



A. PEDro update delayed until 20 November 2017

The PEDro update scheduled for 6 November 2017 has been delayed because of technical issues. We are working hard to rectify this problem and apologise for any inconvenience that this delay has caused.

The next update should be available on Monday 20 November 2017.

B. Kim Bennell wins PEDro prize for best clinical trial at APA Momentum 2017

PEDro supported a new prize at the Australian Physiotherapy Association (APA) Momentum Conference in Sydney in October 2017. The prize was for the best clinical trial presented at the congress. 75 abstracts presenting the primary results of high-quality and groundbreaking clinical trials were considered for the prize. Five judges, all experienced clinical trialists, attended shortlisted presentations to choose the best trial.

The prize was awarded to Professor Kim Bennell from the University of Melbourne for her paper entitled “Internet-delivered physiotherapist-prescribed exercise and pain coping skills training for people with chronic knee pain (IMPACT-knee pain): randomized controlled trial”. Congratulations Kim.

The trial was published earlier this year – read more on [PEDro](#).

C. PEDro systematic review update in the *BJSM*

Two new PEDro systematic review updates have been published in the *British Journal of Sports Medicine*

- [Do physical conditioning programmes reduce work absenteeism related to back pain?](#)
- [Exercise therapy is a beneficial intervention for chronic fatigue syndrome](#)

D. Quality of trials in musculoskeletal physiotherapy is suboptimal

An exploration of the methodological quality and completeness of statistical reporting of trials evaluating physiotherapy intervention for musculoskeletal conditions has recently been published. A random sample of ~20% of musculoskeletal trials indexed on PEDro were evaluated (n=1,404). We downloaded PEDro scale data, therapy codes plus year and language of publication from PEDro; evaluated each article using 9 items from the CONSORT checklist; and ascertained whether the journal publishing each trial endorsed the CONSORT statement. The mean total PEDro score was 5.3/10 (standard deviation 1.6). There was a slight improvement in the quality of trial reports over time. The characteristics that were associated with a higher total PEDro score were: journal endorsement of the CONSORT statement, reporting the sample size calculation, a lower number of primary outcomes, evaluation of electrotherapy as intervention, if the trial reported the research design in the title, inclusion of a participant flow diagram, trials published more recently, and trials published in English. The quality of the trials in musculoskeletal physiotherapy is suboptimal. Researchers are encouraged to use the CONSORT statement when designing and reporting their trials. Use of the CONSORT statement by journal reviewers and journal editors' would also improve the quality of trial reports in musculoskeletal physiotherapy.

[Zoldan Gonzalez G et al. Quality of musculoskeletal trials: methodological quality and statistical reporting of physical therapy randomized controlled trials relevant to musculoskeletal conditions. *Arch Phys Med Rehabil* 2017 Sep 26: Epub ahead of print](#)

E. Changes planned for *Evidence in your inbox*

Launched in October 2015, PEDro's *Evidence in your inbox* allows physiotherapists from around the world to browse the latest high-quality clinical research in their area of practice. Each month the most recently published reports of trials, reviews and guidelines in 14 areas of practice are distributed to subscribers via email. To-date, over 8,000 physiotherapists have subscribed to *Evidence in your inbox*. [Subscription is free.](#)

In December 2017 a new feed will be added to *Evidence in your inbox: cerebral palsy*. We are grateful to the Cerebral Palsy Alliance Research Foundation for funding this initiative. If you would like a sneak preview of the cerebral palsy feed please [contact us](#).

From December 2017, only the highest quality trials (those scoring 5/10 or more on the PEDro scale) will be included in all *Evidence in your inbox* feeds.



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