



## Welcome to the PEDro Newsletter for 6 May 2024

We thank the [Australian Physiotherapy Association](#) who have just renewed their partnership with PEDro for another 3 years. Thank you for your financial and in-kind support!

In this issue:

- Celebrating 25 years of PEDro!
- PEDro is now on LinkedIn
- 2024 PEDro Education and Training Committee
- Systematic review summary
- Infographic
- PEDro update
- DiTA update



**Celebrating**  
*twenty-five*  
**years of PEDro!**

#PEDroTurns25



### Celebrating 25 years of PEDro!

This year we are celebrating 25 years of PEDro. We invite PEDro users to help us celebrate as we share:

- PEDro resources
  - [Using PEDro to answer your clinical questions](#)
  - [#PEDroTacklesBarriers to evidence-based physiotherapy](#)
  - [PEDro's World-Wide Journal Club](#)
- PEDro's history  
Available later in 2024
- Celebrating our PEDro volunteers  
Available later in 2024
- Connecting with prominent physiotherapists around the globe  
Available later in 2024
- PEDro's Top 25 Trials  
We are also looking to expand [PEDro's Top 20 trials](#) to the Top 25. [You can help us by nominating a trial published between July 2019 – 2024.](#)

Learn more: <https://pedro.org.au/english/celebrating-25-years-of-pedro>

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**Physiotherapy Evidence Database (PEDro)**



**PEDro is now on LinkedIn!**

We are excited to announce that PEDro is now on LinkedIn.

[You can follow us here.](#)

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## 2024 PEDro Education and Training Committee

The PEDro Education and training committee contributes to the development and dissemination of PEDro resources for facilitating evidence-based practice. Meet some of the

members.

[Read more on PEDro.](#)

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## **Systematic review found that interventions that promote coping and encourage movement and activity were most effective for temporomandibular disorders**

Temporomandibular disorders are a group of painful conditions associated with the muscles, joints and structures around the jaw. Temporomandibular disorders are common, affecting 6 to 9% adults globally. Several previous network meta-analyses have been conducted but have had limitations including: Ranking treatments using SUCRA approach, Addressing only certain types of interventions or subtypes of TMD, Failure to assess certainty of evidence, Only focusing on statistical significance without considering whether the magnitude of effect is important to patients. This systematic review aimed to estimate the comparative effectiveness of available therapies for chronic pain associated with temporomandibular disorders on pain.

Included intervention trials in the English language; participants were adults ( $\geq 18$  years old) living with chronic pain associated with temporomandibular disorders; randomised to an active treatment or an alternative treatment, placebo, sham procedure, or usual care; and included at least 10 participants in each treatment group. Patient-important outcomes included: Pain Relief, Physical functioning and Adverse events. Trial quality was evaluated using the Cochrane risk of bias tool. Certainty of evidence was evaluated using the Grading of Recommendations Assessment, Development and Evaluation (GRADE) approach.

153 trials (8,713 participants) were included in the meta-analyses. Three therapies were probably most effective for pain relief: cognitive behavioural therapy augmented with biofeedback or relaxation therapy (risk difference for achieving the minimally important difference in pain relief: 36%, 95% CI 33 to 39), therapist-assisted jaw mobilisation (risk difference: 36%, 95% CI 31 to 40), manual trigger point therapy (risk difference: 32% 95% CI 29 to 34).

Interventions that promote coping, and encourage movement and activity are most effective when selecting an intervention for reducing pain in people with chronic temporomandibular disorders.

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

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## **Infographic: Systematic review found that physical therapy interventions including aerobic exercise and multimodal approaches are beneficial in treating adolescent and young adult athletes post-concussion**

Last month we summarised the systematic review by Art et al 2023. The review concluded that aerobic exercise or multi-modal interventions may lead to quicker recovery and return to sport in adolescent and young adult athletes with post-concussive symptoms when compared to traditional treatments such as physical and cognitive rest.

Some findings are included in this infographic.

## THE EFFECTIVENESS OF PHYSICAL THERAPY INTERVENTIONS FOR ATHLETES POST-CONCUSSION

Art K et al. *Int J Sports Phys Ther.* 2023;18(1):26-38

### WHAT DID THEY DO?

**Study design:** Systematic review of 8 articles.

**Population:** 375 athletes under 30 years of age with acute or chronic sports related concussion.

**Intervention:** aerobic exercise, multimodal physiotherapy interventions.

**Comparator:** Stretching, education, subtherapeutic exercise, rest, delayed intervention, placebo or sham treatment.

**Outcome:** Days from injury to recovery and return to play, symptoms, quality of life, physical measures, depression, exertion and fatigue.

Four studies assessed aerobic exercises, and four studies assessed multimodal physiotherapy intervention.

- Included those with first concussion and multiple concussions. Some studies did not report the occurrence.
- Focused on 5 studies that the authors determined had low risk of bias (using PEDro scale) however authors not trained in this rating.



### FINDINGS

Statistical analyses were not performed due to the high heterogeneity in groups.

- Reduction in symptoms and time to recovery with intervention in 3/5 high quality studies.
- All groups improved with time.
- There were no significant adverse outcomes from early physical activity and therapy.




**Note:** Mixture of concussion states means that heterogeneous groups are represented. Isolated therapies not evaluated and therefore unable to determine optimal treatment.

**Aerobic exercise or multi-modal interventions may lead to quicker recovery and return to sport in adolescent and young adult athletes with post-concussive symptoms when compared to traditional treatments such as physical and cognitive rest.**

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 **PEDro**  
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Infographic prepared by Laura Crowe-Owen, Jane Liu and Courtney West

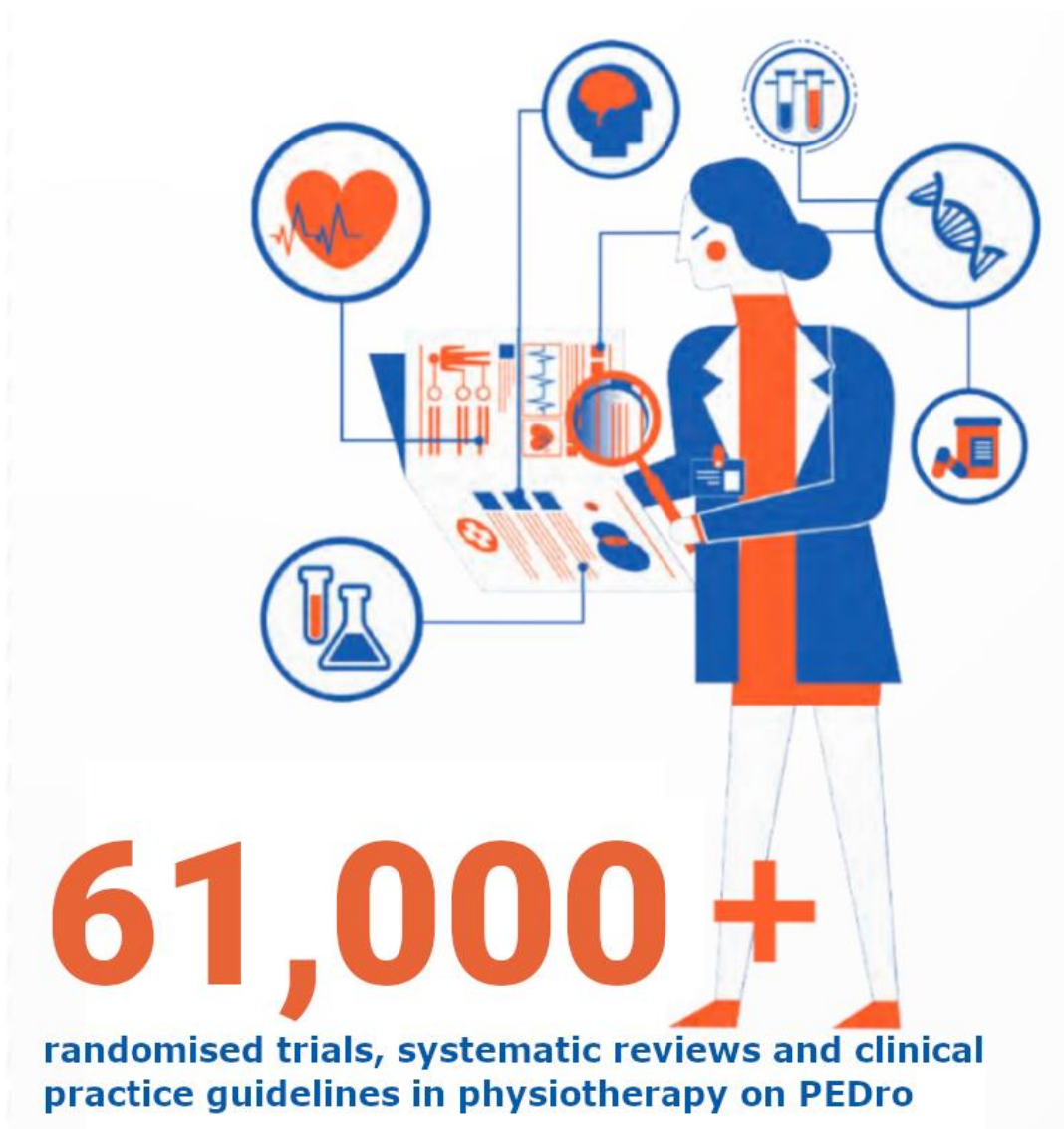
Art K, Ridenour C, Durbin S, Bauer M, Hassen-Miller A. The Effectiveness of Physical Therapy Interventions for Athletes Post-Concussion: A Systematic Review. *Int J Sports Phys Ther.* 2023 Feb 1;18(1):26-38. doi: 10.26603/001c.68071.

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

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## PEDro now contains 61,000+ reports of trials, reviews and guidelines

We are pleased to announce that PEDro has just achieved a new milestone. There are now 61,000+ reports of trials, reviews and guidelines indexed on PEDro.



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PEDro update (6 May 2024)

[PEDro](#) contains 61,154 records. In the 6 May 2024 update you will find:

- 46,808 reports of randomised controlled trials (45,919 of these trials have confirmed ratings of methodological quality using the PEDro scale)
- 13,562 reports of systematic reviews, and
- 784 reports of evidence-based clinical practice guidelines.

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

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## DiTA update (6 May 2024)

[DiTA](#) was updated on 6 May 2024.

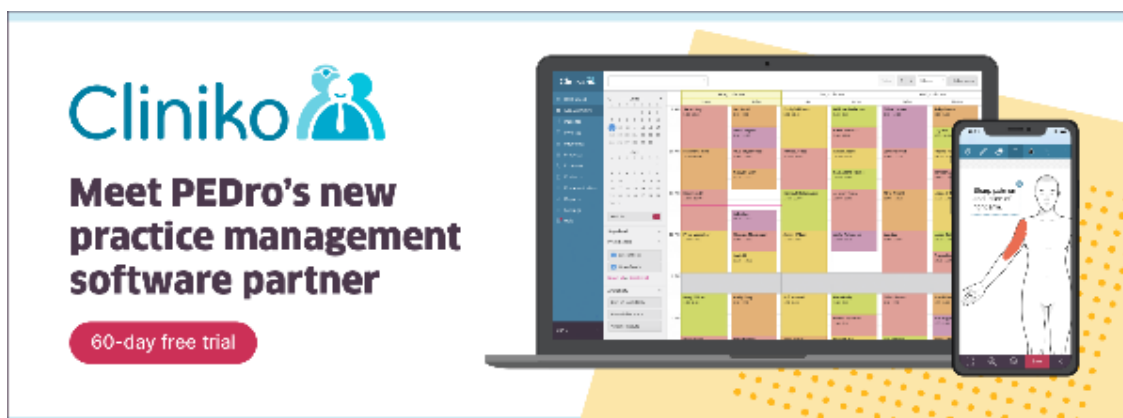
For the latest primary studies and systematic reviews evaluating diagnostic tests in physiotherapy visit [Evidence in your inbox](#).

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## Next PEDro and DiTA updates (June 2024)

The next [PEDro](#) and [DiTA](#) updates are on 3 June 2024.

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