What's New for March 2023?

Evidence Express

Division d'orthopédie
ASSOCIATION CANADIENNE DE PHYSIOTHÉRAPIE

Orthopaedic Division
CANADIAN PHYSIOTHERAPY ASSOCIATION

HAMSTRING INJURIES

Looking for information on hamstring injuries (HSIs)? The London International Consensus and Delphi study on HSIs produced several papers with one looking at classification and another at rehabilitation, running and return to sport.
Click here Part 1: Classification
Part 3: Rehabilitation, Running and Return to Sport

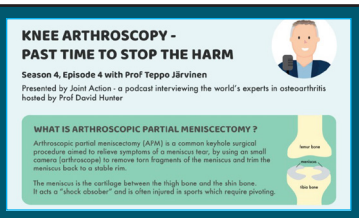
"The evidence says that therapeutic touch has some effect if it is part of a mulit-modal approach to most conditions MSK-wise, but it does not matter how you do that." -Dr. Roger Kerry *Listen*

Cochrane Library
Cochrane Database of Systematic Reviews

Running shoes for preventing lower limb running injuries in adults (Review)

Relph N, Greaves H, Armstrong R, Prior TD, Spencer S, Griffiths IB, Dey P, Langley B

Ever wondered about the role of running shoes in preventing lower leg running injuries? An in-depth Cochrane review attempts to shed some light on this somewhat controversial subject.



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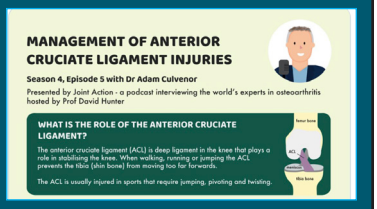

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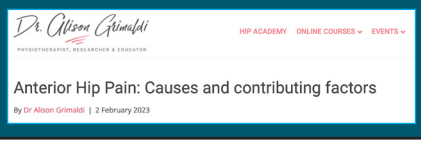
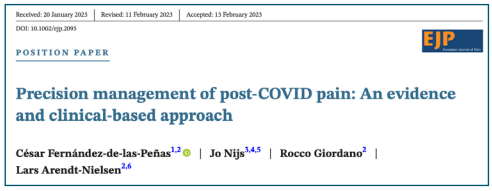




Post-COVID pain is a condition that physiotherapists are likely to encounter in their practice. However due to it's relatively recent emergence, knowledge surrounding intervention may be lacking. This position paper presents evidence based clinical reasoning to be considered by clinicians managing post-COVID pain ranging from pain phenotypes to consideration of other factors such as gender, comorbidities, treatment received in the acute phase and emotional disturbances.

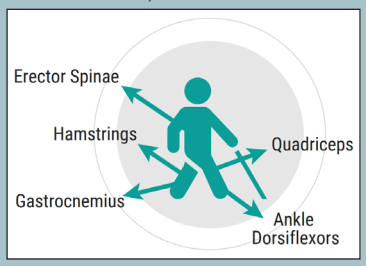
Open Access

Muscloskeletal Pain: Current and Future Directions of Physical Therapy Practice (Fullen et al 2023)

This article examines current frameworks for the assessment and management of MSK pain. It also discusses the future of MSK management and attempts to predict what it might look like in 2050.

"Will physiotherapists be well-placed to meet the needs of people with persistent pain in 2050?"

Human Skeletal Muscle-Specific Atrophy with Aging: A Comprehensive Review (Naruse et al 2023)



Interested to know which muscles have the highest rate of atrophy with aging? The lower leg muscles appear to be less susceptible to age-related atrophy than the thigh muscles. Different exercise programs may be required. Read more.....

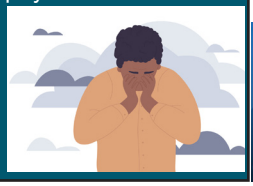
Review

OPEN ACCESS

Effectiveness of physical activity interventions for improving depression, anxiety and distress: an overview of systematic reviews

Ben Singh, Timothy Olds, Rachel Curtis, Dorothea Dumuid, Rosa Virgara, Amanda Watson, Kimberley Szeto, Edward O'Connor, Ty Ferguson, Emily Eglitis, Aaron Miatke, Catherine EM Simpson, Carol Maher

Physical activity is beneficial for improving symptoms of depression, anxiety and distress across the general population, people with mental health disorders and people with chronic disease. This systematic review recommends that physical activity should be a key component in the management of depression, anxiety and psychological distress.



Knee Surgery, Sports Traumatology, Arthroscopy
https://doi.org/10.1007/s00167-023-07339-6

EDITORIAL

Tendon appearance at imaging may be altered, but it may not indicate pathology

Nicola Maffulli · Katarina Nilsson Helander · Filippo Migliorini

Is recovery from a tendon tear or tendinopathy associated with tendon appearance on imaging? Have a read to find out!

See you in Winnipeg - Check out the program here!!