Guidelines and Guidance

No new guidelines this month.

Journal articles

Cardiovascular

Exercise and competitive sports in patients with an implantable cardioverter-defibrillator
Hein Heidbuchel and Francois Carré
Eur Heart J 2014 35: 3097-3102
[Abstract]

Marathon run: cardiovascular adaptation and cardiovascular risk
Hans-Georg Predel
Eur Heart J 2014 35: 3091-3096
[Abstract]

High aerobic fitness in late adolescence is associated with a reduced risk of myocardial infarction later in life: a nationwide cohort study in men
Gabriel Högström, Anna Nordström, and Peter Nordström
Eur Heart J 2014 35: 3133-3140
[Abstract]

Chronic Pain

Effectiveness of Exercise Therapy in Treatment of Patients With Patellofemoral Pain Syndrome:
Systematic Review and Meta-Analysis
Ron Clijisen, Janine Fuchs, and Jan Taeymans
PHYS THER December 2014 94:1697-1708
Abstract

Diabetes

Effects of Moderate- Versus High-Intensity Exercise Training on Physical Fitness and Physical Function in People With Type 2 Diabetes: A Randomized Clinical Trial
Gerontology

Fear of falling during activities of daily living after total hip arthroplasty in Japanese women: a cross-sectional study
K. Nagai, H. Ikutomo, M. Yamada, T. Tsuboyama, K. Masuhara
Physiotherapy, December 2014, 100(4), p325–330

Task-specific balance training improves self-assessed function in community-dwelling older adults with balance deficits and fear of falling: a randomized controlled trial
Kirsti Skavberg Roaldsen, Alexandra Halvarsson, Theres Sahlström, and Agneta Ståhle
Clin Rehabil December 2014 28: 1189-1197

Neurology/Stroke

Comparing the effects of hydrotherapy and land-based therapy on balance in patients with Parkinson’s disease: a randomized controlled pilot study
Daniele Volpe, Maria Giulia Giantin, Roberto Maestri, and Giuseppe Frazzitta
Clin Rehabil December 2014 28: 1210-1217

The Stroke Assessment of Fall Risk (SAFR): predictive validity in inpatient stroke rehabilitation
Terry P Breisinger, Elizabeth R Skidmore, Christian Niyonkuru, Lauren Terhorst, and Grace B Campbell
Clin Rehabil December 2014 28: 1218-1224

Effect of Extracorporeal Shock Wave Therapy on Gait Pattern in Hemiplegic Cerebral Palsy: A Randomized Controlled Trial
Shamekh Mohamed El-Shamy, PhD; Mohamed Ahmed Eid, PhD; Mohamed Fawzy El-Banna, PhD
American Journal of Physical Medicine & Rehabilitation, December 2014, Volume 93 Issue 12, 1065-1072

Determinants influencing the implementation of home-based stroke rehabilitation: a systematic review
Petra Siemonsma, Carola Döpp, Laurence Alpay, Erwin Tak, Nico van Meeteren, and Astrid Chorus

Impaired Reactive Stepping Among Patients Ready for Discharge From Inpatient Stroke Rehabilitation
Elizabeth L. Inness, Avril Mansfield, Bimal Lakhani, Mark Bayley, and William E. McIlroy
PHYS THER December 2014 94:1755-1764

Integrating Aerobic Training Within Subacute Stroke Rehabilitation: A Feasibility Study
Louis Biasin, Michael D. Sage, Karen Brunton, Julia Fraser, Jo-Anne Howe, Mark Bayley, Dina Brooks, William E. McIlroy, Avril Mansfield, and Elizabeth L. Inness
PHYS THER December 2014 94:1796-1806
Orthopaedics/ Musculoskeletal

**The clinical utility of cervical range of motion in diagnosis, prognosis, and evaluating the effects of manipulation: a systematic review**
Suzanne J. Snodgrass, Joshua A. Cleland, Robin Haskins, Darren A. Rivett
Physiotherapy, December 2014, 100(4), p290–304

**Enhanced education and physiotherapy before knee replacement; is it worth it? A systematic review**
Physiotherapy, December 2014, 100(4), p305–312

**Patients with musculoskeletal conditions do less vigorous physical activity and have poorer physical fitness than population controls: a cross-sectional study**
T. Moseng, A.T. Tveter, I. Holm, H. Dagfinrud
Physiotherapy, December 2014, 100(4), p319–324

**Movement and pain patterns in early stage primary/idiopathic adhesive capsulitis: a factor analysis**
Sarah Walmsley, Peter G. Osmotherly, Darren A. Rivett
Physiotherapy, December 2014, 100(4), p336–343

**Effect of Tilt and Recline on Ischial and Coccygeal Interface Pressures in People with Spinal Cord Injury**
Yanni Chen, MD; Jue Wang, PhD; Chi-Wen Lung, PhD; Tim D. Yang, BS; Barbara A. Crane, PT, PhD; Yih-Kuen Jan, PT, PhD
American Journal of Physical Medicine & Rehabilitation, December 2014, Volume 93 Issue 12, 1019-1030

A pre-operative group rehabilitation programme provided limited benefit for people with severe hip and knee osteoarthritis
Jason A. Wallis, Kate E. Webster, Pazit Levinger, Cynthia Fong, and Nicholas F. Taylor
Summary

**Pelvic-Floor Muscle Rehabilitation in Erectile Dysfunction and Premature Ejaculation**
Pierre Lavoisier, Pascal Roy, Emmanuelle Dantony, Antoine Watrelot, Jean Ruggeri, and Sébastien Dumoulin
PHYS THER December 2014 94:1731-1743
Abstract

**Influence of Fear-Avoidance Beliefs on Disability in Patients With Subacromial Shoulder Pain in Primary Care: A Secondary Analysis**
Thilo O. Kromer, Judith M. Sieben, Rob A. de Bie, and Caroline H.G. Bastiaenen
PHYS THER December 2014 94:1775-1784
Abstract

**Extended report: Exercise therapy may postpone total hip replacement surgery in patients with hip osteoarthritis: a long-term follow-up of a randomised trial**
Ida Svege, Lars Nordsletten, Linda Fernandes, May Arna Risberg
Ann Rheum Dis 2015;74:164-169
[Abstract][Full text][PDF][Request permissions]

**The applicability of four clinical methods to evaluate arm and hand function in all stages of spinal muscular atrophy type II**
Ulla Werlauff and Birgit Fynbo Steffensen
Summary
Defining the principles of musculoskeletal disability and rehabilitation
Reuben Escorpizo
Best Practice & Research Clinical Rheumatology, Volume 28, Issue 3, June 2014 Pages 367-375

Musculoskeletal health, frailty and functional decline
R. Milte, M. Crotty
Best Practice & Research Clinical Rheumatology, Volume 28, Issue 3, June 2014 Pages 395-410

Determinants of MSK health and disability: Lifestyle determinants of symptomatic osteoarthritis
Marlene Fransen, Milena Simic, Alison R. Harmer
Best Practice & Research Clinical Rheumatology, Volume 28, Issue 3, June 2014 Pages 435-460

Lifestyle modifications to improve musculoskeletal and bone health and reduce disability – A life-course approach
Graeme Jones, Tania M. Winzenberg, Michele L. Callisaya, Laura L. Laslett
Best Practice & Research Clinical Rheumatology, Volume 28, Issue 3, June 2014 Pages 461-478

Moving from evidence to practice: Models of care for the prevention and management of musculoskeletal conditions
Robyn Speerin, Helen Slater, Linda Li, Karina Moore, Madelynn Chan, Karsten Dreinhöfer, Peter R. Ebeling, Simon Willcock, Andrew M. Briggs
Best Practice & Research Clinical Rheumatology, Volume 28, Issue 3, June 2014 Pages 479-515

A public health approach to musculoskeletal health
P.M. Clark, B.M. Ellis
Best Practice & Research Clinical Rheumatology, Volume 28, Issue 3, June 2014 Pages 517-532

Patients’ view on health-related aspects of functioning and disability of joint contractures: a qualitative interview study based on the International Classification of Functioning, Disability and Health (ICF)
Uli Fischer, Gabriele Bartoszek, Martin Müller, Ralf Strobl, Gabriele Meyer, and Eva Grill
Summary

Assessment of postural stabilization in three task oriented movements in people with multiple sclerosis
Davide Cattaneo, Marco Rabuffetti, Gabriele Bovi, Elisabetta Mevio, Johanna Jonsdottir, and Maurizio Ferrarin
Summary

Paediatrics

Normative data for hand grip strength in healthy children measured with a bulb dynamometer: a cross-sectional study
Mariana Angélica de Souza, Cyntia Rogean de Jesus Alves de Baptista, Michele Mataruco Baranauskas Benedicto, Tatiana Maciel Pizzato, Ana Cláudia Mattiello-Sverzut
Physiotherapy, December 2014, 100(4), p313–318

“Strong and steady”: a community-based strength and balance exercise group for children with cerebral palsy
Megan Louise Auld and Leanne Marie Johnston
Summary

Do Maternal Interactive Behaviors Correlate With Developmental Outcomes and Mastery Motivation in Toddlers With and Without Motor Delay?
Pei-Jung Wang, George A. Morgan, Ai-Wen Hwang, Li-Chiou Chen, and Hua-Fang Liao
Walking activity of children with cerebral palsy and children developing typically: a comparison between the Netherlands and the United States

Musculoskeletal triage: a mixed methods study, integrating systematic review with expert and patient perspectives
Physiotherapy, December 2014, 100(4), p277–289

Exploring the experiences of novice clinical instructors in physical therapy clinical education: a phenomenological study
Physiotherapy, December 2014, 100(4), p349–355

General practitioners’ attitude to sport and exercise medicine services: a questionnaire-based survey
H Kassam, V Tzortziou Brown, P O’Halloran, P Wheeler, J Fairclough, N Maffulli, D Morrissey

An Overview of 5 Years of Patient Self-Referral for Physical Therapy in the Netherlands
Ilse C.S. Swinkels, Margit K. Kooijman, Peter M. Spreeuwenberg, Daniël Bossen, Chantal J. Leemrijse, Christel E. van Dijk, Robert Verheij, Dinny H. de Bakker, and Cindy Veenhof
PHYS THER December 2014 94:1785-1795

Lost in translation: exploring therapists’ experiences of providing stroke rehabilitation across a language barrier
Elizabeth Taylor and Fiona Jones

The PROactive innovative conceptual framework on physical activity
Fabienne Dobbels, Corina de Jong, Ellen Drost, et al., and the PROactive consortium
Eur Respir J 2014 44:1223-1233 OPEN ACCESS ARTICLE
http://erj.ersjournals.com/content/44/5/1223.abstract

Resistive Inspiratory Muscle Training in People With Spinal Cord Injury During Inpatient Rehabilitation: A Randomized Controlled Trial
Karin Postma, Janneke A. Haisma, Maria T.E. Hopman, Michael P. Bergen, Henk J. Stam, and Johannes B. Bussmann
PHYS THER December 2014 94:1709-1719
Sports Medicine

Exercise and competitive sports in patients with an implantable cardioverter-defibrillator
Hein Heidbuchel and Francois Carré
Eur Heart J 2014 35: 3097-3102
[Abstract]

Marathon run: cardiovascular adaptation and cardiovascular risk
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High aerobic fitness in late adolescence is associated with a reduced risk of myocardial infarction later in life: a nationwide cohort study in men
Gabriel Högström, Anna Nordström, and Peter Nordström
Eur Heart J 2014 35: 3133-3140
[Abstract]

Development and validation of a questionnaire (FASH—Functional Assessment Scale for Acute Hamstring Injuries): to measure the severity and impact of symptoms on function and sports ability in patients with acute hamstring injuries
Nikos Malliaropoulos, Vasileios Korakakis, Dimitris Christodoulou, Nat Padhier, Debasish Pyne, Giannis Giakas, Tanja Nauck, Peter Malliaras, Heinz Lohrer
[Abstract]

The impact of psychological readiness to return to sport and recreational activities after anterior cruciate ligament reconstruction
Clare L Ardern, Annika Österberg, Sofi Tagesson, Håkan Gauffin, Kate E Webster, Joanna Kvist
[Abstract][Full text][PDF][Supplementary Data][Request permissions]

The Exercise is Medicine Global Health Initiative: a 2014 update
Felipe Lobelo, Mark Stoutenberg, Adrian Hutber
[Abstract]

The Multiligament Quality of Life Questionnaire: Development and Evaluation of Test-Retest Reliability and Validity in Patients With Multiligament Knee Injuries
Jaskarndip Chahal, Daniel B. Whelan, Susan B. Jaglal, Peter Smith, Peter B. MacDonald, Bruce A. Levy, and Aileen M. Davis
Abstract

Knee Contact Force Asymmetries in Patients Who Failed Return-to-Sport Readiness Criteria 6 Months After Anterior Cruciate Ligament Reconstruction
Emily S. Gardinier, Stephanie Di Stasi, Kurt Manal, Thomas S. Buchanan, and Lynn Snyder-Mackler
Abstract

Squatting Mechanics in People With and Without Anterior Cruciate Ligament Reconstruction: The Influence of Graft Type
David R. Bell, Stephanie M. Kulow, Mikel R. Stiffler, and Mason D. Smith
Abstract
Women’s Health

Clinical Review
Managing perineal trauma after childbirth
Sara Webb, Margaret Sherburn, Khaled M K Ismail
BMJ 2014;349:g6829
http://www.bmj.com/content/349/bmj.g6829?etoc=

Inter-rectus distance in postpartum women can be reduced by isometric contraction of the abdominal muscles: a preliminary case-control study
A.G. Pascoal, S. Dionisio, F. Cordeiro, P. Mota
Physiotherapy, December 2014, 100(4), p344–348

Perceived Exercise Barriers Explain Exercise Participation in Australian Women Treated for Breast Cancer Better Than Perceived Exercise Benefits
Sheridan A. Gho, Bridget J. Munro, Sandra C. Jones, and Julie R. Steele
PHYS THER December 2014 94:1765-1774
Abstract

News items

- 17 December 2014 - 12:55pm
Northern Ireland ‘cancels’ self-referral to physiotherapy
Tom Sullivan has said the physiotherapy profession in Northern Ireland is ‘shocked and dismayed’ at a decision not to go ahead with a self-referral pilot.

- 16 December 2014 - 4:46pm
Physiotherapy Works A&E: latest briefing a trigger to raising the profile of the profession
Physiotherapy works extremely well in A&E. It reduces delays and inefficiencies, prevents unnecessary admissions and enables the timely discharge of patients.

- 12 December 2014 - 3:48pm
Exergames measure patients’ fear of falling
A team in Manchester has developed computer games to prevent falls in older people and provide patient data for clinicians.

- 12 December 2014 - 9:49am
Legs4Africa to ship prosthetic legs to Gambia
Legs4Africa has collected more than 1,000 prosthetic legs which the charity is sending to the Royal Victoria teaching hospital in Banjul, the capital of Gambia.

- 12 December 2014 - 9:30am
AHP conference: Good intermediate care needs multi-disciplinary teams, King’s Fund event hears
Patients who receive intermediate care from a broad range of clinicians in a multi-disciplinary team make a better recovery, a King’s Fund’s conference for allied health professions heard.

- 12 December 2014 - 9:30am
AHP conference: Tweet your achievements and apply for awards, physios hear
Social media, awards and local communications teams are key to promoting good practice, according to Linda Hindle, lead allied health professional (AHP) at Public Health England.

- 12 December 2014 - 9:25am
AHP conference: Suzanne Rastrick says AHPs are ideally placed to lead and deliver new models of care
Allied health professionals are ‘self-starters’ who are ideally placed to embrace the changes presented in NHS England’s Five year forward view, said Suzanne Rastrick.
• 11 December 2014 - 12:10pm
**National award for therapy service redesign**
A physiotherapy-led service redesign that means patients can be discharged sooner to receive seamless therapy in their homes has been recognised with a national award.

• 9 December 2014 - 10:00am
**CSP Scotland conference: A physio-led neonatal hip screening service is reducing life-long disability**
A physiotherapy-led neonatal hip screening service is improving outcomes for babies and for the NHS.

• 9 December 2014 - 9:28am
**CSP Scotland conference: Physio develops telehealth device for home-based pulmonary rehab**
A physiotherapy-led telehealth project to deliver pulmonary rehabilitation to people in their own homes is to be extended after a successful pilot.

• 8 December 2014 - 4:31pm
**CSP Scotland conference: Physios must be at the heart of reform**
Physiotherapists have been urged to seize the opportunity to put themselves at the heart of health and social care reforms.

• 8 December 2014 - 4:21pm
**CSP Scotland conference: Hippotherapy partnership proves cost-effective solution**
A partnership approach to physiotherapy on horseback is paying off for children in Lothian.

• 8 December 2014 - 3:39pm
**CSP mental health worker welcomes eating disorder plans**
The government’s plans to improve the treatment of young people with eating disorders have been welcomed by a physiotherapist who works closely with this patient group.

• 8 December 2014 - 3:29pm
**Prescribing qualification boosts physios’ practice**
Independent prescribing can help physiotherapists’ practice more than they might expect, a vestibular physio and one of the first to qualify as an independent prescriber has said.

• 4 December 2014 - 3:46pm
**Physios’ MSK pain audit raises questions**
An audit by an occupational health physiotherapist has questioned the conventional wisdom that the most common cause of musculoskeletal (MSK) pain among NHS staff is lower back pain.

• 4 December 2014 - 12:01pm
**Physio joins board of directors for new whiplash ‘watchdog’ and accreditation body**
A physiotherapist has been made a director of a new watchdog for whiplash insurance claims in England and Wales.

• 2 December 2014 - 10:51am
**West Yorkshire gains first specialist neuromuscular physio**
Specialised care is now available in West Yorkshire for people with conditions such as muscular dystrophy, after commissioners appointed the region’s first specialist neuromuscular physiotherapist.

• 2 December 2014 - 10:28am
**CSP hosts Dealing with Dyslexia Day**
One CSP member in 40 has reported having dyslexia, about 60 delegates attending a one-day event at the society’s headquarters in London heard last month.

• 28 November 2014 - 1:47pm
**Blackpool physio helps social enterprise to win award**
Physiotherapist Kayleigh Clitheroe designed an innovative ‘physiotherapy at home’ service, which led to her employer being named Lancashire’s social enterprise firm of the year.

- 27 November 2014 - 9:50am

**Weight loss surgery and exercise advice can tackle obesity and type 2 diabetes, says NICE**
Overweight people with type 2 diabetes should be offered weight loss surgery, along with a package of follow-up care that could include physiotherapy.

- 26 November 2014 - 10:52am

**iPads save 80 minutes for Swansea community physios**
An MS team based at Morriston hospital, Swansea, is saving a significant amount of time by using iPads for remote consultations with patients rather than travelling to see them in clinics.

- 25 November 2014 - 9:49am

**Third of NHS hospitals lack physiotherapy input into pre-op assessment of amputations**
Research has found that nearly 35 per cent of hospitals in England, Wales, Northern Ireland did not involve physiotherapists in pre-operative assessments of patients needing lower limb amputations.

- 24 November 2014 - 3:28pm

**Physios needed for pilot scheme to help practice educators gain reaccreditation**
More recruits are required for a pilot scheme that allows qualified practice educators to be reaccredited through their local university.

- 24 November 2014 - 3:11pm

**Scottish government highlights work of physio dementia champions**
The innovative work of two Scottish physios who are ‘dementia champions’ is featured in a report by Alzheimer Scotland and the Scottish government.

- 21 November 2014 - 9:21am

**NHS employers: healthy staff programmes need better evaluation**
NHS Employers says financial pressures are making it hard for the health service to run health programmes for staff, unless it has more evidence to show their value.

Evidence updates


Department of Health publications

**Guidance: Ebola: advice for allied health and social care professionals in community settings**
20 November, 2014
Guidance and advice for allied health and social care professionals who encounter patients with Ebola virus disease (EVD).
Guidance: Ebola: advice for allied health professionals in secondary care
20 November, 2014
Guidance and advice for allied health professionals in secondary healthcare settings who encounter patients with Ebola virus disease (EVD).

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