



Physiotherapy bulletin

June-July 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

Red flag to screen for tumours in patients with neck pain: a scoping review

Occhetto B et al

Physiotherapy 131 (June) 101869

10.1016/j.physio.2025.101869

The ExtRA Capacity Test: reliability, validity and normative data of a new clinical tool for assessing shoulder muscle

Ford H et al

Physiotherapy 131 (June) 101868

10.1016/j.physio.2025.101868

Shoulder pain in amateur fast bowlers: a case example illustrating opportunities to embed prevention in undergraduate physiotherapy education

Dawood M et al

South African Journal of Physiotherapy 82 (2) shoulder pain

10.4102/sajp.v82i2.2304

Cancer/Oncology Rehabilitation

Individualized physiotherapy improves quality of life and symptom burden in advanced cancer: a quasi-experimental study

Soares G et al

Physiotherapy Research International 31 (3) e70280

10.102/pri.70280



Evaluation of a novel role proposal for the use of a physiotherapist navigator in an acute cancer care setting in Ontario: protocol for a pilot randomized controlled trial Edward H et al PLoS One 21 (6) e0351761 10.1371/journal.pone.0351761
A qualitative study exploring the desired elements, potential benefits, barriers and facilitators of a physiotherapy-led exercise-based service in a primary care setting to improve the quality of life of people with metastatic breast cancer O’Riordan J et al Physiotherapy 131 (June) 101812 10.1016/j.physio.2025.101812
Telerehabilitation for pain, function and quality of life in patients with cancer: a systematic review Ordonez-Mora L et al Oncology & Therapy 14 (2) 597-620 10.1007/s40487-026-00431-0
The current role of physiotherapy in systemic light-chain (AL) amyloidosis and multiple myeloma Riod-Sanchez A et al Life 16 (6) 1018 10.3390/life16061018
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>
Multiple Sclerosis / Parkinson's Disease
Comparative effects of dry needling on spasticity, balance and cortical excitability in stroke and multiple sclerosis patients: a pilot study Choobsaz H et al Journal of Bodywork & Movement Therapies 47 (July) 419-428 10.1016/j.jbmt.2026.04.019
Linking the Pre-Assessment Information Form (PIF) to the ICF: Enhancing Standardized Functional Assessment in Parkinson’s Disease



Rogatto F et al Physiotherapy Research International 3 (3) e70247 10.1002/pri.70247
Does resistance training improve quality of life of people with Parkinson's Disease? Evidence and recommendations for clinical application through a systematic review and meta-analysis of randomized clinical trials De Souza L et al Physiotherapy Research International 31 (3) 1-17 10.1002/pri.70266
Breaking the freeze: The role of cognitive function in freezing of gait in Parkinson's disease Papacek O et al Parkinson's Disease 2026 (July) 7199074 10.1155/padi/7199074
Efficacy of different exercise modalities for sleep quality in Parkinson's disease: a systematic review and network meta-analysis Zhan Y et al Frontiers in Physiology 2026 (July) 1-12 10.3389/fphys.2026.1854427
Musculoskeletal/Spinal/Orthopaedics
Reducing wait-times for orthopaedic consultants for patients with knee osteoarthritis through advanced practice physiotherapy Scarvell J et al Health Services Insights 19 (June) 1-17 10.1177/11786329261461056
Role of prehabilitation in improving outcomes after anterior cruciate ligament reconstruction Jayvirsing S et al Journal of Orthopaedic Case Reports 16 (6) 49-56 10.13107/jocr.2026.v16.i06.7380
Persistent of structural reasoning in Brazilian physiotherapy: a cross-sectional study on 'text neck' beliefs Arrigoni J et al Musculoskeletal Care 24 (2) e70220 10.1002/msc.70220



In safe hands – patients with knee and hip osteoarthritis expectations and experience of physical therapist-led triage in a secondary care setting

Gustavsson L et al
BMC Musculoskeletal Disorders 27 (1) 584
10.1186/s12891-026-10179-3

“Advanced” practice physiotherapy in musculoskeletal care, in the UK and Ireland: a critical narrative review

Brookes P et al
Musculoskeletal Care 24 (2) e70225
10.1002/msc.70225

Pelvic/Obstetrics/Gynaecology

Physiotherapy protocol for pain in the immediate postcesarean postpartum: randomized clinical trial

Mazzoni C et al
Obstetrics and Gynecology International
10.1155/ogi/5179249

The clinical significance of key pelvic floor ultrasound indicators in POP management: a retrospective study of diagnostic accuracy and therapeutic intervention

Wang J et al
International Journal of Women's Health 18 (1) 1-14
10.2147/IJWH.S592109

Pelvic muscle training and electrostimulation to treat weak pelvic floor: a multicentre-randomised parallel group trial

Lamberti G et al
European Journal of Obstetrics & Gynecology and Reproductive Biology 323 (2026) 115199
10.1016/j.ejogrb.2026.115199

Stroke

Immediate effects of instrument assisted soft tissue mobilisation and myofascial release therapy on trigger points in patients with subacute and chronic stroke: a comparative study

D'Mello J et al
International Journal of Therapy & Rehabilitation 33 (4) immediate effects
10.12968/ijtr.2025.0103

The effectiveness of physiotherapy sitting balance treatment on sitting balance outcomes in early sub-acute stroke. A systematic review and meta-analysis

Rayner R et al
Physiotherapy 130 (Mar) 101824



10.1016/j.physio.2025.101824
Assessment and management practices for post-stroke shoulder pain among rehabilitation professionals in Vietnam: a cross-sectional survey Nguyen N et al Physiotherapy Research International 31 (3) e80290 10.1002/pri.70290
Feasibility of behaviour 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 8 (2) 100582 10.1016/j.arrct.2025.100582
Recent highlights in motor recovery and rehabilitation research after stroke Dalton E et al Journal of Physiotherapy 72 (3) 179-189 10.1016/j.jphys.2026.06.005
Energy cost of walking in relation to impairment and functional independence after stroke: the role of walking speed Guediri A et al Physiotherapy Research International 31 (3) e70287 10.1002/pri.70287

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