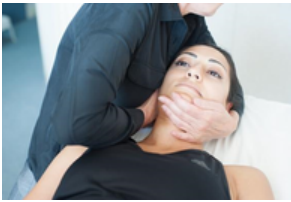


Integrated manual therapies: IASP taskforce viewpoint

(Draper-Rodi J et al. 2024)



Read More

Manual therapy is more than just hands-on treatment. There is growing recognition of the benefits that manual therapy has beyond joint mobilizations. These benefits include contextual factors such as therapeutic alliance, patient expectations, and communication skills as well as integration with other approaches such as acceptance and commitment therapy, evidence-based advice, and interdisciplinary care. Manual therapy now serves as a form of nonverbal, embodied communication that aims to reassure and empower patients.

Are Physiotherapists Missing a Key Piece of the Recovery Puzzle?



Mullen and colleagues (2024) challenge our traditional understanding of how physiotherapists predict patient outcomes. Through in-depth interviews with clinicians, researchers found that most therapists based their prognostic reasoning on tissue healing times, potentially overlooking other crucial factors. Interested in understanding how this could impact patient care and clinical decision-making?

[Open access](#)

Clinical recognition of the role of the cervical spine in signs and symptoms of altered sensorimotor control

(Trevealen J 2024)

The cervical spine is a master conductor, orchestrating an intricate dance between the visual and vestibular systems, affecting head/eye control, posture and coordination. Discover how cutting-edge assessment techniques, including head-mounted lasers and specialized eye tracking, are revolutionizing our understanding and treatment of neck-related sensorimotor issues. Learn the essential four-domain approach to evaluate and treat cervical sensorimotor dysfunction, helping patients regain optimal movement and balance.



Access Here

Every patient teaches you something new

(Simpson et al. 2024)

This qualitative study examined the experience of physiotherapists who delivered a biopsychosocial approach to management of patients experiencing chronic lower back pain as part of the RESTORE trial. Many therapists compared this experience to "Driving with probationary plates" highlighting the shared learning journey that clinicians took with their patients in this model of therapy delivery. The results of this study could be used to guide further experiential learning opportunities for clinicians. **Click the image** to learn more.



(modified from Simpson et al. 2024)

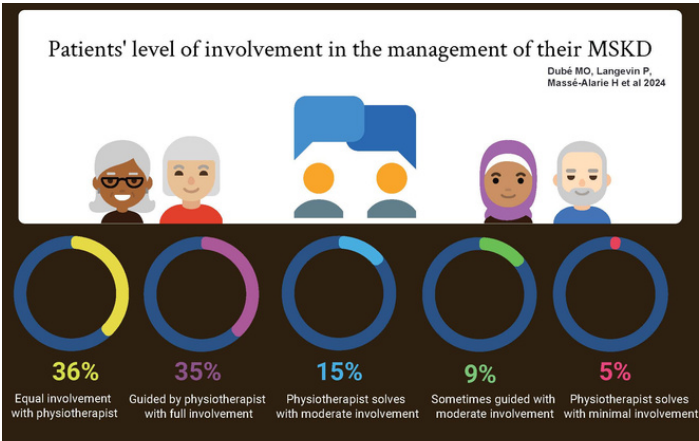
Differential effects of quadriceps and hip muscle exercises for patellofemoral pain: A secondary effect modifier analysis of a randomized trial

(Hansen R et al. 2024)



Open Access

This RCT of 200 participants examined how individual characteristics influenced the effectiveness of quads focused versus hip-focused exercises for patellofemoral pain (PFP) and highlighted the importance of contextual factors in patient outcomes. Pain catastrophizing is common in PFP and linked to greater pain severity and impaired function. The study found that individuals with pain catastrophizing or BMI ≥25 benefited more from hip exercises, while those with severe knee pain responded better to quadriceps exercises.



Do patients' preferences and expectations match clinical guidelines? A survey of individuals seeking private primary care for a musculoskeletal disorder

(Dubé M et al. 2024)

This 2024 **study** reveals surprising insights into what patients really want from their physiotherapy treatment - and how it sometimes conflicts with best practice guidelines. Joint mobilization was most preferred, with most respondents wanting to be equally or more involved than the therapist in managing their condition. Discover how this research is reshaping our understanding of patient preferences and the need for better education about the importance of patient-centred treatment approaches and self-management strategies in musculoskeletal care.

Associations of occupational and leisure-time physical activity with all-cause mortality: an individual participant data meta-analysis

(Coenen et al. 2024)

Those with physically active occupations may feel that they do not need and/or cannot engage in physical activity outside of their jobs. This study examines the effectiveness of meeting daily physical activity requirements in the workplace versus leisure time and shows an increased risk of all-cause mortality in men but not in women who engage in this practice. This is a very interesting article that could be useful to draw upon for patient education.



Read It Here

Check out this recent podcast to learn about an evidence-guided, framework based on three essential dimensions, safety, comfort and efficiency, supported by positive communication and person-centred care. **Click image**

Impact of subtalar joint mobilization on walking ability in patients with intra-articular varus of the hindfoot with chronic ankle instability

(Han Y et al. 2024)

In patients with chronic ankle instability (CAI), limitations in subtalar joint mobility and calcaneal varus alignment can significantly impact ankle function. Subtalar joint mobilization and manipulation therapy has been shown to effectively improve joint movement, enhance single-limb balance and control, and reduce pain during rest and prolonged walking. Check out the results of this study [HERE](#)



New Podcast Episode

Session 37: 'A Modern Way To Teach And Practice Manual Therapy' with Roger Kerry and Ken Young

Touch Matters Podcast