

Nonarthritic Hip Pain: What Is It? What Should I Do About It? How Do I Get Back to My Regular Activities?

Share this JOSPT Perspectives for Patients education handout with all your nonarthritic hip pain clients!

[Access Here](#)



When combined with education does motor control or strengthening exercises achieve better outcomes in RCRSP?

Have a look at this Canadian led study to find out.

Click on the image to learn more

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Original Research



First Provider Seen for an Acute Episode of Low Back Pain Influences Subsequent Health Care Utilization

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This study investigates the relationship between the first practitioner seen and subsequent healthcare utilization for an episode of acute LBP. Physiotherapists as entry points into the system appeared to result in decreased immediate and long-term use of health resources (as measured by tracking insurance usage).

[Access Here](#)

Interested in learning more about TMD? This clinical practice guideline is a great place to start!

[Access Here](#)

Credible or Questionable?

Social Media can be an excellent way to access current evidence. How confident are you in assessing the credibility of what is presented? This JOSPT blog presents useful strategies to differentiate credible from questionable.

[Access Here](#)

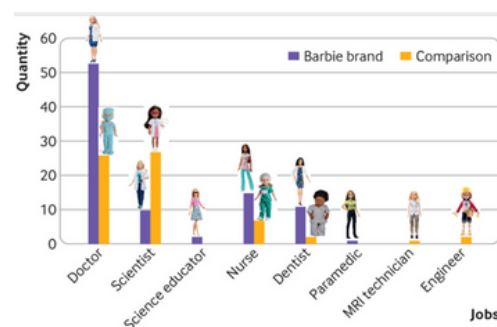
The CRAP Test

The CRAP Test, developed by Molly Beestrum, is a useful tool to use when trying to evaluate the credibility and reliability of information sources. Each letter in "CRAP" represents a key component to consider when assessing a source:

- CURRENCY**
How recent is the information?
Evaluate whether the information is up-to-date and relevant to your research/topic.
- RELEVANCE**
What is the source's reliability, and how relevant is it to your research?
Assess the credibility of the author, publisher, or organization providing the information. Determine if the information is biased or if there are conflicts of interest. Consider how directly applicable the information is to your needs.
- AUTHORITY**
Who is the author, and what are their credentials or qualifications?
Investigate the author's expertise and reputation in the field. Look for relevant education, professional experience, or affiliations. Recognizing the authority of the author helps establish the reliability of the information.
- PURPOSE**
What is the purpose of the information, and is there a particular perspective or bias? Determine whether the information is intended to inform, persuade, sell, entertain, or promote a specific viewpoint.

Analysis of Barbie medical and science career dolls: descriptive quantitative study

Barbie medical professional dolls (n=80) mainly treated children (66%) with only 4% working with adults. A lack of adherence to safety standards was also noted - loose hair not tied back, high heel shoes and only one of the dolls had a face mask. Very interesting read especially if you saw the recent Barbie Movie...



[Access Full Study Here](#)

Exercise therapy is the leading conservative treatment for tendinopathy. This systematic review determined that high intensity exercise with an external load (i.e. more than body weight) was the most effective for improvements in disability, function and pain. To facilitate a high level of intensity and appropriate recovery, less frequent bouts of exercise were recommended with a focus on rest and recovery between bouts. No one rep/set scheme was deemed superior.

