



A. PEDro update (1 August 2016)

PEDro contains 34,136 records. In the 1 August 2016 update you will find:

- 27,177 reports of randomised controlled trials (26,492 of these trials have confirmed ratings of methodological quality using the PEDro scale)
- 6,375 reports of systematic reviews, and
- 584 reports of evidence-based clinical practice guidelines

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

B. PEDro indexes 34,000+ reports

We are pleased to announce that PEDro has just achieved a new milestone for the amount of evidence. There are now 34,000+ reports of trials, reviews and guidelines indexed on PEDro.



34000+

trials, reviews, guidelines

www.pedro.org.au

C. Systematic review found that exercise therapy improves pain, function and range of motion in people with subacromial pain

The authors included 64 randomised trials investigating physical therapy modalities for subacromial pain syndrome on pain, function or range of motion in this review. All types of active or passive physiotherapy interventions compared with no treatment, placebo, sham or other treatment (physiotherapy, surgery or injection) were included. Exercise therapy was as effective as arthroscopic surgery and better than no treatment or placebo to improve pain, function and range of motion in the short, intermediate and long terms, with moderate to high quality evidence. The combination of mobilisation and exercises was effective to reduce pain and improve function at short term, with high quality evidence. Low-level laser, ultrasound, microwave diathermy, pulsed electromagnetic field, or taping were no better than placebo for pain and function (or did not provide any additional benefit when added to exercise). Effect sizes were predominantly small for most comparisons.

Haik MN et al. Effectiveness of physical therapy treatment of clearly defined subacromial pain: a systematic review of randomised controlled trials. *Br J Sports Med* 2016 Jun 10;Epub ahead of print.

[Read more on PEDro.](#)

D. More support for TIDieR checklist from physiotherapy journals

There has been more interest in the Template for Intervention Description and Replication (TIDieR) checklist to assess completeness of reporting of interventions in physiotherapy trials. Editorials have been published in two more physiotherapy journals: [Physical Therapy](#) and the [Brazilian Journal of Physical Therapy](#).

E. Three new PEDro videos in Japanese and Spanish

We are pleased to announce that three of the PEDro “how to” videos are now available in Japanese. The videos are:

- [how to do a simple search in Japanese](#)



PEDro簡易検索の方法



- [how to optimise PEDro searching in Japanese](#)



- [how to ask a clinical question in PICO format in Spanish](#)



PEDro would like to thank Koya Mine who translated and recorded the videos into Japanese. Koya is from the Tokyo University of Technology. We also acknowledge Matthew Stevens who wrote the how to optimise PEDro searching. Matthew is a PhD student at The George Institute for Global Health.

PEDro would also like to thank Professor Antonia Gómez Conesa, from the University of Murcia (Spain) and Asociación Española de Fisioterapeutas, for translating and recording the PEDro how to ask a clinical question in PICO format video into Spanish.

F. NSW Department of Family and Community Services, Danske Fysioterapeuter and Federația Română a Asociațiilor de Fizioterapie are PEDro partners

We thank [NSW Department of Family and Community Services \(Australia\)](#), [Danske Fysioterapeuter](#) and [Federația Română a Asociațiilor de Fizioterapie](#) for renewing their partnerships with PEDro for another year.

G. Next PEDro update (September 2016)

Next PEDro update is on Monday 5 September 2016.



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