



EBP II: SEARCH THE EVIDENCE

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Orthopaedic Manual Physical Therapy Series
Charlottesville 2017-2018



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Search Efficiently
Manage EB collection
PUSH Evidence



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Knowledge Broker

- Someone who is capable of 'bringing researchers and decision makers together, facilitating their interaction so that they are able to better understand each others' goals and professional culture, influence each others' work, forge new partnerships, and use research-based evidence.
- Brokering is ultimately about supporting evidence-based decision making in the organization, management and delivery of health services'



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Steps involved in practice of EBP

1. Convert information needed into answerable questions - PICO
2. Track down
3. Critically appraise the evidence
4. Integrate this appraisal with clinical expertise and patient values
5. Evaluate performance



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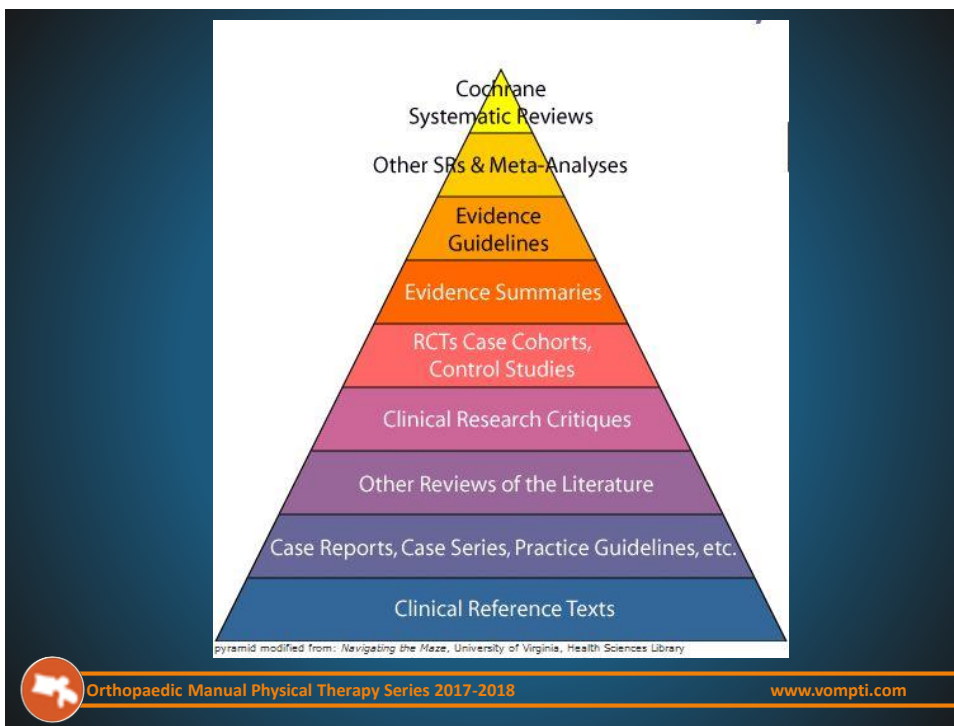
| | P atient or P roblem | I ntervention (a cause, prognostic factor, treatment, etc.) | C omparison Intervention | O utcomes |
|-------------------|--|---|---|---|
| Tips for Building | Starting with your patient, ask "How would I describe a group of patients similar to mine?" Balance precision with brevity. | Ask "Which main intervention am I considering?" Be specific. | Ask "What is the main alternative to compare with the intervention?" Again, be specific. | Ask "What can I hope to accomplish?" or "What could this exposure really affect?" Again, be specific |
| Example | "In patients with anterior knee pain ... " | "... would adding orthotics to exercise..." | "... when compared with standard therapy alone ..." | "... lead to lower faster return to running ?" |



- In a female runner with anterior knee pain - Would foot orthotics decrease symptoms, and increase function (run) in the short term?

Clinical Question





Parachute use to prevent death and major trauma related to gravitational challenge: systematic review of randomised controlled trials

What is already known about this topic

Parachutes are widely used to prevent death and major injury after gravitational challenge

Parachute use is associated with adverse effects due to failure of the intervention and iatrogenic injury

Studies of free fall do not show 100% mortality

What this study adds

No randomised controlled trials of parachute use have been undertaken

The basis for parachute use is purely observational, and its apparent efficacy could potentially be explained by a "healthy cohort" effect

Individuals who insist that all interventions need to be validated by a randomised controlled trial need to come down to earth with a bump



BMJ VOLUME 327 20-27 DECEMBER 2003



The goal of the collaboration is to help people make well informed decisions about health care by preparing, maintaining and ensuring the accessibility of systematic reviews of the effects of health care interventions.



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- Independent nonprofit organization consisting of group of over 28,000 volunteers in more than 100 countries
- Formed to organize research information in a systematic way
- The Collaboration aims to provide compiled scientific evidence to aid well informed health care decisions
- It conducts Systematic reviews of randomized controlled trials of health care interventions and tries to disseminate the results and conclusions.



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All Results (227)

Cochrane Database of Systematic Reviews : Issue 9 of 12, September 2017

Issue **updated daily** throughout month

There are 8 results from 9980 records for your search on "patellofemoral pain syndrome" in Title, Abstract, Keywords in Cochrane Reviews

Sort by:


Select all | Export all | Export selected

- Patellar taping for patellofemoral pain syndrome in adults**
 Michael J Callaghan and James Seife
 Online Publication Date: April 2012
- Exercises for treating patellofemoral pain syndrome**
 Rianne A van der Heijden, Niemie E Lankehorst, Robbart van Linschoten, Sita MA Bierma-Zeinstra and Marienke van Middelkoop
 Online Publication Date: January 2015
- Knee orthoses for treating patellofemoral pain syndrome**
 Toby O Smith, Benjamin T Drew, Toby H Meek and Allan B Clark
 Online Publication Date: December 2015

All
 Cochrane Reviews (8)
 All
 Review
 Protocol
 Other Reviews (21)
 Trials (193)
 Methods Studies (2)
 Technology Assessments (1)
 Economic Evaluations (2)
 Cochrane Groups (0)

All
 Current Issue

Me Methodology
 Dx Diagnostic
 Ov Overview
 Pg Prognosis
 Qu Qualitative

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Cc Conclusions changed
 Ns New search
 Mc Major change
 Up Update
 Wd Withdrawn
 Cm Comment

- Pharmacotherapy for patellofemoral pain syndrome**
 Edith M Heintjes, Marjolijn Berger, Sita MA Bierma-Zeinstra, Roos MD Bernsen, Jan AN Verhaar and Bart W Koes
 Online Publication Date: July 2004
- Therapeutic ultrasound for treating patellofemoral pain syndrome**
 Lucie Brosseau, Lynn Casimiro, Vivian Welch, Sarah Milne, Beverley Shea, Maria Judd, George A Wells and Peter Tugwell
 Online Publication Date: February 2013
- Exercise therapy for patellofemoral pain syndrome**
 Edith M Heintjes, Marjolijn Berger, Sita MA Bierma-Zeinstra, Roos MD Bernsen, Jan AN Verhaar and Bart W Koes
 Online Publication Date: January 2015
- Neuromuscular electrical stimulation (NMES) for patellofemoral pain syndrome**
 Ana Luiza C Martimbianco, Maria R Torioni, Brenda NG Andriolo, Gustavo Porfirio and Rachel Riera
 Online Publication Date: September 2014
- Orthotic devices for treating patellofemoral pain syndrome**
 Norman E D'hondt, Geert Aufdemkampe, Gino MMJ Kerkhoffs, Peter AA Struijs, Claire Verheut and C N van Dijk
 Online Publication Date: January 2009

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Withdrawn from publication **Version History**

Orthotic devices for treating patellofemoral pain syndrome

Withdrawn | Review | Intervention

Norman E D'hondt, Geert Aufdemkampe, Gino MMJ Kerkhoffs, Peter AA Struijs, Claire Verheul, C N van Dijk

First published: 21 January 2009

Editorial Group: Cochrane Bone, Joint and Muscle Trauma Group

DOI: 10.1002/14651858.CD002267.pub2

Cited by (CrossRef): 1 article

Reason for withdrawal from publication

This review was withdrawn, as of Issue 1, 2009, because it is substantially out-of-date

The editorial group responsible for this previously published document have withdrawn it from publication.

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Methods Studies (CMR)

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Economic Evaluations (EED)

Intervention Review

Orthotic devices for treating patellofemoral pain syndrome

Norman E D'hondt^{1*}, Geert Aufdemkampe², Gino MMJ Kerkhoffs³, Peter AA Struijs³, Claire Verheul⁴, C N van Dijk⁵

Editorial Group: Cochrane Bone, Joint and Muscle Trauma Group

Published Online: 21 JAN 2009

Assessed as up-to-date: 4 JAN 2002

DOI: 10.1002/14651858.CD002267.pub2

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Additional Information (Show All)

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Search the PEDro database

There are three search pages for the PEDro database. Two were designed for health professionals (simple search and advanced search). One was designed for consumers of physiotherapy and can be accessed via the [Physiotherapy Choices](#) web-site.

- Begin a simple search
- Begin an advanced search

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1. Eligibility criteria were specified
2. Subjects were randomly allocated to groups (in a crossover study, subjects were randomly allocated an order in which treatments were received)
3. Allocation was concealed
4. The groups were similar at baseline regarding the most important prognostic indicators
5. There was blinding of all subjects
6. There was blinding of all therapists who administered the therapy
7. There was blinding of all assessors who measured at least one key outcome
8. Measurements of at least one key outcome were obtained from more than 85% of the subjects initially allocated to groups
9. All subjects for whom outcome measurements were available received the treatment or control condition as allocated, or where this was not the case, data for at least one key outcome were analyzed by "intention to treat"
10. The results of between-group statistical comparisons are reported for at least one key outcome
11. The study provides both point measurements and measurements of variability for at least one key outcome



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Simple Search

Search term (or terms):

Search

The database was last updated on 4 September 2017 (this includes records added or amended since 7 August 2017).
The next update is planned for Monday 9 October 2017. The total number of records on the database is 37,649.
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Search Results

Click on a title to view details of that record. If your search has returned many records you may need to move to the next page (at the top or bottom of the list of records). To display a list of records from one or a series of searches, click on *Select* and then *Display Selected Records*

Found 5 records

| Title | Method | Score (/10) | Select Record |
|---|-------------------|-------------|------------------------|
| A review of the management of patellofemoral pain syndrome | systematic review | N/A | Select |
| The additional effect of orthotic devices on exercise therapy for patients with patellofemoral pain syndrome: a systematic review [with consumer summary] | systematic review | N/A | Select |
| Systematic review of the quality of randomized controlled trials for patellofemoral pain syndrome | systematic review | N/A | Select |
| Evaluation of soft foot orthotics in the treatment of patellofemoral pain syndrome | clinical trial | 3/10 | Select |

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September 26, 2017

Upcoming Events

Value-Based Care
September 28, 2017 (1:00 pm-2:00 pm) - Live Webinar

National Physical Therapy Month
October 2017 - Nationwide

Student Assembly #XChangeSA
October 8, 2017 (8:00 pm ET) - Live Chat

Celebration of Diversity Fundraiser

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Understand the scope of the opioid epidemic and its

Most Recommended

January 21, 2014
Shoulder Pain and Mobility Deficits: Adhesive Capsulitis (36)

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Designed for pediatric professionals in physical and occupational therapy, the journal publishes clinical research and practical applications for working with children, case reports, and reviews of new measures. Search inside the publication or select an issue to peruse. (Full text is available back to 1997; abstract-only records continue back to 1980.) Send your article selections.

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SELF-DIAGNOSING PATIENTS

I'VE LOOKED UP MY SYMPTOM ON THE INTERNET AND I THINK I'VE GOT 8,346 LIFE-THREATENING ILLNESSES!

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Google Scholar

- **Broad range of sources**
 - Journals
 - Conference Papers
 - Academic books
 - Dissertations
- **Large retrieval set**
- **Text word searching vs. vocabulary index searching (MESH)**
- **Ranks by number of previous hits/citations**
- **Older citations first**
- **Should be an adjunct NOT primary search**



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The screenshot shows a Google Scholar search for "patellofemoral AND orthotics" with approximately 5,440 results. The search results are sorted by relevance. The first result is "Evaluation of soft foot orthotics in the treatment of patellofemoral pain syndrome" by JJ Eng, MR Piernynowski, published in 1993. The year "1993" is circled in red. Other results include "Bracing for patellar instability" (1990), "The influence of orthotic devices and vastus medialis strength and timing on patellofemoral loads during running" (2000), "Orthotic devices for treating patellofemoral pain syndrome" (2002), and "The effect of foot orthoses on patellofemoral pain syndrome" (2003).





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| <p>Latest Literature</p> <p>New articles from highly accessed journals</p> <ul style="list-style-type: none"> Blood (12) Cell (14) Cochrane Database Syst Rev (2) Drugs (1) J Biol Chem (20) Lancet (6) N Engl J Med (1) Pediatrics (2) | <p>Trending Articles</p> <p>PubMed records with recent increases in activity</p> <ul style="list-style-type: none"> The Graham-Cassidy Plan - The Most Harmful ACA-Repeal Bill Yet. N Engl J Med. 2017. Tripespecific broadly neutralizing HIV antibodies mediate potent SHIV protection in macaques. Science. 2017. Non-coding Transcription Instructs Chromatin Folding and Compartmentalization to Dictate Enhancer-Promoter Communication and T Cell Fate. Cell. 2017. α-synuclein interacts with PrP^C to induce cognitive impairment | <p>PubMed Commons</p> <p>Featured comments</p> <ul style="list-style-type: none"> Steroids in IgA nephropathy: Journal club @NephJC highlights key points from discussion of trial clinical outcomes. bit.ly/2ePlpZm Sep 27 Auditory brainstem response as a diagnostic: S Bejerot discusses conflicting findings & different equipment setups. bit.ly/2wR8DoX Sep 25 Scoring written health info: In reply, author P Jindal discusses limitations of commonly used readability formulas. bit.ly/2vOsm98 Sep 27 |


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The essence of EBP: "Hunting instead of collecting"

- **Collecting Information:**
The traditional practice of reading journal articles and storing the most relevant information.
- **Hunting for Information:**
Formulating questions during patient contact and searching for the most relevant information

evidence → practice

practice → evidence

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Using MeSH (Medical Subject Headings) to Enhance PubMed Search Strategies for Evidence-Based Practice in Physical Therapy

Examples of How Search Terms Mapped, Organized by Outcomes

| Outcome 1: The search term mapped to an appropriate Medical Subject Headings (MeSH) term. | | |
|--|-------------------------|---|
| Search Term | MeSH Term/Journal Title | Comment |
| Outcome 4: The search term did not map to a MeSH term or journal title, but an appropriate MeSH term was found in the MeSH database. | | |
| Strengthening | None | The MeSH term "resistance training" was found in the MeSH database and is defined as: A type of strength-building exercise program that requires the body muscle to exert a force against some form of resistance, such as weight, stretch bands, water, or immovable objects. Resistance exercise is a combination of static and dynamic contractions involving shortening and lengthening of skeletal muscles. |
| Stretching | None | The MeSH term "muscle stretching exercises" was found in the MeSH database and is defined as: Exercises that stretch the muscle fibers with the aim to increase muscle-tendon flexibility, improve range of motion or musculoskeletal function, and prevent injuries. There are various types of stretching techniques, including active, passive (relaxed), static, dynamic (gentle), ballistic (forced), isometric, and others. |

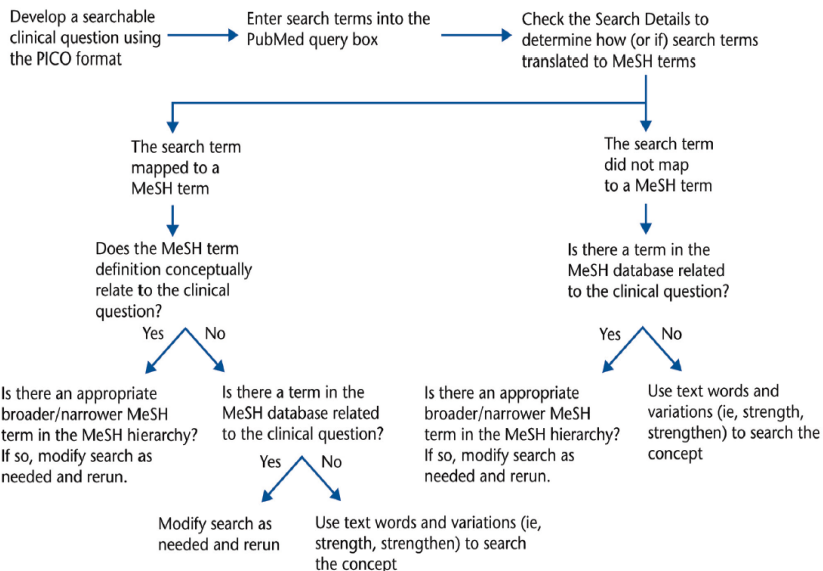
Randy R. Richter and Tricia M. Austin
PHYS THER. 2012; 92:124-132.



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Using MeSH to Enhance PubMed Search Strategies



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The image shows a YouTube video player interface. The video title is "Use MeSH to Build a Better PubMed Query". The video player shows a blue background with the NCBI logo and the text "MeSH: Medical Subject Headings". Below the video player, there are options to subscribe to the NCBI channel (13,912 subscribers) and view the video's performance (162,115 views, 230 likes). The video was published on Feb 14, 2013. To the right of the video player is a "Up next" list of related videos, including "Webinar: Troubleshooting GenBank Submissions", "Webinar: A Practical Guide to NCBI BLAST on the Web", "Webinar: NCBI and the NIH Public Access Policy", "PubMed Advanced Search Builder", "Webinar: BLAST in the Cloud", "Webinar: Introduction to NCBI's E-utilities API", "Webinar: The NCBI Variation Viewer", and "Webinar: A Submitter's Guide to GenBank, Part 1". At the bottom of the slide, there is a logo for "Orthopaedic Manual Physical Therapy Series 2017-2018" and the website "www.vompti.com".

The image is a screenshot of the MeSH (Medical Subject Headings) interface. The search term "Foot Orthoses" is entered in the search box. The interface shows various options for refining the search, including "Display Settings" (Full), "Limits", and "Advanced". There are several subheadings listed with checkboxes, such as "adverse effects", "classification", "economics", "organization and administration", "pharmacology", "standards", "statistics and numerical data", "therapeutic use", and "utilization". A "Send to:" dropdown menu is open, showing "PubMed Search Builder" and "Foot Orthoses" [Mesh], with the latter circled in red. Below the search options, there is a "Restrict to MeSH Major Topic" section and a "Tree Number(s)" field. The "Entry Terms" section lists several related terms like "Orthoses, Foot", "Foot Orthosis", "Orthosis, Foot", "Foot Orthotic Devices", "Device, Foot Orthotic", "Foot Orthotic Device", "Orthotic Device, Foot", and "Orthotic Devices, Foot". At the bottom of the slide, there is a logo for "Orthopaedic Manual Physical Therapy Series 2017-2018" and the website "www.vompti.com".

The screenshot shows the MeSH (Medical Subject Headings) search interface. The search term 'patellofemoral pain syndrome' is entered in the search box. Below the search box, there are options for 'Save search', 'Limits', and 'Advanced'. The main content area displays the definition of 'Patellofemoral Pain Syndrome' and a list of subheadings with checkboxes, such as 'anatomy and histology', 'classification', 'diagnosis', etc. On the right side, there is a 'PubMed Search Builder' window that shows the search query: `("Foot Ortheses"[Mesh]) AND "Patellofemoral Pain Syndrome"[Mesh]`. Below the search builder are buttons for 'Add to search builder', 'Search PubMed', and 'Send to'. At the bottom of the page, there is a navigation bar with the text 'Orthopaedic Manual Physical Therapy Series 2017-2018' and the website 'www.vompti.com'.

The screenshot shows the PubMed search results page. The search query is `("Foot Ortheses"[Mesh]) AND "Patellofemoral Pain Syndrome"[Mesh]`. The results are sorted by 'Most Recent' and show 11 items. The first item is titled 'The Foot Ortheses versus Hip eXercises (FOHX) trial for patellofemoral pain: a protocol for a randomized clinical trial to determine if foot mobility is associated with better outcomes from foot orthoses.' by Matthevs M, Rathleff MS, Claus A, McPoil T, Nee R, Crossley K, Kasza J, Paul S, Mellor R, Vicenzino B. The second item is '2016 Patellofemoral pain consensus statement from the 4th International Patellofemoral Pain Research Retreat, Manchester. Part 2: recommended physical interventions (exercise, taping, bracing, foot orthoses and combined interventions)' by Crossley KM, van Middelkoop M, Callaghan MJ, Collins NJ, Rathleff MS, Barton CJ. The third item is 'Patellofemoral pain' by Crossley KM, Callaghan MJ, van Linschoten R. The fourth item is 'Custom-Made Foot Orthoses Decrease Medial Foot Loading During Drop Jump in Individuals With Patellofemoral Pain' by Rathleff MS, Richter C, Brushej C, Bencke J, Bandholm T, Holmich P, Thorborg K. On the right side, there are sections for 'Titles with your search terms', 'Find related data', 'Search details', and 'Recent Activity'. At the bottom of the page, there is a navigation bar with the text 'Orthopaedic Manual Physical Therapy Series 2017-2018' and the website 'www.vompti.com'.

The screenshot shows a PubMed search for "Foot Orthoses" and "Patellofemoral Pain Syndrome". An RSS Settings popup is open, showing search criteria and options to create an RSS feed. The main search results list four articles, with the first article highlighted.

RSS Settings
 Search: ("Foot Orthoses"[Mesh]) AND "Patellofemoral Pain Syndrome"[Mesh]
 Number of items displayed: 15
 Feed name: ("Foot Orthoses"[Mesh]) AND "Pa"
 Create RSS

Search Results:
 1. **The Foot Orthoses versus Hip eXercises (FOHX) trial for patellofemoral pain: a protocol for a randomized clinical trial to determine if foot mobility is associated with better outcomes from foot orthoses.**
 Matthews M, Rathleff MS, Claus A, McPoil T, Nee R, Crossley K, Kasza J, Paul S, Mellor R, Vicenzino B. J Foot Ankle Res. 2017 Jan 25;10:5. doi: 10.1186/s13047-017-0186-5. eCollection 2017. PMID: 28138341 Free PMC Article Similar articles

2. **2016 Patellofemoral pain consensus statement from the 4th International Patellofemoral Pain Research Retreat, Manchester, Part 2: recommended physical interventions (exercise, taping, bracing, foot orthoses and combined interventions).**
 Crossley KM, van Middelkoop M, Callaghan MJ, Collins NJ, Rathleff MS, Barton CJ. Br J Sports Med. 2016 Jul;50(14):844-52. doi: 10.1136/bjsports-2016-096268. Epub 2016 May 31. No abstract available. PMID: 27247098 Free PMC Article Similar articles

3. **Patellofemoral pain.**
 Crossley KM, Callaghan MJ, van Linschoten R. BMJ. 2015 Nov 4;351:h3939. doi: 10.1136/bmj.h3939. Review. No abstract available. PMID: 26537829 Similar articles

4. **Custom-Made Foot Orthoses Decrease Medial Foot Loading During Drop Jump in Individuals With Patellofemoral Pain.**
 Rathleff MS, Richter C, Brushøj C, Bencke J, Bandholm T, Holmich P, Thorborg K. Clin J Sport Med. 2016 Jul;26(4):335-7. doi: 10.1097/JSM.0000000000000262. PMID: 26509568

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 Find items

Search details
 "Foot Orthoses"[Mesh] AND "Patellofemoral Pain Syndrome"[Mesh]
 Search See more...

Recent Activity
 Turn Off Clear
 ("Foot Orthoses"[Mesh]) AND "Patellofemoral Pain Syndrome"[Mesh] PubMed
 Patellofemoral Pain Syndrome MeSH
 patellofemoral pain syndrome (1) MeSH
 Foot Orthoses MeSH

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The screenshot shows the same PubMed search results page, but with a red circle highlighting the search criteria in the search bar: "Foot Orthoses" [Mesh] AND "Patellofemoral Pain Syndrome" [Mesh].

Search Results:
 Format: Summary Sort by: Most Recent Per page: 20
 Search results
 Items: 11

1. **The Foot Orthoses versus Hip eXercises (FOHX) trial for patellofemoral pain: a protocol for a randomized clinical trial to determine if foot mobility is associated with better outcomes from foot orthoses.**
 Matthews M, Rathleff MS, Claus A, McPoil T, Nee R, Crossley K, Kasza J, Paul S, Mellor R, Vicenzino B. J Foot Ankle Res. 2017 Jan 25;10:5. doi: 10.1186/s13047-017-0186-5. eCollection 2017. PMID: 28138341 Free PMC Article Similar articles

2. **2016 Patellofemoral pain consensus statement from the 4th International Patellofemoral Pain Research Retreat, Manchester, Part 2: recommended physical interventions (exercise, taping, bracing, foot orthoses and combined interventions).**
 Crossley KM, van Middelkoop M, Callaghan MJ, Collins NJ, Rathleff MS, Barton CJ. Br J Sports Med. 2016 Jul;50(14):844-52. doi: 10.1136/bjsports-2016-096268. Epub 2016 May 31. No abstract available. PMID: 27247098 Free PMC Article Similar articles

3. **Patellofemoral pain.**
 Crossley KM, Callaghan MJ, van Linschoten R. BMJ. 2015 Nov 4;351:h3939. doi: 10.1136/bmj.h3939. Review. No abstract available. PMID: 26537829 Similar articles

4. **Custom-Made Foot Orthoses Decrease Medial Foot Loading During Drop Jump in Individuals With Patellofemoral Pain.**
 Rathleff MS, Richter C, Brushøj C, Bencke J, Bandholm T, Holmich P, Thorborg K. Clin J Sport Med. 2016 Jul;26(4):335-7. doi: 10.1097/JSM.0000000000000262. PMID: 26509568

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Search: ("Foot Orthoses"[Mesh]) AND "Patellofemoral Pain Syndrome"[Mesh]

Name of Search: ("Foot Orthoses"[Mesh]) AND "Patellofemoral Pain Syndrome"[Mesh]

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Name of saved search: ("Foot Orthoses"[Mesh]) AND "Patellofemoral Pain Syndrome"[Mesh]

Search terms: ("Foot Orthoses"[Mesh]) AND "Patellofemoral Pain Syndrome"[Mesh] [Test search terms](#)

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| Mon 10/6/2014 6:24 AM | My NCBI | What's new for 'foot and ankle' in PubMed | | |
| Mon 10/6/2014 6:24 AM | My NCBI | What's new for 'patellofemoral' in PubMed | | |
| Mon 10/6/2014 6:22 AM | My NCBI | What's new for 'tendinopathy' in PubMed | | |
| Mon 10/6/2014 6:22 AM | My NCBI | What's new for '["Foot"[Mesh]] AND "Orthotic Devices"[Mesh]' in PubMed | | |
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| Mon 10/6/2014 6:22 AM | My NCBI | What's new for 'Hip AND labral' in PubMed | | |
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| Mon 10/6/2014 6:21 AM | My NCBI | What's new for 'orthotics' in PubMed | | |
| Mon 10/6/2014 6:21 AM | My NCBI | What's new for 'trigger point dry needling' in PubMed | | |
| Mon 10/6/2014 6:21 AM | My NCBI | What's new for 'patellofemoral pain syndrome' in PubMed | | |
| Mon 10/6/2014 6:21 AM | My NCBI | What's new for 'barefoot running' in PubMed | | |
| Date Yesterday | | | | |

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Search: "Orthotic Devices"[Mesh] AND "Patellofemoral Pain Syndrome"[Mesh]

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Item 1 of 1

PubMed Results

1. [Immediate effects of foot orthoses on pain during functional tasks in people with patellofemoral osteoarthritis: A cross-over, proof-of-concept study.](#)
Collins NJ, Hinman RS, Menz HB, Crossley KM.
Knee. 2017 Jan;24(1):76-81. doi: 10.1016/j.knee.2016.09.016. Epub 2016 Nov 4.
PMID: 27825592 [PubMed - indexed for MEDLINE]

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Hoch MC, McKeon PO. Joint mobilization improves spatiotemporal postural control and range of motion in those with chronic ankle instability. J Orthop Res. 2011 Mar 29;29(3):326-32. doi: 10.1002/jor.21256. Epub 2010 Sep 30. PubMed PMID: 20880654.

DeLahunt E, McGrath A, Doran N, Coughlan GF. Effect of taping on actual and perceived dynamic postural stability in persons with chronic ankle instability. Arch Phys Med Rehabil. 2010 Sep;91(9):1383-9. doi: 10.1016/j.apmr.2010.06.023. PubMed PMID: 20801256.

Wikstrom EA, Hubbard TJ. Talar positional fault in persons with chronic ankle instability. Arch Phys Med Rehabil. 2010 Aug;91(8):1267-71. doi: 10.1016/j.apmr.2010.04.022. PubMed PMID: 20684909.

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| ("Orthotic Devices"[Mesh]) AND "Patellofemor... | 0 | 2 days ago |
| barefoot running | 0 | 2 days ago |
| patellofemoral pain syndrome | 0 | 2 days ago |
| trigger point dry needling | 0 | 2 days ago |
| Hallux | 1 | 2 days ago |
| Shoulder AND Impingement | 1 | 2 days ago |
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Br J Sports Med. 2016 Jul;50(14):844-52. doi: 10.1136/bjsports-2016-096268. Epub 2016 May 31.

2016 Patellofemoral pain consensus statement from the 4th International Pat Research Retreat, Manchester, Part 2: recommended physical interventions, bracing, foot orthoses and combined interventions).

Crossley KM¹, van Middelkoop IM², Callaghan MJ³, Collins NJ⁴, Rathleiff MS⁵, Barton CJ¹

Author information

KEYWORDS: Intervention

PMID: 27247098 PMCID: PMC4975825 DOI: 10.1136/bjsports-2016-096268

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Variable criteria for patellofemoral bracing among sports medicine professionals. [PM R. 2014]

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A clinical study of the biomechanics of step descent using different treat [Gait Posture. 2011]

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| Orthoses + PFPS | 26 | Private | today | PubMed |
| PFPS | 138 | Private | 2 days ago | PubMed |
| Tendonopathy | 8 | Private | 2 days ago | PubMed |
| Knee OA | 20 | Private | 2 days ago | PubMed |
| Groin pain/Sports hernia | 12 | Private | 5 days ago | PubMed |
| Gait retraining/cue | 47 | Private | 9 days ago | PubMed |
| First Ray | 57 | Private | 11 days ago | PubMed |
| Achilles tendonopathy | 69 | Private | 11 days ago | PubMed |
| Chronic Exertional Leg Pain | 25 | Private | 14 days ago | PubMed |
| Knee | 9 | Private | 18 days ago | PubMed |
| Electrodiagnostics | 1 | Private | 20 days ago | PMC |
| FAI | 58 | Private | 22 days ago | PubMed |
| Foot/Ankle | 9 | Private | last month | PubMed |
| ITB | 15 | Private | last month | PubMed |
| Clinical Reasoning | 14 | Private | last month | PubMed |
| Subjective | 3 | Private | last month | PubMed |
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P.I.C.O. (T.T.) Model for Clinical Questions

| | | |
|----------|--|---|
| P | Patient, Population, or Problem | How would I describe a group of patients similar to mine? |
| I | Intervention, Prognostic Factor, or Exposure | Which main intervention, prognostic factor, or exposure am I considering? |
| C | Comparison to Intervention (if appropriate) | What is the main alternative to compare with the intervention? |
| O | Outcome you would like to measure or achieve | What can I hope to accomplish, measure, improve or affect? |
| T | What type of question are you asking? | Therapy/Treatment, Diagnosis, Prognosis, Harm/Etiology (may be referred to as "domains" in PubMed) |
| T | Type of study you want to find | What would be the best study design/methodology? |




Types of Questions:


- **Two additional elements of the well-built clinical question are the question and the type of study.**
- **Diagnosis**
- **Therapy**
- **Prognosis**
- **Harm/Etiology**
- **This information can be helpful in focusing the question and determining the most appropriate type of evidence or study.**



| | |
|----------------------|---|
| Diagnosis | How to select and interpret diagnostic tests |
| Therapy | How to select treatments to offer patients that do more good than harm and that are worth the efforts and costs of using them |
| Prognosis | How to estimate the patient's likely clinical course over time and anticipate likely complications of disease |
| Harm/Etiology | How to identify causes for disease (including iatrogenic forms) |


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| Type of Question: | Suggested best type of study: |
|-------------------|--|
| Diagnosis | prospective, blind comparison to a gold standard |
| Therapy | RCT > cohort > case control > case series |
| Prognosis | cohort study > case control > case series |
| Harm/Etiology | RCT > cohort > case control > case series |
| Prevention | RCT > cohort study > case control > case series |
| Clinical Exam | prospective, blind comparison to gold standard |
| Cost Benefit | economic analysis |


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 Cell. 2017.

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 Auditory brainstem response as a diagnostic. S Bejerot discusses conflicting findings & different equipment setups.
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 Scoring written health info: In reply, author P Jindal discusses limitations of commonly used readability formulas.

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patellofemoral pain syndrome AND foot orthosis

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patellofemoral pain syndrome AND foot orthosis

Clinical Study Categories

Category:

Scope:

Systematic Reviews

Results: 5 of 11

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 Yu H, Randhawa K, Côté P. *Optima Collaboration*.
J Orthop Sports Phys Ther. 2016 Jun; 46(7):523-54. Epub 2016 Jun 6.

Nonsurgical Management of Knee Pain in Adults.
 Jones BQ, Covey CJ, Sineath MH Jr.
Am Fam Physician. 2015 Nov 15; 92(10):875-83.

The "Best Practice Guide to Conservative Management of Patellofemoral Pain": Incorporating level 1 evidence with expert clinical reasoning.
 Barton CJ, Lack S, Hemmings S, Tuttle S, Morrissey D.
Br J Sports Med. 2015 Jul; 49(14):923-34. Epub 2015 Feb 25.

[The Influence of Foot Orthoses on Patellofemoral Pain Syndrome: A Systematic Analysis of the Literature].
 Ahlheim A, Alftuh M.
Sportverletz Sportschaden. 2015 Jun; 29(2):107-17. Epub 2015 Feb 12.


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 Yeung SS, Yeung EW, Gillespie LD.
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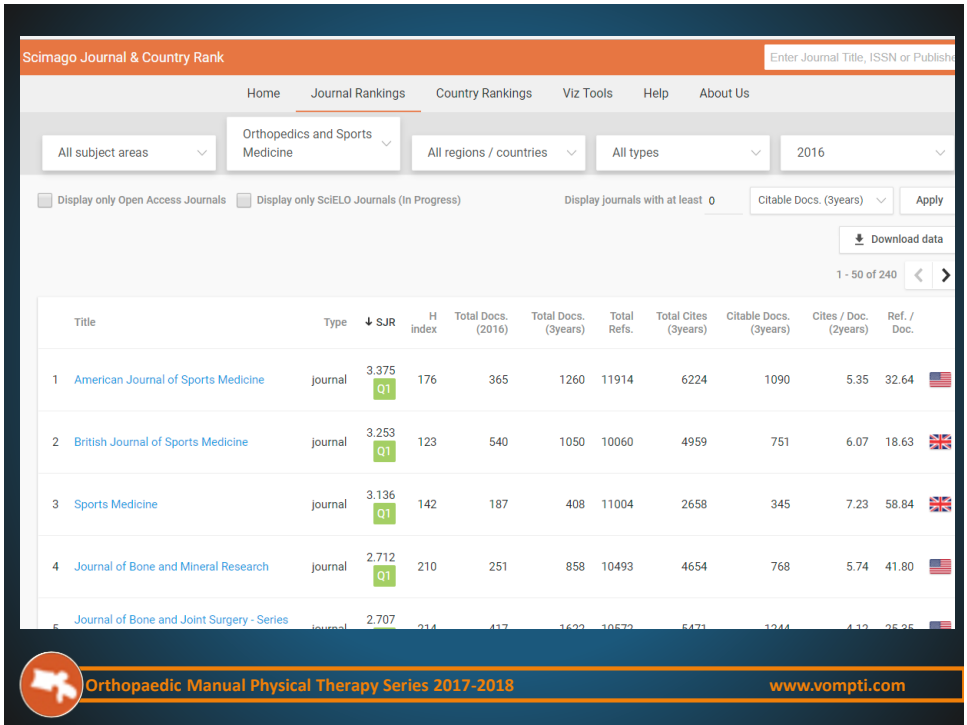
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Articular dysfunction patterns in pain: A clinical algorithm to guide manipulation techniques
February 2014 (Vol. 19 | No. 1 | Pages 10-17)
Vincent Dewitte, Axel Beernaert, Barbara Danneels, Barbara Cagnie
Abstract | Full Text | PDF (1493 KB)

Systematic Review

Reliability and validity of non-radiographic methods of thoracic kyphosis measurement: A systematic review
February 2014 (Vol. 19 | No. 1 | Pages 10-17)
Eva Barrett, Karen McCreesh, Jeremy Lewis
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Do MRI and ultrasound of the anterior pelvis correlate with, or predict, young football players' clinical findings? A 4-year prospective study of elite academy soccer players.

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Extended indications for foot and ankle arthroscopy.

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Concussions in National Hockey League (NHL) players: 5-year video analysis

Objective To understand, through video analysis, how playing characteristics and mechanism of injury contribute to concussions in the National Hockey League (NHL). Setting National Hockey League. Design Prospective case series of concussions over a 5 year period of regular season NHL games (2006–2011). Subjects Digital video 3 days ago

The University of Toronto Concussion Symptom Scale: do initial symptoms predict outcome?

Objective To explore symptoms during initial physician evaluation and time to return-to-play experienced by university level athletes. Design Prospective case series of concussions during three athletic seasons (2009–2012). Setting University of Toronto, Ontario, Canada. Subjects Athletes who 3 days ago

The development of an observational tool to code knockouts in Mixed Martial Arts

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Detecting suboptimal effort in concussion management settings with the axon sports CCAT

Objective Accurate concussion management relies on the integrity of baseline and after injury assessments to reflect actual cognitive abilities. This study assessed performance differences in optimal versus malingering conditions, and evaluated the ability of embedded effort indicators in the Axon Sports Computerised Cognitive Assessment Tool by Louey, A. G., Mar... / 3 days ago

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Does A Forefoot Strike Pattern Reduce Injury?

Posted on 12. Dec, 2012 by The Sports Physiotherapist

Aerobic exercise, particularly in the form of running, has become more popular with the general population over the last few decades. Unfortunately, this increase in healthy exercise may come at a cost with up to 80% of runners reporting a lower limb injury. These trends mean that preventing running injuries is gaining significant importance in the world of sports medicine. One touted intervention that is currently in vogue is adapting the runner's biomechanics to a forefoot strike pattern or barefoot running technique...

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Wednesday, December 26, 2012

Knee Goniometry? There's an App for That.

Validation of a Novel Smartphone Accelerometer-Based Knee Goniometer

Ockendon M & Gilbert RE. J Knee Surg. 2012 Sep;25(4):341-5. <http://www.ncbi.nlm.nih.gov/pubmed/23150162>

Measuring knee range of motion (ROM) is a common clinical practice among most healthcare professionals, especially when monitoring ROM to track post-surgical outcomes. Goniometers, accelerometers, and inclinometers are some examples of instruments that have been used to assess knee ROM. Smartphones have built in accelerometers for various uses; therefore, the purpose of this study was to evaluate the reliability of a Smartphone knee goniometry application for assessing knee ROM.

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Research into the role of the brain & mind in chronic pain

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