



# Physiotherapy bulletin

## February 2026

**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

**Shoulder pacemaker vs conventional physiotherapy for acute-on-chronic rotator cuff tears: a novel rehabilitation approach**

Garofalo R et al  
JSES International

**Effectiveness of suprascapular nerve block associated with physiotherapy compared with physiotherapy isolated for treatment of adhesive capsulitis: a randomized controlled trial**

Medeiros-Filho J et al  
Journal of Shoulder and Elbow Surgery 35 (1) 254-360

**AI-powered physiotherapy: evaluating LLMs against students in clinical rehabilitation scenarios**

Michou I et al  
Applied Sciences 16 (3) 1165

#### Cancer/Oncology Rehabilitation

**Effectiveness of physical therapy techniques for cancer-related pain: a systematic reviews**

Iser A et al  
Frontiers in Rehabilitation Sciences 7 (2026) effectiveness of physical therapy

**Telerehabilitation reduced urinary incontinence, pelvic pain and dyspareunia in women after treatment for gynaecological cancer: a randomised trial**

De Bem F et al



Journal of Physiotherapy 72 (1) 53-60
<b>Behaviour change for physical activity is feasible and effective in women living with metastatic breast cancer: a pilot two-arm randomised trial</b> Liu M et al Cancers 18 (2) behaviour change
<b>Usability and expert validation of a virtual reality system for post-mastectomy rehabilitation</b> Bongiorno G et al Frontiers in Rehabilitation Sciences 7 (2026) usability
<b>Parent perspectives on physical therapy for their child with acute lymphoblastic leukemia: the light at the end of the tunnel</b> Ospina P et al Current Oncology 31 (1) 60
<b>Falls Prevention/Frailty/Older People</b> <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>
<b>Multiple Sclerosis / Parkinson's Disease</b>
<b>Benefits of virtual reality rehabilitation on neurodegenerative diseases: a systematic review</b> Tu Tiantaixi et al NPJ Digital Medicine 9 (1) 1-22
<b>Relationships between instrumented four square step test and gait for a mixed neurologic and community-dwelling population</b> Shearin S et al Physiotherapy Research International 31 (1) 1-8
<b>Exploring the potential of Lee Silverman Voice Treatment BIG for improving balance and gait in patients with multiple sclerosis: a pilot study</b> Aloupis K et al Applied Sciences 16 (1) exploring the potential
<b>Miscellaneous</b>
<b>Patient satisfaction with advanced practice physiotherapy internationally: a systematic mixed studies review</b>



Davis C et al  
PLoS One 21 (2) 1-26

## Musculoskeletal/Spinal/Orthopaedics

### **Improvement after hardware removal in post-fusion adult AIS : a unique 35-year study using Schroth-Based physiotherapy and bracing**

Boucher J et al  
Healthcare 14 (1) improvement

### **Exoskeletal-assisted gait: exploring new rehabilitation perspectives in degenerative spinal cord injury**

Regazzetti M et al  
Technologies 14 (1) 17

### **Patient experience of advanced practice physiotherapy within low back pain care pathways in Canada and the United Kingdom: a multiple case-study protocol**

Davis C et al  
PLoS One 21 (2) 1-15

### **Association between physical activity levels and functional recovery, quality of life, and psychological well-being in patients undergoing physiotherapy for musculoskeletal disorders: a cross-sectional study**

Alkhamis B et al  
PLoS One 21 (2) association

## Pelvic/Obstetrics/Gynaecology

### **Lifestyle and selected issues related to sexual health: the importance of specialist care in balneology, dietetics and physiotherapy**

Puszcz A et al  
Journal of Clinical Medicine 15 (1) 307

### **An overview of the transgender population's knowledge of the role of physical therapy during the transitioning process: a cross-sectional survey study**

Cortes-Amador S et al  
European Journal of Obstetrics & Gynecology and Reproductive Biology 318 (2026) 114905

### **How do Australian physiotherapists clinically manage people with symptomatic endometriosis and vulvodynia? A survey of current practice among Australian physiotherapists**

Chalmers K et al  
Australian & New Zealand Journal of Obstetrics & Gynaecology 66 (1) e70073



**Is social media an educational tool for pelvic floor dysfunction during pregnancy and postpartum**

Ito L et al

European Journal of Obstetrics & Gynecology and Reproductive Biology 315 (2026) 114818

**Stroke**

**Tele-assessment compared with in-person assessment in stroke individuals: a systematic review and meta-analysis**

Estebanez-Perez M et al

Archives of Physical Medicine and Rehabilitation 2026 (000) tele-assessment

**Feasibility of behavior change techniques to promote physical activity of people with acute stroke during hospitalization: a pilot randomized controlled trial**

Paus A et al

Archives of Rehabilitation Research and Clinical Translation 2026 (000) 100582

**High-dose walking booster program is feasible for people after stroke: a Phase II randomized trial**

Scrivener K et al

Stroke 57 (1) 5-11

**Assessment of the robotic devices for overground gait training in poststroke patient: a systematic review and meta-analysis**

Ploumis A et al

American Journal of Physical Medicine & Rehabilitation 105 (1) 12-19