

Advanced musculoskeletal physiotherapy practice: Informing Education Curricula

Fennelly et al. 2020

Is it time to standardize the competencies and education standards required to be considered an Advanced Practice Physiotherapist?

Find Out More Here

Dry needling vs manual therapy for neck pain

Pandya et al. 2024



Is dry needling or manual therapy more effective when combined with exercise in the management of mechanical neck pain?

Access Here



Coaching and physical activity and fall prevention

Oliveria et al. 2024

Access the Blog Here

The Coaching for Healthy Aging (CHaNGE) program improved physical activity levels without increasing falls. It also had significant effects on daily steps, overall walking hours, quality of life, well-being, disability and goal attainment. Although a combined physical activity and falls prevention program was not shown to result in a significant decrease in falls rate, it is still beneficial to implement these programs for our senior citizens. Find out why [HERE](#)

FALL PREVENTION



Return to Activity/Sport Postpartum: A Summary of Current Recommended Milestones

Schulz et al. 2024

These authors conducted a scoping review of current guidelines surrounding a safe and consistent return to sport postpartum. Have a read to see what they found, how clinicians can best support their clients, and what still needs to be done to best support this population.

Click the Image to learn more!



Exercise During Cancer Treatment: A Key Factor in Reducing Hospitalization

Mizrahi et al. 2023

Access Infographic Here

Structured exercise during cancer treatment shown to reduce hospital admissions and length of stay.

Click [HERE](#) for more



Effect of exercise therapy versus surgery on mechanical symptoms in young patients with a meniscal tear: a secondary analysis of the DREAM trial

Damsted et al. 2023

Surgery is best...or is it? Take a look at this study to find out if surgery really is necessary for young patients with mechanical meniscal symptoms.

Access Here



Integrating Person-Centred Concepts and modern manual therapy

Keter et al. 2024

Can manual therapy be person-centred? Can it be a valuable part of a biopsychosocial approach to care? The authors of this study think so.

Access Here



Private practice model of physiotherapy: professional challenges identified through an exploratory qualitative study

Darlow et al. 2024

Is patient care suffering because of increasing competitiveness amongst private practice physiotherapy clinics? Find out what has been found in this study out of New Zealand.

Access Here



We are all in this together...

Cormac et al. 2024



It's time to take pain science education beyond the walls of our clinics and deliver it to the general public through education campaigns.

Learn More Here



Spinal manipulation and mobilisation in the treatment of infants, children, and adolescents: a systematic scoping review

Milne et al. 2022

What does current evidence say about the effectiveness and harms of paediatric spinal manipulation and mobilisation?



Find out Here!

