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Welcome to the PEDro Newsletter for 3 November 2025

Thank you to Lietuvos Kineziterapeutų Draugija who has renewed their partnership with PEDro for another year.

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Become a PEDro Representative: Expressions of Interest open

PEDro, the world's leading resource for physiotherapy evidence, is seeking PEDro Representatives to advocate for PEDro in their country, region, subdiscipline, or organisation.

Representatives play a critical role in raising awareness, supporting long-term sustainability, and engaging with national physiotherapy associations and other funders.

Applications close 11 January 2026.



- **Eligibility:** Senior clinicians, academics, or professional leaders with strong communication skills, advocacy skills and professional networks.
- **Benefits:** Contribute to global physiotherapy, gain recognition on the PEDro website, receive a PEDro Representative badge, and strengthen your CV with valuable leadership experience.
- **Apply now:** Submit a short proposal outlining your scope of representation, professional profile, promotional plans, and strategy for securing PEDro's sustainability.

[Learn more and apply here](#)

Big news for physios who love evidence-based practice!



Our newest sponsor, A.T. Still University, offers an online Post-Professional DPT program to help physios stay sharp, current, and confident in their clinical decisions.

[Explore the program here](#)

PEDro attends Australian Physiotherapy Association Scientific Conference 2025!

Our PEDro team had the pleasure of attending APASC25 last month! It was great to connect with physiotherapists from around Australia and share our PEDro resources at our stall and through a 'how to search PEDro' session.

The Australian Physiotherapy Association has been a strong supporter of PEDro since we began 26 years ago. Thank you for your continued support!



Systematic review found that training backward walking is as or more effective than forward walking training when improving walking speed after stroke.

- This systematic review aimed to estimate the effects of backward walking training compared to forward walking training on walking in people after stroke.
- Included studies were randomised controlled trials that evaluated the effectiveness of backward walking training only or backward walking training combined with forward walking training compared to forward walking training. Outcomes were walking speed (m/s), cadence (steps/min), and/or stride length (m). Trial quality was evaluated using the PEDro scale. Certainty of evidence was evaluated using the Grading of Recommendations Assessment, Development and Evaluation (GRADE) approach.
- 10 trials (247 participants) were included in the meta-analyses.
- Backward walking training compared to forward walking training improved walking speed (MD = 0.16 m/s, 95% CI 0.06 to 0.27, n = 156, 6 trials, I² = 0%, moderate quality evidence), but showed no effect on cadence (MD = 3 steps/min, 95% CI -2 to 6, n = 156, 6 trials, I² = 0%) or stride length (MD 0.03 m, 95% CI -0.02 to 0.09, n = 156, 6 trials, I² = 0%). When compared to forward walking only, backward walking training combined with forward walking training improved walking speed (MD = 0.03 m/s, 95% CI 0.01 to 0.04, n = 91, 4 trials, I² = 7%, low quality evidence), cadence (MD = 5 steps/min, 95% CI 1 to 10, I² = 4%, n = 75, 3 trials, low quality evidence), and stride length (MD = 0.04 meters, 95% CI -0.01 to 0.09, I² = 5%, n = 75, 3 trials, low quality evidence). The number of adverse events was not reported.
- Moderate quality evidence shows that backward walking training is as or more effective for improving walking speed than forward walking training only. The maintenance of this effect beyond the intervention period remains uncertain.

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

BACKWARD WALKING TRAINING IS AS EFFECTIVE AS OR BETTER THAN FORWARD WALKING TRAINING FOR IMPROVING WALKING SPEED AFTER STROKE

K. K. Menezes et al. *Topics in Stroke Rehabilitation*, 32:5, 531-543, DOI: 10.1080/10749357.2024.2420547

WHAT DID THEY DO?

Study design: Systematic review and meta-analysis of 10 randomised controlled trials.

Population: 247 adults (mean age 50-68 years). Mean time since stroke ranged 1 month to 7 years.

Intervention: Backward walking training (or combination backward & forward walking training), delivered overground or on treadmills. Training was progressed by increasing speed, distance, or adjusting manual assistance/bodyweight support. Sessions lasted 20-70 min, 3-6 times per week for 3-8 weeks.

Comparator: Forward walking training only

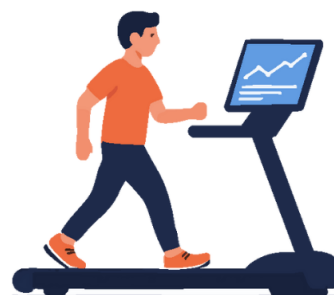
Outcome:

- Walking speed (metres/sec)
- Cadence (steps/min)
- Stride length (metres)



FINDINGS

- Training backward vs forward walking: ↑ walking speed (MD 0.16 m/s, 95% CI 0.06 to 0.27), but had no effect on cadence (MD 3 steps/min, 95% CI -2 to 6) or stride length (MD 0.03 m, 95% CI -0.02 to 0.09); n=156, 6 trials; moderate quality evidence.
- Training backward and forward vs forward only: ↑ speed (MD 0.03 m/s), cadence (MD 5 steps/min), stride length (MD 0.04 m); n=91, 4 trials; low quality evidence.
- Effect post-intervention: no effect on speed (MD 0.06), cadence (MD 3), or stride length (MD 0.04); n=54, 2 trials; low quality evidence.



Note: The mean PEDro score of the included studies was 6 (range 4-8). The number of adverse events was not reported.

Moderate quality evidence suggests that backward walking training is as effective as, or more effective than forward walking training alone for improving walking speed. It remains uncertain whether this effect is maintained after the intervention period.

Tune in to PEDroCast - bringing the evidence to you

In case you missed it, last month we released 4 new episodes on PEDroCast.

1. Exercise for falls prevention in community-dwelling people: trial summary
2. Exercise for falls prevention in community-dwelling older people: panel discussion
3. Finding time for evidence with Yvette Black
4. Evidence in practice with Kate Scrivener



[Listen now.](#)

World COPD Day - November 19, 2025

World COPD Day is organized by the [Global Initiative for Chronic Obstructive Lung Disease \(GOLD\)](#) in collaboration with health care professionals and COPD patient groups throughout the world. This year's theme is "Short of breath, think COPD".

COPD is one of the leading causes of death worldwide, yet it is often underdiagnosed or misdiagnosed.



The evidence is clear: earlier diagnosis and treatment leads to better outcomes - improved symptoms, lung function, and quality of life. Physiotherapists have a vital role in COPD management, including:

- Pulmonary rehabilitation

- Exercise prescription to improve strength and endurance
- Management techniques
- Supporting self-management and behaviour change

On this World COPD Day, let's raise awareness and ensure those with symptoms like persistent breathlessness, chronic cough, or frequent infections get assessed early.

[Stay on top of the latest evidence with PEDro.](#)

Thank you to our PEDro Association Partners!

Thank you to our Association Partner, Lietuvos Kineziterapeutų Draugija from Lithuania, who has just renewed their partnership with PEDro for another year. Thank you for your financial support!

You can also help keep PEDro running by making a donation.

[Donate to PEDro here](#)



PEDro update (3 November 2025)

PEDro contains 66,595 records. In this update you will find:

- 49,722 reports of randomised controlled trials (48,737 of these trials have confirmed ratings of methodological quality using the PEDro scale)
- 16,037 reports of systematic reviews, and
- 836 reports of evidence-based clinical practice guidelines.

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

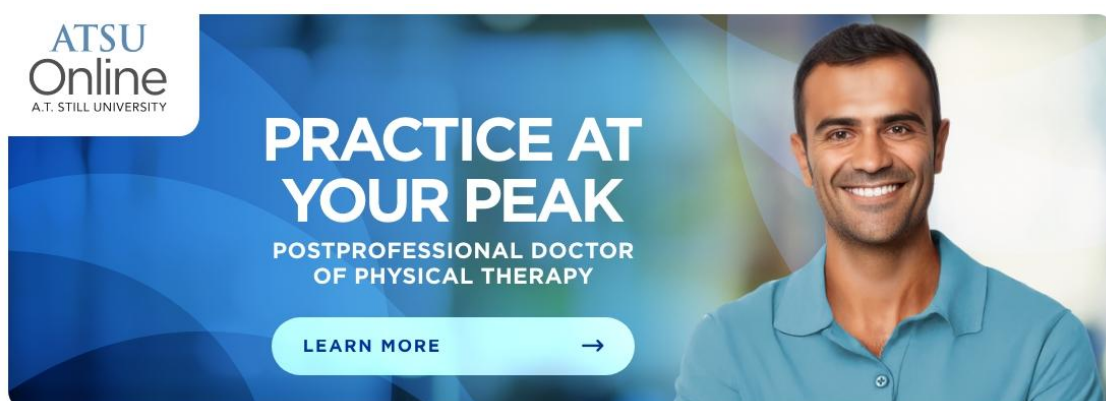
DiTA update (3 November 2025)

DiTA contains 2,546 records. In this update you will find:

- 2,251 reports of primary studies, and
- 295 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 1 December 2025.



This newsletter is proudly brought to you by the Australian Physiotherapy Association, NeuRA and the Institute for Musculoskeletal Health.



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