Physiotherapy bulletin

August 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 stratified blended physiotherapy versus usual physiotherapy for nexk and shoulder pain: a cluster-randomized trial
Van Tilburg M et al
Annals of Physical & Rehabilitation Medicine 69 (6) 102135
10.1016/j.rehab.2026.102135

Patients perceptions of the causes and treatments for rotator cuff-related shoulder pain: a content analysis of patient responses and implications for clinician communication
Wong E et al
Musculoskeletal Science & Practice 84 (Aug) 103557
10.1016/j.msksp.2026.103557

Usability and feasibility testing of an enhanced physiotherapist-supported treatment approach integrating a brief behaviour change intervention for people with rotator cuff disorders (the COMBINED approach)
Bury J et al
Musculoskeletal Science & Practice 84 (Aug) 103950
10.1016/j.msksp.2026.103590

Development and initial evaluation of a patient decision aid to support decision-making in care-seeking patients with subacromial pain syndrome in primary care
Lyng K et al
Musculoskeletal Science & Practice 84 (Aug) 103595
10.1016/j.msksp.2026.103595

Cancer/Oncology Rehabilitation

Finding the right time to initiate exercise rehabilitation following a cancer diagnosis: a systematic review and meta-analysis
Tan G et al
Physiotherapy 132 (2026) 101876
10.1016/j.physio.2026.101876

Post-operative mobilisation and mobility outcomes after pelvic exenteration surgery for colorectal cancer
Foley S et al
The Surgeon 34 (4) 271-277
10.1016/j.surge.2026.04.004

From accuracy to allocation: a physiotherapy-specific risk framework for AI-mediated exercise advice in breast cancer survivorship
La N et al
Physiotherapy 132 (Sep) 101894
10.1016/j.physio.2026.101894

Touch-based interventions, biofield therapies and hypnosis for pain management: a scoping review of complementary approaches in physiotherapy
Bonanno F et al
Frontiers in Pain Research 7 (2026) 1869699
10.3389/fpain.2026.1869699

Harms of massage in persons with cancer or receiving treatment for cancer: a systematic review and meta-analysis
Kjerulf N et al
PLoS ONE 21 (8) e0351878
10.1371/journal.pone.0351878

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 ans Rehabilitation 105 (7) 1375-1387

Content and quality analysis of YouTube videos on therapeutic exercises for Parkinson's Disease
Tosun A et al
Journal of Parkinson's Disease 16 (5) 956-964
10.1177/1877718X261438620

Exercise and motor complications in Parkinson's Disease: a systematic review and meta-analysis
Nobrega-Sousa P et al
Movement Disorders Clinical Practice 2026 (Aug) 70766
10.1002/mdc3.70766

Factors associated with improved physical performance in individuals with Parkinson's Disease using the Fisior ® Sequential square mat walking training program: a secondary gender-stratified analysis of a randomised controlled trial
Alegre-Tamariz J et al
Journal of Central Nervous System Disease 18 (2026) 1-14
10.1177/11795735261458651

Miscellaneous

Generative artificial intelligence in exercise and physical therapy: a systematic review of emerging evidence and clinical implications
Chung Y
International Journal of Therapy & Rehabilitation 33 (6) generative AI
10.12968/ijtr.2025.0131

Toe walking: a regional analysis of TTN variants between c.10,000 and c99,999 in a cohort of children
Pomarino D et al
Global Medical Genetics 13 (3) 100123
10.1016/j.gmg.2026.100123

Musculoskeletal/Spinal/Orthopaedics

Effects of standardised strap pressure compared with conventional adjustment in a valgus knee brace on clinical outcomes in medial knee osteoarthritis: a randomised controlled trial
Khosravi M et al
International Journal of Therapy & Rehabilitation 33 (6) effects of standardised strap pressure
10.12968/ijtr.2025.0096

Advances in rehabilitation for bone and joint pain: a critical narrative review of evidence, gaps and future directions
Zhuang J et al
Frontiers in Pain Research 7 (2026) 1858635
10.3389/fpain.2026.1858635

Effectiveness of physiotherapy techniques in sacroiliac joint dysfunction: a systematic review
Kowalczyk P et al
Applied Sciences 16 (15) 7787
10.3390/app16157787

Predictors of phantom limb pain, psychological factors and chronic musculoskeletal pain following traumatic lower-limb amputation: the impact of delayed rehabilitation services
Aldabbas M et al
Disabilities 6 (4) 62
10.3390/disabilities6040062

Pelvic/Obstetrics/Gynaecology

ENDO-GYM: a holistic approach with pelvic floor physiotherapy and yoga for endometriosis pain relief
Alboni C et al
European Journal of Obstetrics & Gynecology & Reproductive Biology 324 (2026) 115244
10.1016/j.ejogrb.2026.115244

Assessment of abdominal, diaphragm and pelvic floor muscle function during respiratory tasks using transabdominal ultrasound in women with and without postpartum stress urinary incontinence
Li, Jie et al
Physiotherapy 132 (2026) 101898
10.1016/j.physio.2026.101898

Physiotherapy following pelvic organ prolapse surgery: addressing the unmet needs
Elbiss H et al
Journal of the Pakistan Medical Association 76 (8) 1213-1215
10.47391/JPMA.26-60

Long term effects of pelvic floor muscle training combined with electrical stimulation biofeedback among women with symptomatic pelvic organ prolapse: a randomised controlled trial
Li, Min et al
BJOG 12 (2026) 70313
10.1111/1471-0528.70313

Stroke

Systematic documentation of physiotherapy practice during usual care and high-intensity gait training in inpatient stroke rehabilitation
Hiorth Y et al
Journal of Evaluation in Clinical Practice 32 (5) 1-11
10.1111/jep.70550

Factors associated with physiotherapy use in the Brazilian stroke population – theoretical analysis based on Andersen's Model: an observational study
Silva L et al
Disabilities 6 (4) 66
10.3390/disabilities6040066

Effects of adding treadmill training to conventional physiotherapy on lower-limb thermal asymmetry, motor function and walking capacity in patients with chronic stroke: a randomized controlled trial
Gomez-Mateos M et al
Brain Sciences 16 (8) 837
10.3390/brainsci16080837

Predictors of community-based physical and occupational therapy use after stroke
Freburger J et al
Archives of Physical Medicine & Rehabilitation 107 (9) 2311-2321
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10.1016/j.apmr.2026.04.002

Older adults receive limited physical and occupational therapy poststroke: a cohort study in the Veterans Health Administration
Waddell K et al
Archives of Physical Medicine & Rehabilitation 107 (9) 2388-2396
10.1016/j.apmr.2026.04.017

Shockwave therapy or acupoint stimulation combined with physiotherapy for spasticity and motor function in post-stroke recovery: a randomized controlled trial
Hossain K et al
Brain and Behavior 16 (8) e71652
10.1002/brb3.71652