

What's New for April 2023?

Evidence Express

Division d'orthopédie
ASSOCIATION CANADIENNE DE PHYSIOTHÉRAPIE



Orthopaedic Division
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DOES YOUR BEDSIDE NEUROLOGICAL EXAMINATION FOR SUSPECTED PERIPHERAL NEUROPATHIES MEASURE UP?

(Bender C, Dove L, Schmid A 2023)



In this Viewpoint, the authors advocate for better use of neurological examination within a sound clinical reasoning framework.

Six clinical challenges are identified, recommendations provided and clinicians are asked to rethink their approach and interpretations of neurological examination.

[Access here](#)

Making Every Move Count: Answering the World Health Organization's Call to Implement the Global Action Plan on Physical Activity

Posted on April 6, 2023 by Jendacean

April 6th is World Physical Activity Day. Established in 2002 by Agita Mundo with support from the World Health Organization (WHO), it is a perfect opportunity to reflect on where we are around the world and highlight bright spots for improvement. Here we present a Canadian example of answering the WHO's call to action on physical activity implementation.

Infographic 1: Every move counts



Check out this BJSM [BLOG](#) - Jane Thornton shares the work at the Western Research Hub on Physical Activity and Health

abrpg ft.

Brazilian Journal of Physical Therapy

<https://www.journals.elsevier.com/brazilian-journal-of-physical-therapy>

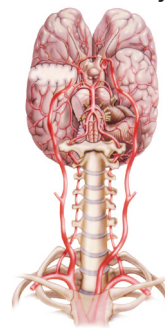
MASTERCLASS

Vascular flow limitations affecting the cervico-cranial region: Understanding ischaemia

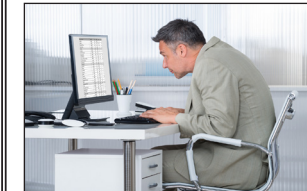
Alan Taylor^a, Roger Kerry^a, Firas Mourad^b, Nathan Hutting^{a*}

Is the terminology “vascular pathologies of the neck” correct? This recent article authored by Roger Kerry et al suggests “vascular flow limitation” may be more appropriate.

The authors propose that clinicians should have a clear understanding of the anatomical relations, the haemodynamic science of vascular flow limitation, and related pathologies.



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Did you check out the latest **BLOG** - the **WINDOW** on **orthodiv.ca?**

PROLONGED SLUMPED SITTING causes neck pain and increased axioscapular muscle activity during a computer task in healthy participants

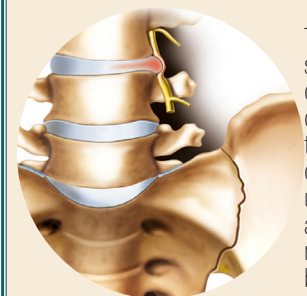
(Christensen et al 2023)

This RCT found that a 15 minute seated computer task caused pain in a healthy population, irrespective of the sitting posture. A posture with slump sitting and no arm support caused higher pain intensity, larger area of pain and increased difficulty in completing the task as well as increased muscle activity. The authors conclude that there may be no ideal sitting posture as all created some discomfort over time.

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Low back pain of disc, sacroiliac joint, or facet joint origin: a diagnostic accuracy systematic review

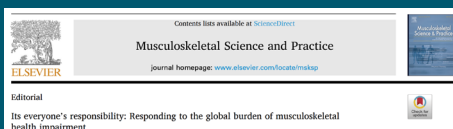
Christopher S. Hsu^{1,2}, Mark J. Hancock¹, Saeed Shamsi¹, Sarah Shamsi¹, Ian A. Harris^{1,2}, Steven P. Cohen¹, John Magnusson¹, Chris G. Maher¹, and Adrian C. Tranger¹



The results of this systematic review challenge the dominant view that a pathoanatomical diagnosis is usually not possible and so the label non-specific low back pain (NSLBP) should be used

instead. This review provides preliminary evidence that a diagnosis may be possible for a subgroup of patients with low back pain and may be an important step towards developing new, targeted, and specific treatment approaches.

[Read more...](#)



Pillars for Action to Strengthen Health Systems to address Prevention and Control of Musculoskeletal Health



Modified from Briggs et al. 2021 under Creative Commons Attribution Non Commercial (CC BY-NC 4.0) and license 549010403449 from BMJ Publishing Group Ltd and Finucane et al 2023

[Read here](#)

"The global burden of disease associated with musculoskeletal health impairment is now so large that no single stakeholder group can successfully effect change alone." - Laura Finucane

Riley et al. Archives of Physiotherapy 2023;134

Archives of Physiotherapy

VIEWPOINT

Open Access

"Trustworthiness," confidence in estimated effects, and confidently translating research into clinical practice

Sean P. Riley^{1,2*}, Brian T. Swanson¹, and Chad E. Cook^{2,3,4}



"If the integrity of the RCTs comprising our preprocessed literature is not improved, the ongoing discussions regarding P values, point estimates of effect, confidence intervals, and the confidence in the point estimate of the effect required to translate research into practice confidently are effectively moot points." (Riley et al. 2023)

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Open access Original research

BMJ Open Sport & Exercise Medicine

Clinical examination for athletes with inguinal-related groin pain: interexaminer reliability and prevalence of positive tests

William M P Heijboer^{1,2,3}, Zarko Vuckovic¹, Adam Weir^{1,4}, Johannes L Tol^{1,2,3}, Per Holmich², Andreas Semler^{1,5}



Inguinal related groin pain (IRGP) as defined in the Doha Agreement is pain in the inguinal region that worsens with exercise and tenderness of the inguinal canal.

The authors of this study suggest that combining abdominal wall palpation and abdominal resistance tests should identify 90% of patients with IRGP.

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This **BLOG** is a quick read on the topic of quad vs glutes strengthening for Patellofemoral Pain.

See you in Winnipeg - Check out the [program here!!](#)

