

Monthly Literature Review Template

Citation

Review Submitted by (Your Name)

Objective: brief synopsis of the study objective

Methods: brief review highlighting the important aspects of the methods

Results: Summary of the main results

Conclusions: One or two sentence conclusion

Commentary: Your review of the article: strengths, weaknesses, clinical applicability, etc.

****Sections can be left out or combined as indicated****

Example:

Citation Examples:

Theoretical Considerations for Chronic Pain Rehabilitation. Lotze M, Moseley GL. Phys Ther. 2015 Sep;95(9):1316-20. Epub 2015 Apr 16

Physical examination tests for screening and diagnosis of cervicogenic headache: A systematic review. Rubio-Ochoa J, et al. Man Ther. 2015 Sep 21 [Epub ahead of print]

Review Example:

Exercise for osteoarthritis of the knee: a Cochrane systematic review. Fransen M, McConnell S, Harmer AR, et al. Br J Sports Med doi:10.1136/bjsports-2015-095424

Review Submitted by: Itsa Smartguy PT, DPT, OCS

Objective: To determine whether land-based therapeutic exercise is beneficial for people with knee osteo-arthritis (OA) in terms of reduced joint pain or improved physical function and quality of life.

Methods: Five electronic databases were searched, up until May 2013. Randomised clinical trials compar-ing some form of land-based therapeutic exercise with anon-exercise control were selected.

Results: In total, 54 studies were identified. Pooled results from 44 trials indicated that exercise significant-ly reduced pain (12 points/100; 95% CI 10 to 15) and improved physical function (10 points/100; 95% CI 8 to 13) to a moderate degree immediately after treatment, while evidence from 13 studies revealed that ex-ercise significantly improved quality of life immediately after treatment with small effect (4 points/100; 95% CI 2 to 5). In addition, 12 studies provided 2-month to 6-month post-treatment sustainability data which showed significantly reduced knee pain (6 points/100; 95% CI 3 to 9) and 10 studies which showed im-proved physical function (3 points/100;95% CI 1 to 5).

Conclusions: Among people with knee osteoarthritis, land-based therapeutic exercise provides short-term benefit that is sustained for at least 2–6 months after cessation of formal treatment.

Commentary: There have been a large number of systematic reviews published that support the use of exercise in the management of OA knee (Larmer et al 2013•). Sometimes systematic reviews just state the research was poor quality and that more studies need to be done. Fortunately in this area of research the studies are well constructed and the results positive with respect to exercise management of OA. Sustainable changes over 2-6 months are great for the population with this pathology. It was also indicated that in the long term management of OA, a 'top-up' of care would be ideal at the 6 month mark. The challenge for physiotherapy is often that patients do not know that the profession provides a very powerful alternative to medication and surgery in the form of exercise, and other management strategies.