

PEDro Newsletter 2 December 2024

[View this email in your browser](#)



Welcome to the PEDro Newsletter for 2 December 2024

In this issue:

- Celebrating 25 years of PEDro
 - Hinman et al. (2024) summary
 - PEDro's World-Wide Journal Club
 - Support for PEDro
 - PEDro update
 - DiTA update
-



Celebrating 25 years of PEDro!

It was great to celebrate what PEDro has achieved since its launch in 1999, at the PEDro Asia West Pacific event.

Join us for an online event in the American, European and African regions.

[Americas: Tues 10 Dec, 4pm, EDT](#)

[Europe: Wed 12 Dec, 10am, GMT](#)

[Africa: Tues 17 Dec, 11am, CAT](#)

Telerehabilitation consultations with a physiotherapist for chronic knee pain are not inferior to traditional in-person care: PEDro Top 25 Trials spotlight

As part of PEDro's 25th anniversary, we identified the Top 5 trials published between July 2019 to August 2024. A trial by Hinman et al. (2024) found that telerehabilitation consultations were non-inferior to in-person consultations for pain and function in people with chronic knee pain consistent with osteoarthritis.

[Read more on PEDro.](#)

These 5 trials were combined with the PEDro Top 20 Trials from our 20th anniversary to form PEDro's Top 25 Trials. PEDro's Top 25 Trials are nominated by PEDro users and judged by a panel of international physiotherapy trialists. PEDro's Top 25 Trials are ground-

breaking trials that changed the way people are treated for a variety of conditions seen by physiotherapists and other healthcare professionals. Some of these trials set the stage for breakthroughs, some represent a paradigm shift, and all of them mark important milestones in the evolution of physiotherapy treatment.

TELEREHABILITATION CONSULTATIONS WITH A PHYSIOTHERAPIST FOR CHRONIC KNEE PAIN VS IN-PERSON CONSULTATIONS IN AUSTRALIA

The PEAK non-inferiority randomised controlled trial

Hinman R et al. *Lancet*. 2024; 403:1267-1278



WHAT DID THEY DO?

Study design: A multicentre randomised controlled non-inferiority trial.

Population: 394 adults with chronic knee pain (consistent with osteoarthritis) living in the community.

Intervention: Five **telerehabilitation consultations** over 3 months.

Comparator: Five **in-person consultations** over 3 months.

Both intervention and comparator groups received individualised home-based strengthening programme and physical activity plan prescribed by a physiotherapist, and osteoarthritis education.

Outcome: Change in pain and physical function from baseline to 3 months. Pain assessed using an 11-point NRS scale (0 no pain - 10 worst pain possible) of pain during walking over the previous week. Minimally important difference = 1.8 units. Function assessed using the Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC, Likert version 3.1) function subscale¹⁷ (0 no dysfunction - 68 maximum dysfunction). Minimally important difference = 6 units.

FINDINGS

At 3 months, telerehabilitation consultations were not different to in-person consultations for **pain** (mean difference: 0.16, 95% CI: -0.26 to 0.57) or **function** (mean difference: 1.65, 95% CI: -0.23 to 3.53).

Adverse events: Minor adverse events were similar between groups and included lower limb pain, swelling and stiffness. No major adverse events were reported.



PEDro score: 7/10 as patients, therapists and assessors were not blinded to the intervention.

Telerehabilitation consultations were non-inferior to in-person consultations for pain and function in people with chronic knee pain consistent with osteoarthritis

 pedro.org.au

 @PEDro_database

 @PEDro_database

 Physiotherapy Evidence Database

 Physiotherapy Evidence Database (PEDro)

 **PEDro**
Physiotherapy Evidence Database

Infographic prepared by Peter Stubbs, Lara Edbrooke and Courtney West

Hinman RS, et al. Telerehabilitation consultations with a physiotherapist for chronic knee pain are not inferior to traditional in-person care: the PEAK non-inferiority randomised controlled trial. *Lancet*. 2024; 403(10433):1267-78. DOI: 10.1016/S0140-6736(23)02630-2.

PEDro's World-Wide Journal Club on telerehabilitation consultations with a physiotherapist for chronic knee pain is now available

[Journal clubs are a great way to translate research into practice](#). The idea is for physiotherapists to use resources provided by PEDro as the basis for running a local journal club with their peers.

This PEDro World-Wide Journal Club is about one of [PEDro's Top 25 Trials](#) - telerehabilitation consultations with a physiotherapist for chronic knee pain vs in-person consultations in Australia. We will be discussing the randomised controlled trial by Hinman et al (2024). We encourage physiotherapists with an interest in neurology and neurotrauma physiotherapy to participate in a five-step process:

1. Invite your colleagues to be involved
 2. [Read the article Hinman R, et al. \(2024\)](#). "Telerehabilitation consultations with a physiotherapist for chronic knee pain are not inferior to traditional in-person care: the PEAK non-inferiority randomised controlled trial." *Lancet*. 2024; 403(10433):1267-78.
 3. [Watch \(or listen to\) the video summarising](#) telerehabilitation consultations with a physiotherapist for chronic knee pain.
 4. [Watch \(or listen to\) the video of the panel](#) discussing telerehabilitation consultations with a physiotherapist for chronic knee pain.
 5. Meet with your colleagues to have your own discussion about telerehabilitation consultations with a physiotherapist for chronic knee pain.
-



ENJOYING PEDro? BUY US A COFFEE!

Help PEDro Keep Delivering World-Class Physiotherapy Evidence!

For 25 years, PEDro has been the go-to resource for physiotherapists worldwide, offering free access to the latest research and evidence that improve patient outcomes. But with the growing volume of physiotherapy evidence, we need your support to continue providing this essential service.

You can make a difference by donating just \$5 - the price of a coffee - to help keep PEDro running strong! 🙌☕ Every dollar helps us update the database with the latest research and keep it free for all users.

Join us in supporting better physiotherapy for everyone. [Click here to donate today.](#) 🙏

[Access the full summary in the PEDro blog.](#)

PEDro update (4 November 2024)

PEDro contains 63,680 records. In the 2 December 2024 update you will find:

- 48,111 reports of randomised controlled trials (46,955 of these trials have confirmed ratings of methodological quality using the PEDro scale)
- 14,762 reports of systematic reviews, and
- 807 reports of evidence-based clinical practice guidelines.

For latest guidelines, reviews and trials in physiotherapy visit [Evidence in your inbox.](#)

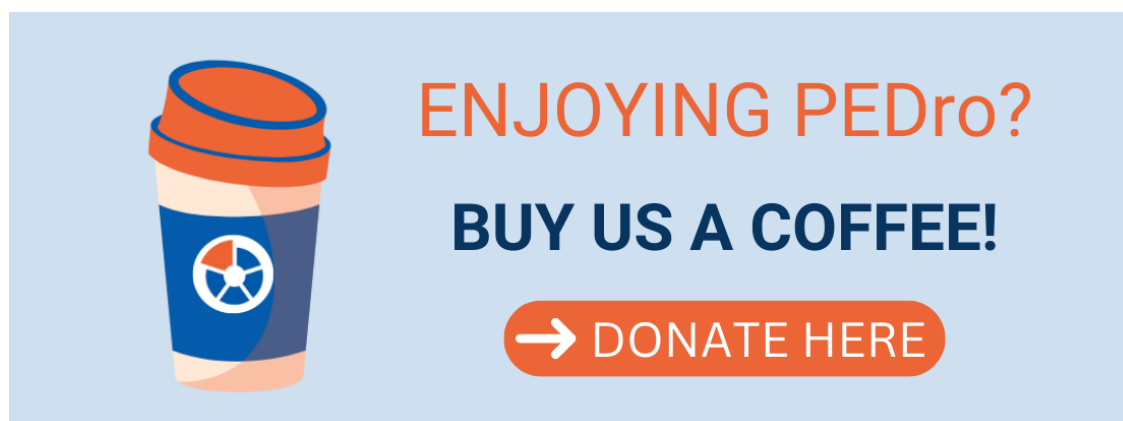
DiTA update (2 December 2024)

DiTA contains 2,499 records. In the 2 December 2024 update you will find:

- 2,215 reports of primary studies, and
- 284 reports of systematic reviews.

For the latest primary studies and systematic reviews evaluating diagnostic tests in physiotherapy visit [Evidence in your inbox](#).

Next PEDro and DiTA updates are on 3 February 2025.



Proudly supported by



Copyright © 2024 Physiotherapy Evidence Database (PEDro), All rights reserved.

You are receiving this email because you opted in at our website www.pedro.org.au

Our mailing address is:

Physiotherapy Evidence Database (PEDro)

PO Box M179

MISSENDEN ROAD, NSW 2050

Australia

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)