



Physiotherapy bulletin

January 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
Effectiveness of suprascapular nerve block associated with physiotherapy compared with phyiotherapy isolated for treatment of adhesive capsulitis: a randomized controlled trial Medeiros-Filho J et al Journal of Shoulder and Elbow Surgery 35 (1) 254-260
Pervasiveness of orthopedic disorders among office and manual workers: a comparative study Abd-ElHay A t al Retos 75 (2026) 835-858
Slider versus tensioner median nerve mobilization in patients with frozen shoulder randomized controlled comparative study Hegazy M et al Physiotherapy Research International 31 (1) e70164
Upper crossed syndrome in the workplace: a narrative review with clinical recommendations for non-pharmacologic management Russin N et al International Journal of Environmental Research & Public Health 23 (1) 120
Endoscopic dorsal medial branch nerve rhizotomy: a systematic review Hlavinka W et al Journal of Orthopaedics 71 (2026) 107-112



Cancer/Oncology Rehabilitation

Acupuncture as treatment of cancer-therapy induced fatigue: a critical systematic review with a focus on the methodological assessment of blinding

Voigtlaner S et al

Journal of Cancer Research and Clinical Oncology 152 (1) 1-18

Chemotherapy-induced peripheral neuropathy in breast cancer: a randomized controlled trial

Yu Xiaoqian et al

Clinical Breast Cancer 26 (1) 105-113

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

The impact of dance-based physical activity on sensorimotor and psychological function in Parkinson's Disease: a narrative review

Carretti G et al

Healthcare 14 (1) 105

Effects of a hybrid telerehabilitation model on mobility and functional capacity in patients with multiple sclerosis: a single-blind randomized controlled study

Aytutuldu G et al

Archives of Physical Medicine and Rehabilitation 107 (1) 11-20

Physiotherapy management of multiple sclerosis

Learmonth Y

Journal of Physiotherapy 72 (1) 11-22

Evaluation of postural stability in patients with multiple sclerosis using computerized dynamic posturography

Doaa E et al

Egyptian Journal of Otolaryngology 42 (1) 1-10

Adherence and compliance with exercise training in progressive multiple sclerosis: rates and correlates from the CogEx trial



<p>Motl R et al Multiple Sclerosis and Related Disorders 105 (2026) 106859</p>
<p>Musculoskeletal/Spinal/Orthopaedics</p>
<p>Enhancing functional outcomes in distal end radius fracture rehabilitation Sagar S et al Journal of Orthopaedic Case Reports 16 (1) 278-287</p>
<p>Effects of square-stepping exercise on cognitive function in geriatric rehabilitation: a randomized controlled explorative study Franzel K et al PLoS One 21 (1) 1-12</p>
<p>Artificial intelligence in postural management: a critical review of detection correction and clinical applicability Koroglu Y et al Journal of Orthopaedic Surgery Research article in press artificial intelligence</p>
<p>A simple intervention to improve day 1 mobility following fragility hip fracture: the Cardiac Chair Position: a single-centre cohort study of 270 patients Adeel Ikram et al Bone & Joint Open 7 (1) 47-53</p>
<p>Pelvic/Obstetrics/Gynaecology</p>
<p>An overview of the transgender population's knowledge or the role of physical therapy during the transitioning process: a cross-sectional survey study <i>Highlights •Few participants knew about pelvic floor therapy after reassignment surgery. Some considered seeing a physiotherapist but didn't follow through. Very few actually sought pelvic floor therapy after their surgery. Common issues included urethral narrowing, low elasticity, and orgasm trouble. Those who had therapy reported better recovery from post-surgery symptoms.</i> Cortes-Amador S et al European Journal of Obstetrics & Gynecology & Reproductive Biology 318 (2026) 114905</p>
<p>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</p>
<p>Is social media an educational tool for pelvic floor dysfunction during pregnancy and postpartum? Ito L et al European Journal of Obstetrics & Gynecology 316 (2026) 114818</p>



Objective evaluation of the acute effects of pelvic floor muscle training on vaginal dryness in postmenopausal women: a randomized controlled pilot study

Hatice Gulsah Kurne et al

Archives of Gynecology and Obstetrics 313 (1) 32-39

Stroke

Inspiratory muscle training with balance challenge improves diaphragmatic thickness, respiratory function, balance, exercise capacity and quality of life in people after stroke: a randomised trial

Liu F et al

Journal of Physiotherapy 72 (1) 42-52

Unilateral mirror therapy may improve upper limb motor recovery after stroke but bilateral mirror therapy provides little or no additional benefit: a systematic review

Boening S et al

Journal of Physiotherapy 72 (1) 33-41

Usability of an mHealth-Delivered physical activity intervention after mild stroke or transient ischemic attack: the role of therapist engagement and user barriers

Moulaee D et al

BMC Digital Health 4 (1) 1-13