



Physiotherapy bulletin

December 2024 – January 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
<p>Effectiveness of virtual yoga for chronic low back pain: a randomized clinical trial Tankha H et al JAMA Network Open online first virtual yoga</p>
<p>Acute and long-term effect of specific and non-specific exercises in patients with chronic neck pain: a protocol for a randomized controlled trial Gaban G et al Experimental Physiology 110 (1) 58-67</p>
<p>Effectiveness of movement representation techniques in non-specific shoulder pain: a systematic review and meta-analysis Nuray A et al Scientific Reports 15 (1) 1-14</p>
<p>The effectiveness of education for people with shoulder pain: a systematic review Zhang Z et al Musculoskeletal Science and Practice 75 (2025) 103246</p>
<p>Research trends and emerging treatment in frozen shoulder research: a bibliometric analysis and meta-analysis Liu Xu, et al Asian Journal of Surgery 48 (1) 106-118</p>
<p>Falls Prevention/Frailty/Older People <i>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.</i></p>



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
Digital dance programmes for Parkinson's disease: challenges and opportunities Bek J et al Frontiers in Psychology 16 (2025) digital dance
Gait physiotherapy and motor imagery in people with Parkinson's Disease: a protocol for randomized control GAITimagery trial Constanza San Martin Valenzuela et al Frontiers in Neurology 15 (2025) gait physiotherapy
Physiotherapy management and technology use for Parkinson's Disease: a survey among Greek physiotherapists Despoina Papageorgiou et al Applied Sciences 15 (2) 629
The effects of neurodynamic mobilization exercises on upper extremity pain, muscle strength and functions in patients with multiple sclerosis: a randomized controlled, single blinded study Adiguzel Tat, H et al Multiple Sclerosis and Related Disorders 93 (2025) 106240
Miscellaneous
Effectiveness of massage therapy for cancer pain, quality of life and anxiety levels: a systematic review and meta-analysis Win Myint O et al Journal of Clinical Nursing 34 (1) 49-87
Musculoskeletal/Spinal/Orthopaedics



Voices from the clinic: a qualitative analysis of physiotherapy strategies in musculoskeletal care for knee osteoarthritis patients

Jguyen J et al

BMC Musculoskeletal Disorders 26 (1) voices from the clinic

ADvAnced Physio Therapy 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) Advanced physiotherapy

Provider kinematic strategies during the delivery of spinal manipulation and mobilization: a scoping review of the literature

Svoboda K et al

Chiropractic & Manual Therapies 32 (1) 1-10

Postural deviation patterns, trunk mobility restriction and spinal musculoskeletal dysfunctions in chronic gastritis

Lima C et al

Journal of Bodywork & Movement Therapies 42 (Jun) 78-86

Current physiotherapy assessment and treatment practices for low back pain in Nigeria: a national survey

Danazumi M et al

Physiotherapy Research International 30 (1) e70011

Pelvic/Obstetrics/Gynaecology

Chronic pelvic pain treatment understanding what matters: a social media survey

Johnson S et al

Reproduction and Fertility 6 (1) chronic pelvic pain

Prevalence and impact of pelvic floor dysfunctions on quality of life in women 5-10 years after their first vaginal or caesarean delivery

Gonzalez-Timoneda A et al

Heliyon 11 (3) e42018

Influences of changes in pelvic anteversion during gait on walking ability and physical function in patients with adult spinal deformity: a cross-sectional study

Sato K et al

Journal of Orthopaedic Science 30 (1) 25-31



Stroke

Mechanically assisted walking with body weight support results in more independent walking and better walking ability compared with usual walking training in non-ambulatory adults early after stroke: a systematic review

Alvarenga M et al

Journal of Physiotherapy 71 (1) 18-26

Effects of various modes of forward and backward cycling on neuro-biomechanical outcomes in individuals after stroke and health controls

Soulard J et al

Clinical Biomechanics 122 (Feb) 106435

Exploring motor recovery differences in paretic upper and lower extremity after stroke: a cross-sectional analytical study

Rathinasabapathy S et al

Journal of Clinical and Diagnostic Research 19 (1) 1-5

Comparing the effectiveness of different exercise interventions on quality of life in stroke patients: a randomized controlled network meta-analysis

Jiang L et al

BMC Neurology 25 (1) 1-12