



# Physiotherapy bulletin

February 2025

**The aim of this current awareness bulletin is to provide a digest of recent articles on Physiotherapy**

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## Articles

Back, Neck and Shoulder Pain
<p><b>Effectiveness of movement representation techniques in non-specific shoulder pain: a systematic review and meta-analysis</b> Alaca N et al Scientific Reports 15 (1) 1-14</p>
<p><b>Cervical contribution in musculoskeletal shoulder pain: a review of the literature</b> Roldan-Ruiz A et al Journal of Bodywork &amp; Movement Therapies 42 (Jun) 360-367</p>
<p><b>Individual versus general exercise therapy in people with subacromial pain syndrome: a randomized controlled trial</b> Momeni G et al Archives of Physical Medicine and Rehabilitation 106 (1) 1-13</p>
<p><b>The association of previous and current non-chronic low back pain with daily physical activity in middle- and older-aged adults</b> Goncalves T et al BMC Public Health 25 (1) non chronic low back pain</p>
<p><b>The PainSMART project: Protocol for a research program on effectiveness, mechanisms of effect and patient-practitioner experiences of the PainSMART-strategy as an adjunct to usual primary care physiotherapy management for musculoskeletal pain</b> Thompson R et al PLoS One 20 (1) e0316806</p>



## **Falls Prevention/Frailty/Older People**

***There is a Falls and Frailty bulletin – if you would like to receive this let us know and we will add your name to the mailing list.***

## **Multiple Sclerosis / Parkinson's Disease**

### **Effects of upper limb exercise or training on hand dexterity and function in people with Parkinson Disease: a systematic review and meta-analysis**

Proud E et al

Archives of Physical Medicine and Rehabilitation 105 (7) 1375-1387

### **Effect of individual physiotherapy and telerehabilitation on back pain and quality of life in people with multiple sclerosis with mild and moderate disability**

Knapova V et al

Multiple Sclerosis and Related Disorders 94 (Feb) 106258

### **Virtual reality-based neuroproprioceptive physiotherapy in multiple sclerosis: a protocol for double-arm randomized assessor-blinded controlled trial on upper extremity function, postural function and quality of life, with molecular and functional MRI assessment**

Cerna M et al

BMJ Open 15 (1) e088046

### **Effectiveness of breathing exercises on urinary symptoms, muscle activity and the strength in women with multiple sclerosis and urinary incontinence – a study protocol for a randomised controlled trial**

Nazem A et al

Trials 26 (1) breathing exercises

## **Miscellaneous**

### **Reporting of sex and/or gender in randomised controlled trials of physiotherapy interventions remain problematic: a systematic review**

Elhan E et al

Physiotherapy 126 (Mar) 101450

### **Neurological conditions**

*Many important advances in neurological rehabilitation have been published<sup>1–5</sup> and discussed<sup>6</sup> in Journal of Physiotherapy. The advances relevant to stroke have been summarised in two recent article collections;<sup>7,8</sup> to complement them, this article collection focuses on other neurological conditions. Like all the article collections, the papers in this collection have been collated with the intention of: facilitating access to important recent findings*



*on the topic; highlighting trends in research designs, methods, populations and interventions; and suggesting avenues for further research*

Shaikh H et al

Journal of Physiotherapy 71 (1) 4-6

## **Musculoskeletal/Spinal/Orthopaedics**

**Validation and reliability of the Persian version of the Knee Injury and Osteoarthritis Outcome Score Patellofemoral questionnaire for Iranian patients with patellofemoral pain**

Ghaffari S et al

International Journal of Therapy and Rehabilitation 32 (1) validation

**Effects of comprehensive physiotherapy on pain, functionality, strength and joint space in male members of the military with dynamic knee valgus: a randomised controlled trial**

Shadmanfar S et al

International Journal of Therapy and Rehabilitation 32 (1) dynamic knee valgus

**Effectiveness of a physiotherapist-led triage and treatment service on WAITing time for adults with musculoskeletal pain referred to Australian public hospital physiotherapy clinics: a protocol for the WAIT-less trial**

Hutton J et al

BMJ Open 15 (1) e091293

## **Pelvic/Obstetrics/Gynaecology**

**Biopsychosocial approaches for the management of female chronic pelvic pain: a systematic review**

Johnson S et al

International Journal of Obstetrics & Gynaecology 132 (3) 266-277

**Is there evidence for pelvic floor muscle relaxation training in nonneurogenic female bladder outlet obstruction? A narrative review**

Bo K

Neurourology & Urodynamics 44 (1) 10-19

**Flexi-Bar training for restoring muscle strength in postpartum women: a pre-post design**

Sonwane A et al

Indian Journal of Community Medicine 50 (1) 220-224

## **Professional**



**Bringing theory to life: integrating case-based learning in applied physiology for undergraduate physiotherapy education**

Elgheit R et al

BMC Medical Education 25 (1) 1-14

**Perceived impact of physiotherapy-related debates on the social platform “X” on physiotherapists’ professional development and knowledge acquisition: a cross-sectional study**

Lajami A et al

BMC Medical Education 25 (1) 155

**Stroke**

**Effect of using home-based dynamic intermittent pneumatic compression therapy during periods of physical activity on functional and vascular health outcomes in chronic stroke: a randomized controlled clinical trial**

Faulkner J et al

PLoS One 20 (2) e0318942

**Barriers and facilitators of implementing Arabic-Validated standardised outcome measures for chronic stroke rehabilitation among physical therapists**

Almarwani M et al

Journal of Evaluation in Clinical Practice 31 (1) e70018

**Comparing the effectiveness of different exercise interventions on quality of life in stroke patients: a randomized controlled network meta-analysis**

Jiang L et al

BMC Neurology 25 (1) 24-36

**Telerehabilitation and its impact following stroke: an umbrella review of systematic reviews**

Alwadai B et al

Journal of Clinical Medicine 14 (1) 50-62

**Effects of lumbar joint mobilization on trunk control, balance and gait in patients with stroke: study protocol for a randomized controlled trial**

Chen C et al

Trials 26 (1) lumbar joint mobilization