



A. PEDro update (5 February 2018)

PEDro contains 38,976 records. In the 5 February 2018 update you will find:

- 30,754 reports of randomised controlled trials (29,967 of these trials have confirmed ratings of methodological quality using the PEDro scale)
- 7,579 reports of systematic reviews, and
- 643 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 exercise improves physical function in people with cognitive impairment or dementia

In this recent review, the authors included 43 randomised controlled trials (n = 3,988) that evaluated the effects of exercise training on physical function and quality of life in people with cognitive impairment or dementia. Outcomes included strength, flexibility, gait, balance, mobility, walking endurance, dual-task ability, activities of daily living, quality of life, and falls. Trial quality was evaluated using the PEDro scale, with 70% of trials scoring 6/10 or higher. Multimodal exercise (45% of trials) was the most frequently evaluated form of training, followed by aerobic or walking exercise (29%). There was strong evidence that exercise training improved physical function compared to control intervention, with mean between-group differences of 2.1 repetitions (95% CI 0.3 to 3.9) in the 30-second sit-to-stand test, 5cm (95% CI 2 to 8) in step length, 3.6 points (95% CI 0.3 to 7.0) on the Berg Balance Scale, 3.9cm (95% CI 2.2 to 5.5) in functional reach distance, -1 second (95% CI -2 to 0) on the Timed Up and Go test, 0.13m/s (95% CI 0.03 to 0.24) in walking speed, and 50m (95% CI 18 to 81) on the 6-minute walk test. Strong evidence indicated that exercise training did

not improve quality of life. The effect of exercise on falls was inconclusive.

Lam FMH, et al. Physical exercise improves strength, balance, mobility, and endurance in people with cognitive impairment and dementia: a systematic review. *Journal of Physiotherapy* 2018 Jan;64(1):4-15

[Read more on PEDro.](#)

C. PEDro systematic review update in the BJSM

A new PEDro systematic review update has been published in the *British Journal of Sports Medicine*:

- [Rest and return-to-sport recommendations following sport-related concussion](#)
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D. Physiotherapy Evidence Database (PEDro): 18.6 million questions answered ... and counting

Since being launched in October 1999, PEDro has been used to answer 18,632,434 clinical questions. In the last 3 months of 1999, PEDro was used to answer 51,642 questions. 2009 was the first year PEDro answered over 1 million questions. In 2017, PEDro answered over 2.2 million questions.

This, and other interesting facts about PEDro, are described in an editorial in *Fisioterapia* (the Spanish physiotherapy journal).

<https://doi.org/10.1016/j.ft.2017.11.001>

E. Guidelines and reviews read by PEDro users in 2017

To gain insights into what PEDro users were reading in 2017, we tallied up the most frequently accessed (selected or viewed) guidelines and reviews. In the top 20 were 12 guidelines and 8 reviews. The article that was read the most was the American College of Physicians guideline on non-invasive treatments for back pain, which was accessed 4,316 times during 2017. Musculoskeletal conditions were common in the top 20 list, with eight of the articles focusing on management of disorders of the hip, knee or ankle, four on spinal pain, four on shoulder conditions, and one on chronic pain in general. The remaining three

articles were in the area of neurology – two stroke guidelines and a systematic review on interventions for Parkinson’s disease.

The 20 most accessed guidelines and reviews are listed in the table below – click on the titles to access more details about the articles.

Title	Method	Accesses
Noninvasive treatments for acute, subacute, and chronic low back pain: a clinical practice guideline from the American College of Physicians	guideline	4,316
Low back pain clinical practice guidelines linked to the International Classification of Functioning, Disability, and Health from the Orthopaedic Section of the American Physical Therapy Association	guideline	2,527
Guideline for diagnosis and treatment of subacromial pain syndrome	guideline	2,403
The treatment of neck pain-associated disorders and whiplash-associated disorders: a clinical practice guideline	guideline	2,369
Physical activity and exercise for chronic pain in adults: an overview of Cochrane reviews (Cochrane review)	review	2,326
Knee stability and movement coordination impairments: knee ligament sprain	guideline	2,262
OARSI guidelines for the non-surgical management of knee osteoarthritis	guideline	2,045
Guidelines for adult stroke rehabilitation and recovery: a guideline for healthcare professionals from the American Heart Association/American Stroke Association	guideline	2,016
Physiotherapy in hip and knee osteoarthritis: development of a practice guideline concerning initial assessment, treatment and evaluation	guideline	1,900
Evidence-informed primary care management of low back pain	guideline	1,650
Achilles pain, stiffness, and muscle power deficits: Achilles tendinitis	guideline	1,514
Manual therapy and exercise for rotator cuff disease (Cochrane review)	review	1,475
Manual therapy and exercise for adhesive capsulitis (frozen shoulder) (Cochrane review)	review	1,456
Electrotherapy modalities for rotator cuff disease (Cochrane review)	review	1,443
Evidence-based review of stroke rehabilitation	guideline	1,370
Surgical versus conservative interventions for treating anterior cruciate ligament injuries (Cochrane review)	review	1,330
Treatment of osteoarthritis of the knee: evidence-based guideline -- second edition	guideline	1,330
Treatment and prevention of acute and recurrent ankle sprain: an overview of systematic reviews with meta-analysis	review	1,311

Physiotherapy for Parkinson's disease: a comparison of techniques (Cochrane review)	review	1,272
Exercise for treating patellofemoral pain syndrome (Cochrane review)	review	1,264

F. PEDro “how to” videos

PEDro’s collection of “how to” videos now have more than 36,000 views. Six videos are available in up to 12 different languages. The videos are available in PEDro’s [YouTube Channel](#).

Our most popular video is “how to ask a clinical question in PICO format”, which has had over 15,500 views. This video demonstrates how to use the memory aid “PICO” (Patient-Intervention-Comparator-Outcome) to refine your clinical question and then identify high-quality clinical research to answer the question using PEDro.

This video is available in [English](#), [Chinese simplified characters](#), [Portuguese](#), [German](#), [French](#), [Spanish](#), [Italian](#), [Japanese](#), and [Tamil](#).

G. Next PEDro update (March 2018)

The next PEDro update is on Monday 5 March 2018.



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