



Physiotherapy bulletin

April 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

Collaborative pain management and movement systems impairment approach in reducing pain and opioid consumption in a patient at risk for opioid dependence

Sanket Naik

International Journal of Physiotherapy 13 (1) 27-32

10.15621/ijphy/2026/v13i1/2065

Clinical reasoning-led physiotherapy intervention for biceps tendinopathy: a case report

Ummul S et al

Clinical Case Reports 14 (3) 1-11

10.1002/ccr3.72189

Integrating high-intensity laser therapy with exercise regimen for impingement syndrome: a case report

Maheshkumar B et al

Journal of Clinical and Diagnostic Research 20 (4) integrating

10.7860/JCDR/2026/76103.22694

Sensorimotor incongruence is associated with increased symptom severity in people with frozen shoulder: a cross-sectional study

Mertens M et al

Musculoskeletal Science and Practice 81 (Feb) not saved!

Cancer/Oncology Rehabilitation



Physiotherapy in the primary care oncology team

Prinsloo L
South African Family Practice 68 (1) 1-4
10.4102/safp.v68i1.6231

Co-designing a primary care physiotherapist-led cancer rehabilitation intervention for people with metastatic breast cancer using a World Café approach

O’Riordan J et al
Physiotherapy 130 (2026) 101839
10.1016/j.physio.2025.101839

Benefits of physiotherapy interventions in survivors of childhood cancer: a systematic review with meta-analysis

Ortiz-Comino L et al
Cancers 18 (5) 855
10.3390/cancers18050855

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

Virtual reality therapy for motor, balance and cognitive outcomes in neurological disorders: a systematic review

Rani P et al
Journal of Clinical & Diagnostic Research 20 (2026) 24
10.7860/JCDR/2026/88435.22866

High intensity respiratory muscle training improves maximal respiratory pressures, breathing endurance, dyspnoea and exercise capacity in people with Parkinson’s disease: a randomised trial

Brito S et al
Journal of Physiotherapy 72 (2) 128-136
10.1016/j.jphys.2026.03.006

Enhancing gait training with anti-gravity treadmill ‘Alter-G’ in patients with Parkinson’s disease

Latella D et al
PLoS ONE 21 (2) e0341021
10.1371/journal.pone.0341021



YouTube as a resource for Parkinson's disease exercise education: an evaluation of video quality

Demirtas A et al
BMC Medical Education 26 (1) 471
10.1186/s12909-026-08825-4

Musculoskeletal/Spinal/Orthopaedics

Gait speed as a functional vital sign in musculoskeletal physiotherapy: normative values, clinical thresholds and digital measurement

Wainwright T
Applied Sciences 16 (5) 2287
10.3390/app16052287

Robot-assisted gait training combined with conventional physiotherapy in postoperative patients with diplegic cerebral palsy: a pilot single cohort observational study

Falivene A et al
Sensors 26 (5) 1438
10.3390/s26051438

Intelligence without intuition: a mixed-methods pilot study on reasoning models in musculoskeletal physiotherapy for low-back pain

Knauer R et al
Frontiers in Digital Health 8 (Mar) 1789412
10.3389/fdgth.2026.1789412

Pelvic/Obstetrics/Gynaecology

A comprehensive treatment algorithm for chronic pelvic pain patients: a perspective review and future guidelines

Shrikhande A et al
Women's Health 22 (2026) 1-14
10.1177/17455057261440214

Stroke

The effect of equine-assisted therapy in stroke rehabilitation: a systematic review and meta-analysis

Dadlani M et al
Indian Journal of Physical Medicine & Rehabilitation 36 (2) 99
10.4103/ijpmr.ijpmr_89_25



Harmonic and power spectrum analysis of vertical ground reaction force in patients who have a stroke within 3 months

Zhang L et al

Experimental Physiotherapy 111 (5) 2528-2542

10.1113/EP093186

Side-dependent trunk muscle modulation during sit-to-stand after stroke: an exploratory EMG and Kinematic Study

Cravero G et al

Sensors 26 (8) 2353

10.3390/s26082353

Component-specific kinematic analysis of the timed up and go test using inertial measurement units reflects neuromuscular impairments in patients after stroke

Hakukawa S et al

Clinical Biomechanics 133 (Mar) 106771

10.1016/j.clinbiomech.2026.106771

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