



Welcome to the PEDro Newsletter for 5 February 2024

In this issue:

- Thank you to the 2023 volunteer PEDro raters
 - World Cancer Day on 4 February
 - Infographic: Systematic review found that progressive resistance exercise training increased muscle strength in people with cerebral palsy and was maintained for at least 11 weeks when compared to no intervention
 - PEDro update
 - DiTA update
-

Thank you to the 2023 volunteer PEDro raters

PEDro received assistance from a large number of volunteers during 2023. This includes PEDro raters. These physiotherapists have donated time and skills to confirm that articles are eligible for indexing in PEDro, apply search codes, and rate trials indexed in PEDro using the PEDro scale.

PEDro extends a big vote of thanks to the following 2023 PEDro raters: Aaron Peden, Aishath Mahfooza, Alaa Noureldeen Kora, Alessandro Carlucci, Alessandro Pagano, Alessia Girolami, Alexandra Diggles, Alla Melman, Amy Sman, Ana Salles, Andrea Gardoni, Andrew Rank, Anne Moseley, Arnold Sze Long Kwok, Ayyappan Jayavel, Brad Beer, Brenda Lucciano, Brett Doring, Brice Pennicott, Carlos Sanchez Medina, Carolina Goncalves Figueiredo, Celine Lee, Chris Oats, Christine Tadros, Chuan-chieh Lai, Ciara Harris, Claudio

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Read more:

- [Benefits of being a PEDro rater](#)
- [Raters share their thoughts on the benefits of volunteering with PEDro](#)
- [Watch this video about becoming a PEDro rater](#)

World Cancer Day on 4 February

[World Cancer Day](#) is an initiative of the Union for International Cancer Control (UICC), working to unite the cancer community to reduce the global cancer burden, promote greater equity, and integrate cancer control into the world health and development agenda.

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Infographic: Systematic review found that progressive resistance exercise training increased muscle strength in people with cerebral palsy and was maintained for at least 11 weeks when compared to no intervention.

Last month we summarised the systematic review by [Bania et al 2023](#). The review concluded that progressive resistance exercise training increased muscle strength in people with cerebral palsy and was maintained for at least 11 weeks when compared to no intervention.

Some findings are included in this infographic.

WHAT ARE THE OPTIMUM TRAINING PARAMETERS OF PROGRESSIVE RESISTANCE EXERCISE FOR CHANGES IN MUSCLE FUNCTION, ACTIVITY AND PARTICIPATION IN PEOPLE WITH CEREBRAL PALSY?	
Bania N, et al. <i>Physiotherapy</i> . 2023;119:1-16	
WHAT DID THEY DO?	FINDINGS
<p>Study design: Systematic review of 16 clinical trials (and 20 reports).</p> <p>Population: 504 participants of any age with cerebral palsy.</p> <p>Intervention: Progressive resistance exercise with at least one volume aspect (sets/rep/load, duration of session, sessions/wk and duration of program).</p> <p>Comparator: No intervention, usual care, or another non-progressive resistance exercise intervention.</p> <p>Outcome: Primary outcome was strength. Secondary outcomes included activity limitations, participation, and adverse events.</p>	<p>Primary outcome</p> <ul style="list-style-type: none">• Low certainty evidence that progressive resistance exercise improved muscle strength when compared to no intervention (SMD 0.59, 95% CI 0.16 to 1.01; 11 trials).• High certainty evidence that muscle strength improvement was maintained at an average of 11 weeks after training ceased (SMD 0.40, 95% CI 0.12 to 0.68; 5 trials). <p>Secondary outcomes</p> <ul style="list-style-type: none">• Moderate certainty evidence that there was no difference between progressive resistance exercise and no intervention for activity (SMD 0.14, 95% CI -0.09 to 0.36; 8 trials) and participation (SMD 0.26, 95% CI -0.02 to 0.54; 6 trials). <p>There was no relationship between progressive resistance exercise intensity or training volume on muscle strength.</p>



Note: More high-quality clinical trials are needed. No serious adverse events were reported.

Progressive resistance exercise appears safe and may increase muscle strength in people with cerebral palsy. This increase in muscle strength did not appear to be related to exercise intensity or dose.

Bania, TA, Taylor, NF, Chiu, HS & Charitaki, G 2023 "What are the optimum training parameters of progressive resistance exercise for changes in muscle function, activity and participation in people with cerebral palsy? A systematic review and meta-regression", *Physiotherapy*, 119, 1-16.

[Read more on PEDro.](#)

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

PEDro update (5 February 2024)

[PEDro](#) contains 60,567 records. In the 5 February 2024 update you will find:

- 46,430 reports of randomised controlled trials (45,322 of these trials have confirmed ratings of methodological quality using the PEDro scale)
- 13,355 reports of systematic reviews, and
- 782 reports of evidence-based clinical practice guidelines.

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

DiTA update (5 February 2024)

[DiTA](#) contains 2,401 records. In the 5 February 2024 update you will find:

- 2,145 reports of primary studies, and
- 256 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 (March 2024)

The next [PEDro](#) and [DiTA](#) updates are on 4 March 2024.

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