



A. PEDro update (2 July 2018)

PEDro contains 40,552 records. In the 2 July 2018 update you will find:

- 31,924 reports of randomised controlled trials (31,030 of these trials have confirmed ratings of methodological quality using the PEDro scale)
- 7,970 reports of systematic reviews, and
- 658 reports of evidence-based clinical practice guidelines

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

B. Another word on low back pain

Back in April we highlighted a major *Lancet* series on non-specific low back pain. The series described the burden and global impact of back pain, gave an overview of causes and course, reviewed the evidence for the effectiveness of current treatments, and made a worldwide call to action to change policy and practice. The series received significant media attention, including being featured on Australia's ABC Radio National Health Report. This radio program (now available as a podcast) emphasised how expensive treatments like surgery and cortisone injections are overused to treat back pain; that cheap, effective care is under-used; and some of the latest neuroscience research that may change our understandings of how best to deal with back pain. The program followed a group of researchers, educators and clinicians who cycled 750 km as part of the 2018 Pain Revolution to change how people understand pain in rural and regional communities in Australia. Mark Hancock, one of 30 international authors of the *Lancet* series, highlighted the need for legislative and funding changes plus called for clinicians to rethink how they're managing back pain.

[Read](#) the *Lancet* series on non-specific low back pain.

[Listen to](#) the ABC Radio National Health Report on rethinking what's best for low back pain.

[Find out more](#) about the Pain Revolution.

C. Support for PEDro comes from Physiotherapy New Zealand, Norsk Fysioterapeutforbund, and Suomen Fysioterapeutit

We thank [Physiotherapy New Zealand](#), [Norsk Fysioterapeutforbund](#), and [Suomen Fysioterapeutit](#) who have just renewed their partnerships with PEDro for another year.

D. Systematic review found that resistance training reduced depressive symptoms among adults

This recent systematic review evaluated the effect of resistance exercise training in people with depressive symptoms. The primary outcome was depressive symptoms measured with a validated scale. Four moderator variables were selected a priori and their contribution to the variation in the effect size was tested through meta-regression: total volume of prescribed resistance exercise training, participant's health status, whether or not allocation was concealed and/or assessment of outcome measures was blinded, and whether or not the resistance exercise training intervention resulted in a significant improvement in strength. The review included 54 comparisons from 33 randomised controlled trials (1,877 participants). 25 trials evaluated participants with physical or mental illness. Health care professionals fully supervised the strength training in 25 comparisons, while seven were a combination of supervised and unsupervised sessions and one was unsupervised. The mean duration of the resistance exercise training was 16 weeks (range 6 to 52 weeks). The frequency of training sessions ranged from 2 to 7 days per week. The pooled effect size (Hedges d) was 0.66 (95% confidence interval 0.48 to 0.83). Meta-regression revealed that among the moderator variables, only concealed allocation and/or blinding of outcome assessment influenced the effect size. A comparison between resistance training and aerobic training revealed that the two interventions had similar effects. This review has shown that resistance exercise training was associated with a significant reduction in depressive symptoms regardless of the participant's characteristics (i.e. age, sex and health status) or features of training (i.e. program duration, session duration, intensity, frequency, or total prescribed volume).

[Listen to](#) Norman Swan interview Brett Gordon (a doctoral student from the University of Limerick who is the lead author of this review) for ABC Radio National's Health Report.

Gordon BR et al. Association of efficacy of resistance exercise training with depressive symptoms: meta-analysis and meta-regression analysis of randomized clinical trials. *JAMA Psychiatry* 2018;75(6):566-76

[Read more on PEDro.](#)

E. Next PEDro update (August 2018)

The next PEDro update is on Monday 6 August 2018.



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