

Best treatment for lower limb tendinopathies?

A recent systematic review and meta-analysis by Challoumas et al 2023 recommends exercise alone be the first line treatment for lower limb tendinopathies. They suggest that there is limited evidence for the use of adjunctive interventions alone or when combined with exercise.

[Access Here!](#)



Is it time to normalize scapular dyskinesis?

This article hot off the press provides further support to the notion that many individuals with shoulder pain and dysfunction do not have scapular dyskinesis (SD). Even more telling is that SD often occurs in those who do not have any shoulder symptoms at all!

[Open Access](#)

Best bet for managing back pain?

In this podcast host Clare Ardern interviews Professors Peter O'Sullivan and Peter Kent about the RESTORE trial.

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BECOMING CONFIDENTLY COMPETENT

Clinician Journey to developing competency in Cognitive Functional Therapy

Old ways of working

Our personal beliefs and experiences influence how we treat people with chronic low back pain. Our training and professional beliefs may not be evidence based and may not be the best way to help our patients. We need to move away from our old ways of working and embrace new ways of working that are evidence based and patient centered.



Personal resources the clinician brings to the journey

Can bring a growth mindset to the training to develop new skills and ways of working, a desire for building agency in our patients, and courage to explore the boundaries of new ways of working.

Click on Image for More

AI in healthcare?

AI technologies such as ChatGPT seem to be all the rage right now. Should physiotherapists rush to incorporate them into their practice? Explore several Lancet editorials below to learn more.

[Editorial 1](#)

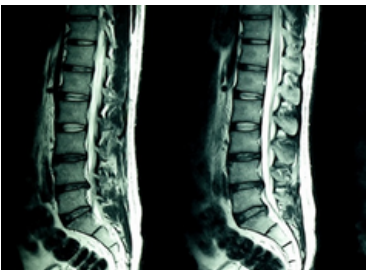
[Editorial 2](#)



You cannot unsee your MRI report

In his blog orthopaedic surgeon Dr Howard Luks outlines some potentially negative outcomes associated with medical imaging.

Click on image to access the Blog



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Check out this article on manual therapy frameworks dedicated to specific pain mechanisms!

This consensus-based framework suggests that modifying manual therapy approaches to align with the individual's dominant pain mechanism may allow clinicians to target their care more effectively. Have a look at the frameworks below!

	Nociceptive	Nociplastic	Neuropathic
Technique selected is based on unique patient presentation	Strongly advocated	Advocated	Strongly advocated
Treatment is modified based on patient response	Strongly advocated	Strongly advocated	Strongly advocated
Primary goal is to reduce pain and improve mobility	Strongly advocated	Not advocated	Advocated
Pain intensity levels guide treatment progression	Strongly advocated	Not advocated	Strongly advocated
Success of application depends on assessment within and between session follow-up	Strongly advocated	Not advocated	Not advocated
Access the entire table and pdf here.....			



Check out this patient video/resource - exercises for tennis elbow.

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