

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](#)

A NEW WAY TO TEACH AND PRACTICE MANUAL THERAPY



Roger



Mariana

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

Received: 30 January 2023 | Revised: 11 February 2023 | Accepted: 13 February 2023
DOI: 10.1002/ep.2093

POSITION PAPER



Precision management of post-COVID pain: An evidence and clinical-based approach

César Fernández-de-las-Peñas^{1,2} | Jo Nijs^{3,4,5} | Rocco Giordano² | Lars Arendt-Nielsen^{2,6}

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](#)



Cochrane Database of Systematic Reviews

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

Reigh 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.

KNEE ARTHROSCOPY - PAST TIME TO STOP THE HARM

Season 4, Episode 4 with Prof Teppo Järvinen

Presented by Joint Action - a podcast interviewing the world's experts in osteoarthritis hosted by Prof David Hunter

WHAT IS ARTHROSCOPIC PARTIAL MENISCECTOMY?

Arthroscopic partial meniscectomy (APM) is a common knee surgery performed to relieve symptoms of a meniscus tear. By using an arthroscope (arthroscope) to remove torn fragments of the meniscus and trim the meniscus back to a stable rim.

The meniscus is the cartilage between the thigh bone and the shin bone. It acts as a "shock absorber" and is often injured in sports which require pivoting.

[Listen here](#)

MANAGEMENT OF ANTERIOR CRUCIATE LIGAMENT INJURIES

Season 4, Episode 5 with Dr Adam Culvenor

Presented by Joint Action - a podcast interviewing the world's experts in osteoarthritis hosted by Prof David Hunter

WHAT IS THE ROLE OF THE ANTERIOR CRUCIATE LIGAMENT?

The anterior cruciate ligament (ACL) is deep ligament in the knee that plays a role in stabilizing the knee. When walking, running or jumping the ACL prevents the shin bone from moving too far forward.

The ACL is usually injured in sports that require jumping, pivoting and twisting.

[Listen here](#)

[Read BLOG here](#)

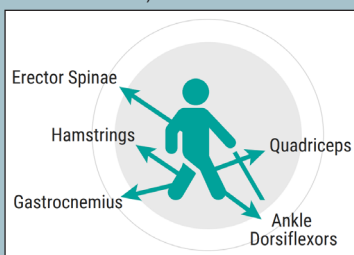
Dr. Allison Grimaldi
PHYSIOTHERAPIST, RESEARCHER & EDUCATOR

HIP ACADEMY ONLINE COURSES EVENTS

Anterior Hip Pain: Causes and contributing factors

By Dr. Allison Grimaldi | 2 February 2023

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



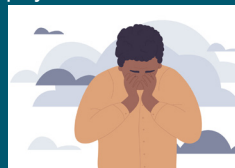
Interested to know which muscles have the highest rate of atrophy with aging? The lower leg muscles appear to be less susceptible to age-related atrophy than the thigh muscles. Different exercise programs may be required. [Read more.....](#)



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

Ben Singh¹, Timothy Olds², Rachel Curtis³, Dorothea Dumuid⁴, Rosa Virgara⁵, Amanda Watson⁶, Kimberley Szeto⁷, Edward O'Connor⁸, Ty Ferguson⁹, Emily Eglist¹⁰, Aaron Miatke¹¹, Catherine EM Simpson¹², Carol Maher¹³

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^{1,2,3,4}, Katarina Nilsson Helander⁵, Filippo Migliorini^{6,7}

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!!

