



A. PEDro update (1 May 2017)

PEDro contains 36,506 records. In the 1 May 2017 update you will find:

- 28,891 reports of randomised controlled trials (28,177 of these trials have confirmed ratings of methodological quality using the PEDro scale)
- 6,998 reports of systematic reviews, and
- 617 reports of evidence-based clinical practice guidelines

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

B. Systematic review found that combining resistance training with aerobic training is more effective than aerobic training alone for physical function in patients with coronary heart disease

This review investigated the effectiveness of cardiac rehabilitation consisting of resistance training on outcomes of physical function. Studies including resistance training as a single intervention, or in combination with aerobic training, were included. These were compared to aerobic training alone for cardiorespiratory fitness (VO₂ peak and peak work capacity) and muscular strength. Meta-analyses were conducted and the quality of the evidence was classified from very low to high using the GRADE approach. There was moderate quality evidence for improvements in peak oxygen uptake (weighted mean difference (WMD) 0.61 mL/kg/min, 95% confidence interval (CI) 0.20 to 1.10), peak work capacity (standardised mean difference (SMD) 0.38, 95% CI 0.11 to 0.64) and muscular strength (SMD 0.65, 95% CI 0.43 to 0.87) favouring combined training (resistance training in combination with aerobic training). There was no

evidence of a difference in effect when comparing resistance training alone to aerobic training, with low quality evidence. Combining resistance training with aerobic training in cardiac rehabilitation is more effective than aerobic training alone for improving physical function.

Xanthos PD et al. Implementing resistance training in the rehabilitation of coronary heart disease: a systematic review and meta-analysis. *Int J Cardiol* 2017;230:493-508.

[Read more on PEDro.](#)

C. Support for PEDro comes from the Association des Béninoise des Kinésithérapeutes-Rééducateurs

We thank the Association des Béninoise des Kinésithérapeutes-Rééducateurs for partnering with PEDro in 2017.

D. Next PEDro update (June 2017)

Next PEDro update is on Monday 5 June 2017.



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