

PEDro Newsletter 6 October 2025

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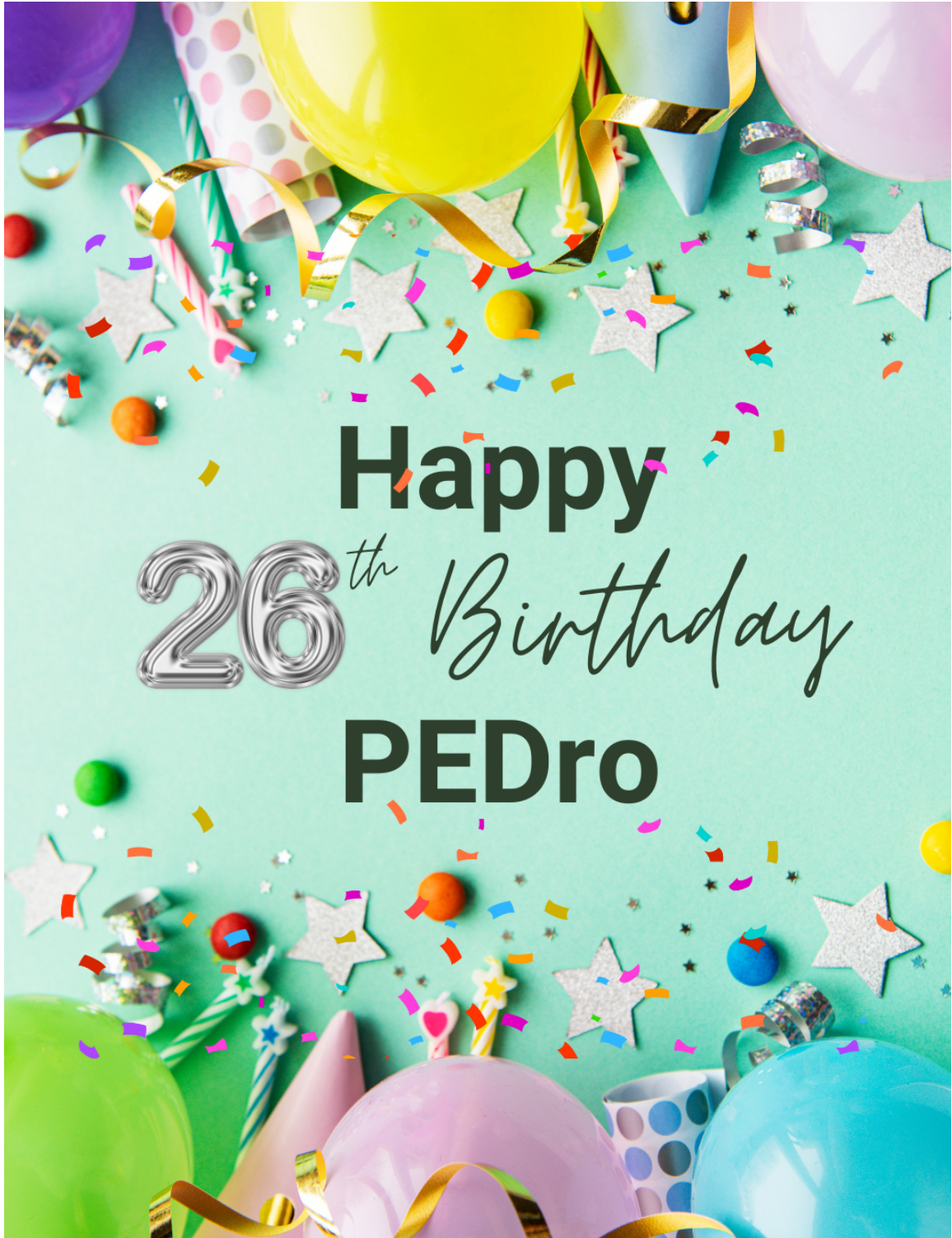
Welcome to the PEDro Newsletter for 6 October 2025

Thank you to Suomen Fysioterapeutit, Finland who have renewed their partnership with PEDro for another year.

In this issue:

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PEDro celebrates 26 years!



This October marks 26 years of the Physiotherapy Evidence Database (PEDro), the world's leading database of physiotherapy research evidence.

Over the past two decades, PEDro has grown to include over 66,000 randomised trials, systematic reviews, and clinical practice guidelines, helping physiotherapists

and researchers across the globe make evidence-based decisions.

Last year, to celebrate PEDro's 25th anniversary, we held a series of events across different time zones, bringing together clinicians, educators, students, and researchers to reflect on PEDro's journey and impact.

We've now released a special video compilation capturing the highlights of these celebrations.

👉 [Watch it here](#) and join us in celebrating 26 years of supporting evidence-based physiotherapy practice worldwide!

Welcome to our newest sponsor!

We're delighted to welcome A.T. Still University as our newest sponsor!

ATSU offers a flexible, fully online Postprofessional Doctor of Physical Therapy program, perfect for physiotherapists looking to deepen their expertise and stay ahead in evidence-based care.

You'll start seeing their ad featured in our PEDro Evidence in Your Inbox feeds. We encourage you to take a look and see how ATSU can support your professional growth.

[Learn more here.](#)

Welcome aboard, A.T. Still University!



PEDro's World-Wide Journal Club discussion on telerehabilitation for chronic respiratory disease now available

This PEDro World-Wide Journal Club is about telerehabilitation for chronic respiratory disease. [This trial was one of the PEDro Top 25 Trials added to the list in 2024.](#)

You can further the discussions from this journal club by creating your own:

1. Invite your colleagues to be involved
2. [Read the article](#)
3. [Watch \(or listen to\) our video summarising the article](#)
4. [Watch \(or listen to\) the video of our panel discussing the article](#)
5. Meet with your colleagues to have your own discussion

PEDro World-Wide Journal Club

on telerehabilitation for chronic respiratory
disease is now available



Cox NS, et al. Telerehabilitation for chronic respiratory disease: a randomised controlled equivalence trial. *Thorax*. 2022;77(7):643-65
DOI: 10.1136/thoraxjnl-2021-216934

[Read more on PEDro.](#)

PEDro acknowledges Dr Tiffany Dwyer, A/Prof Narelle Cox, Dr Renae McNamara, and Brenda (Community Advisor and participant) for their involvement in this journal club.

Updates on the PEDro website

NEW WEBSITE UPDATES

🔍 www.pedro.org.au



We've been busy behind the scenes making the PEDro website easier to use and packed with resources to help you stay on top of the latest in physiotherapy evidence.

Evidence Summaries made simple

All our systematic review summaries (and their infographics) now live in one place in the [“Evidence Summaries” section under the Learn tab](#). These bite-sized summaries and visuals make it quicker and easier to understand the key findings from systematic review papers.

This section on the Portuguese PEDro website will be coming soon!

Newsletter archive revamped

Looking for something from a past issue? [Our newsletter archive](#) has had a makeover, making it much simpler to browse and find exactly what you need.

These updates are designed to save you time and help you make the most of PEDro. Explore the new features today and see what’s new!

Systematic review found that upper cervical spine mobilisation/manipulation may improve pain and mouth opening compared to sham or other interventions, but this effect may be imprecise and not clinically important.

- This systematic review aimed to explore the effects of upper cervical (C0/1, C1/2, or C2/3) mobilization/manipulation compared to sham or other interventions on pain, mouth opening and pressure pain thresholds in adults with temporomandibular joint (TMJ) dysfunction.
- Four databases including Medline, CINAHL, EMBASE and The Cochrane Library were searched for randomised controlled trials (RCTs) published in English or translated using Google Translate into English. Eligible studies included people aged ≥ 18 years with TMJ pain of insidious onset and trials utilising articular joint mobilizations and/or manipulations to the upper cervical spine compared to sham or other intervention.
- Trial quality was independently evaluated by two reviewers using the Cochrane Risk of Bias Tool and resolved through discussion. Evidence quality and strength of recommendations for outcomes was assessed using the Grading of Recommendations, Assessment, Development and Evaluation (GRADE) system. Adverse events were not reported in the review.
- Eight trials (437 participants) were included in the meta-analyses. Meta-analysis showed that mobilization/manipulation: reduced pain intensity compared to sham (MD = -1.93, 95% CI -3.61 to -0.24, $n = 93$, 2 trials, $I^2 = 83\%$) and compared to other

interventions (MD = -1.03, 95% CI -1.73 to -0.33, n = 137, 3 trials, I² = 27%); increased maximal mouth opening (MMO) compared to sham (MD = 2.11mm, 95% CI 0.26 to 3.96, n = 123, 3 trials, I² = 0%) and compared to other interventions (MD = 2.25mm, 95% CI 1.01 to 3.48, n = 198, 4 trials, I² = 0%). Meta-analysis did not reveal an improvement in pressure pain threshold (PPT) for the masseter or temporalis muscles when comparing mobilization/manipulation to sham or other interventions.

- However, mobilization/manipulation did not demonstrate a minimal clinically important difference for pain intensity nor MMO .

THE EFFECT OF UPPER CERVICAL MOBILIZATION/MANIPULATION ON TEMPOROMANDIBULAR JOINT PAIN, MAXIMAL MOUTH OPENING, AND PRESSURE THRESHOLDS

Lam et al. *Arch Rehabil Res Clin Trans*. 2022;5(1):100242

WHAT DID THEY DO?

Study design: Systematic review and meta-analysis of 8 randomised controlled trials.

Population: 437 adults aged ≥ 18 years with temporomandibular joint (TMJ) pain of insidious onset; mean age 20-47 yrs.

Intervention: Upper cervical articular joint mobilizations and/or manipulations.

Comparator: Sham or other intervention.

Outcome:

- Pain using Visual Analogue Scale or Numeric Pain Rating Scale.
- Maximal mouth opening (MMO) measured in millimetres using a range of motion scale.
- Pressure pain threshold (PPT) of the temporalis and masseter muscles measured in kg/cm^2 using a pressure algometer.

Trials varied in treatment dose (1 - 10 sessions), and outcomes were assessed immediately after treatment to 32 weeks post-treatment.

FINDINGS

Mobilization/manipulation:

- reduced TMJ pain intensity compared to sham (MD=-1.93, 95% CI -3.61 to -0.24, n=93, 2 trials) and compared to other interventions (MD=-1.03, 95% CI -1.73 to -0.33, n=137, 3 trials).
- increased MMO compared to sham (MD=2.11mm, 95% CI 0.26 to 3.96, n=123 trials) and compared to other interventions (MD=2.25mm, 95% CI 1.01 to 3.48, n=198, 4 trials).
- did not improve PPT for the masseter or temporalis muscles compared to sham or other interventions.

Note: The certainty of the evidence is low-moderate, with a small number of trials, heterogeneity of included trials, and imprecise treatment estimates.

Adverse events were not reported in the review.



It is unclear whether upper cervical spine mobilization/manipulation provides meaningful improvement in pain intensity, mouth opening, and pressure pain threshold in people with TMJ dysfunction

improvement in pain intensity, mouth opening, and pressure pain threshold in individuals with TMJ dysfunction, due to the low-moderate certainty evidence, small number of trials, heterogeneity of included trials, and imprecise treatment estimates.

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

Tune in to PEDroCast - bringing the evidence to you



In case you missed it, last month we released 3 new episodes on PEDroCast.

1. PEDro celebrates World Physiotherapy Day 2025
2. Finding time for evidence with Ruth Chua
3. PEDro chats with Li Khim Kwah

[Listen now.](#)

Awareness days in October

International Day of Older Persons - 1 October

International Day of Older Persons aims to raise awareness about the contributions of older people and the challenges they face in an ageing world, as well as encouraging societies to create supportive environments to enable older people to live fulfilling and active lives.

Living longer opens the door to endless possibilities, not just for older people, but for their families and society as a whole. Extra years mean extra chances to learn something new, start a fresh career, or finally dive into a long-lost passion. Older people enrich their families and communities in countless ways. But the key that unlocks these opportunities is the same for everyone: good health.

Physiotherapists play a key role in supporting older people to maintain and improve their balance, strength, mobility and independence. There is a focus on preventing falls, managing pain, and rehabilitation after injury or surgery.

[Visit PEDro to see what resources can help you stay on top of the latest evidence for older people.](#)

World Mental Health Day - 10 October

World Mental Health Day raises awareness of mental health issues around the world.

Physiotherapists play a significant role in improving the wellbeing of those with mental health conditions, through facilitating physical activity, pain management and social participation. Physiotherapists are also active in health promotion, encouraging people of all ages and abilities to participate in exercise as a way of maintaining good mental health.

[Read more on PEDro.](#)

Thank you to our PEDro Association Partners!

Thank you to our Association Partner Suomen Fysioterapeutit, Finland who has just renewed their partnership with PEDro for another year, and to the International Federation of Sports Physical Therapy, a recognised subgroup of World Physiotherapy, who have

joined as a new Association Partner.

Thank you for your financial support!



Thank you
FOR YOUR SUPPORT



[You can also help keep PEDro running by making a donation.](#)

PEDro update (6 October 2025)

PEDro contains 66,367 records. In this update you will find:

- 49,591 reports of randomised controlled trials (48,573 of these trials have confirmed ratings of methodological quality using the PEDro scale)
- 15,942 reports of systematic reviews, and
- 834 reports of evidence-based clinical practice guidelines.

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

DiTA update (6 October 2025)

DiTA contains 2537 records. In this update you will find:

- 2243 reports of primary studies, and
- 294 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 November 2025.



The banner features the ATSU Online logo (A.T. STILL UNIVERSITY) on the left. The central text reads 'PRACTICE AT YOUR PEAK' in large white letters, followed by 'POSTPROFESSIONAL DOCTOR OF PHYSICAL THERAPY' in smaller white letters. Below this is a light blue button with the text 'LEARN MORE' and a right-pointing arrow. On the right side of the banner is a portrait of a smiling man in a blue polo shirt.

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



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