps six-year-old to RDA ‘most improved rider’ award
Jenny Collings, hippotherapy physiotherapist at the Wilton Riding for the Disabled Association (RDA) group, said she is delighted that one of its young members is the association’s ‘most improved rider of the year’.

Promote daily exercise to end ‘epidemic’ of inactivity, say CSP and Public Health England
Physiotherapists can help to combat a physical inactivity epidemic that is responsible for one in six deaths in England and costs the country some £7.4 billion a year, says the CSP.

CSP professional network launches briefing on physio treatment of hip fracture
The CSP has launched Physiotherapy works: hip fracture, an evidence-based briefing about the prevention and management of hip fracture.

Physios are key to prevention, reablement and holistic care, says Paul Burstow MP
Physiotherapists have a significant but under-recognised role in enabling the health service to meet the challenges of the 21st century, a conference on the future of the NHS heard.

NHS 24 pilot scheme shows physios can handle most MSK problems by phone
Three people in four who called NHS 24 with musculoskeletal (MSK) problems and spoke to physiotherapists did not need an onward referral, according to Scotland’s national telehealth provider.

BME staff are more likely to face bullying
Staff working in the NHS who have black and minority ethnic backgrounds are more likely than their white counterparts to be bullied or disciplined.

Conferences

Physiotherapy UK 2014
Read and watch some highlights from this year’s conference

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