



Physiotherapy bulletin

April 2025

The aim of this current awareness bulletin is to provide a digest of recent articles on Physiotherapy

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Articles

Back, Neck and Shoulder Pain

Relaxation techniques in chronic nonspecific neck pain: a systematic review and meta-analysis

Basco-Lopez J et al

Health Psychology online first relaxation techniques

Effectiveness of adding a pain neuroscience education program to a multimodal physiotherapy intervention in patients with chronic shoulder pain: a randomized clinical trial

Delgado-Gil J et al

Brain Sciences 15 (2) 125

Comparison of the efficiency of home-programmed massage therapy and hot pack therapy for neck and shoulder pain

Turken A

Family Medicine and Primary Care Review 27 (1) 87-94

Tactile acuity, left/right judgement performance, motor imagery ability and pressure-pain threshold in patients with chronic rotator-cuff related shoulder pain: a cross sectional case-control study

Nuray A et al

Musculoskeletal Science and Practice 76 (April) 103278

Chronic pain

The efficacy of physiotherapy approaches in chronic tension-type headache: a systematic review and meta-analysis

Onan D et al

Journal of Oral and Facial Pain and Headache 39 (1) 34-38



Bee venom acupuncture for musculoskeletal pain conditions: an updated systematic review and meta-analysis

Sung S et al

Complementary Medicine and Therapies 25 (1) 1-17

Development, implementation and evaluation of a 'virtual patient' with chronic low back pain: an education resource for physiotherapy students

Thompson K et al

Healthcare 13 (7) 750

Rehabilitation and quality of life transformation: specialist physiotherapy in management of chronic pain

Khadye C et al

Anaesthesia and Intensive Care Medicine online first (2025) rehabilitation

Cancer/Oncology Rehabilitation

What is the role of physical exercise after surgery for gastric cancer?: a scoping review

Monticone M et al

ESMO Gastrointestinal Oncology 17 (2025) 100117

A call to action: implementing cardio-oncology rehabilitation programs for comprehensive patient care

Diaz-Balboa E et al

Physiotherapy 128 (2025) 101788

Post-therapeutic support and rehabilitation for breast cancer women in complete remission in a thermal resort: study protocol for the PACThe Real-Life conditions observational trial

Godiveau M et al

BMC Cancer 25 (1) 174

Effectiveness of exercise-based rehabilitation on functionality and quality of life in breast cancer survivors undergoing chemo-radiotherapy: a systematic review and meta-analysis

Perez M et al

Annals of Oncology Research and Therapy 5 (1) 37

A systematic review and meta-analysis of randomized controlled trials for physical activity among colorectal cancer survivors: directions for future research

Mao J et al

PeerJ 13 (2025) pe18892



Falls Prevention/Frailty/Older People

There is a Falls and Frailty bulletin – if you would like to receive this let us know and we will add your name to the mailing list.

Multiple Sclerosis / Parkinson's Disease

Effects of upper limb exercise or training on hand dexterity and function in people with Parkinson Disease: a systematic review and meta-analysis

Proud E et al

Archives of Physical Medicine and Rehabilitation 105 (7) 1375-1387

The effect of hippotherapy on people with multiple sclerosis: a systematic review

Giannou I et al

Multiple Sclerosis & Related Disorders 97 (May) 106374

Effects of rhythmic-cued gait training on gait-like task related brain activation in people with multiple sclerosis

Helminger B et al

Journal of the Neurological Sciences 15 (April) 123426

Miscellaneous

New models of physiotherapy prescribing: an audit and survey in Northern Ireland

O'Neill K et al

Journal of Prescribing Practice 7 (4) 165-173

Musculoskeletal/Spinal/Orthopaedics

Supporting the management of patients with knee pain to alleviate symptoms

Walker J

Nursing Times 121 (4) 19-21

ADvAnced PhysioTherapy in MuSculosKeletal Triage: investigating prognostic factors, healthcare utilisation and clinical outcomes (ADAPT MSK) – a cohort study protocol

Keating L et al

HRB Open Research 6 (2025) 73



Development and implementation of a physiotherapy exercise intervention with tailored support for exercise adherence for people with vertebral fragility fractures (OPTIN trial)

Newman M et al

Physiotherapy 126 (2025) 101430

Pelvic/Obstetrics/Gynaecology

Pelvic pain and pelvic floor disorders in women: a physiatrist's approach to diagnosis, management and multidisciplinary care

Lsurenzana L et al

Physical Medicine & Rehabilitation Clinics of NA 36 (2) 329-342

Chronic pelvic pain in women: evaluation and treatment

Meisenheimer E et al

American Family Physician 111 (3) 218-229

A Brazilian Association of Women's Health Physical Therapy (ABRAFISM) guideline on the terminology of pelvic floor muscle function and assessment

Druissp P et al

Brazilian Journal of Physical Therapy 29 (2) 101173

Use of mobile fitness app to improve pelvic floor muscle training in puerperal women with gestational diabetes mellitus: a randomized controlled trial

He X et al

Health Informatics Journal 31 (1) 1-16

Stroke

Physiotherapy management of post-stroke complex regional pain syndrome (CRPS) a case report on the role of mirror therapy

Adeoye S et al

Bulletin of Faculty of Physical Therapy 30 (1) 1-7

A physiotherapy protocol for stroke patients in acute hospital settings: expert consensus from the Brazilian early stroke rehabilitation task force

Iara Maso et al

Brazilian Academy of Neurology online first 2025 a physiotherapy protocol