

What's New for February 2023?



Evidence Express



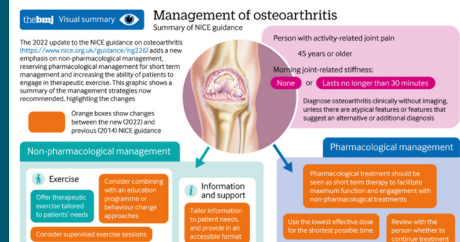
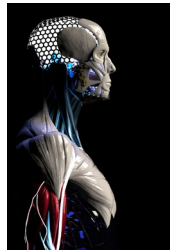
Division d'orthopédie
ASSOCIATION CANADIENNE DE PHYSIOTHÉRAPIE



Orthopaedic Division
CANADIAN PHYSIOTHERAPY ASSOCIATION

"THE FROZEN SHOULDER HAS A BRAIN"

Listen to this interview with Dr. Adriaan Louw regarding a presentation he gave at the 2022 AAOMPT Conference. This episode contains interesting information for practitioners who want to learn more about the clinical presentation of frozen shoulder, taking into consideration central sensitization and the neuroplastic changes in the brain.



Check out this infographic summarizing the NICE Guidelines for the Management of Osteoarthritis.

Clinical Commentary/Current Concept Review

Vol. 48, Issue 1, 2023 / February 06, 2023 COT

A Clinically-Reasoned Approach to Manual Therapy in Sports Physical Therapy

Steven Short, Matthew Little, Dillon Youngman

Manual Therapy Sports Physical Therapy Symptom Modification Pain

DOI: 10.1016/j.jmpt.2022.100000

THIS CLINICAL COMMENTARY SUGGESTS A BALANCED AND UPDATED APPROACH INCORPORATING MANUAL THERAPY WITHIN A SPORTS-MEDICINE ENVIRONMENT. THE CLINICAL REASONING FRAMEWORK IDENTIFIES A PLACE FOR MANUAL THERAPY AND MOVING BEYOND THE "PASSIVE" LABEL BY FACILITATING CONTINUED ACTIVITY.

Rehabilitation in Theory

Reflecting on challenges and opportunities for the practice of person-centred rehabilitation

Nicola M Kayes¹ and Christina Papadimitriou²

Four key recommendations for the development of person-centred rehabilitation are proposed:

1. To develop a principles-based approach to person-centred rehabilitation.
2. To move away from the dichotomy of person-centred (or not) rehabilitation.
3. To build person-centred cultures of care in rehabilitation.
4. To learn from diverse perspectives of person-centred rehabilitation.

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An Exploration of the Influence of Non-Biomechanical Factors on Lifting-Related LBP

Nic Saraceni^{1,2}, Amy Campbell¹, Peter Kent^{1,2}, Leo Ng¹, Leon Straker³ and Peter O'Sullivan^{1,2}

This **exploratory study** compared a range of non-biomechanical factors between manual workers with and without a history of LBP. The LBP group were working in a highly physical occupation and reported worse sleep quality, more musculoskeletal pain sites other than LBP and greater symptoms related to gastrointestinal complaints and pseudoneurology compared to the group with no history of LBP. The group with LBP were also slightly more worried about the lifting task and reported greater fatigue by the end of the lifting task. There was a clear association between fatigue and pain ramp up in the LBP group.



Aspetar clinical practice guideline on rehabilitation after anterior cruciate ligament reconstruction

Roula Kotsifaki¹, Vasileios Korakakis², Enda King, Olivia Barbosa, Dustin Maree, Michail Pantouvis, Andreas Bjerregaard, Julius Luomajoki, Jan Wilhelmssen, Rodney Whiteley



The Journal of Pain
Available online 28 January 2023
In Press, Journal Pre-proof

Original Reports

EXTENSIVE SENSORIMOTOR TRAINING PREDETERMINES CENTRAL PAIN CHANGES DURING THE DEVELOPMENT OF PROLONGED MUSCLE PAIN

Anna M. Zamorano^{1,2}, Boris Kieker², Federico Arguissain¹, Shellee Boudreau¹, Peter Vuust², Herta Flor^{1,2}, Thomas Graven-Nielsen¹

HIGHLIGHTS:

1. Musicians (string, keyboard, woodwind and brass instruments) were recruited to study the neural effects of repetitive movements on pain processing.
2. Muscle pain was induced in musicians and non-musicians and event related potentials were assessed.
3. The results demonstrated that repetitive sensorimotor training leads to brain changes in the processing of prolonged pain, biasing the cortical response to nociceptive inputs.
4. Extensive repetitive movements are associated with the vulnerability towards developing prolonged pain and hyperalgesia. Particularly, the appearance of secondary hyperalgesia and a reduction of nociceptive P200 amplitudes in musicians.

Read more.....



Diagnosis, prevention and treatment of common shoulder injuries in sport: grading the evidence – a statement paper commissioned by the Danish Society of Sports Physical Therapy (DSSP)

Behnam Liaghat¹, Julie Ranne Pedersen², Rasmus Skov Husted³, Liisbeth Lund Pedersen⁴, Kristian Thorborg⁵, Carsten B. Juhl^{1,6}

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Diagnostic Tests

High diagnostic accuracy was found for - anterior instability (apprehension test (+ relocation)), SLAP injuries (Biceps Load II), biceps-complex injuries (3-pack and Yergason) and rupture of the subscapularis (internal rotation lag).

Prevention

Shoulder injury prevention programs showed a moderate to large effect size in reducing the risk of shoulder injuries compared with no intervention.

Treatment

There was very low to moderate quality evidence that an active rehabilitation program appeared to be beneficial compared to passive modalities.



Let's Get Physical Activity
Messaging Right With Dr Chloë Willia...
BJSM

"Walking on Sunshine"

Physical activity is important but it is equally important how PA messaging is delivered. In this podcast, Chloë provides an overview on the findings of her research and her work on the development of a knowledge translational tool to bring PA messaging research into clinical practice.

Listen here

Free Access - BJSM Blog

How can we better promote physical activity to the public through messaging?