



A. PEDro update (2 May 2016)

PEDro contains 33,320 records. In the 2 May 2016 update you will find:

- 26,547 reports of randomised controlled trials (25,832 of these trials have confirmed ratings of methodological quality using the PEDro scale)
- 6,199 reports of systematic reviews, and
- 574 reports of evidence-based clinical practice guidelines

For latest guidelines, reviews and trials in physiotherapy visit [Evidence in your inbox](#).

B. Update of a Cochrane review found that fitness training improves exercise ability and walking after stroke

In this updated review, the authors included 58 trials (n=2,797 participants) which evaluated cardiorespiratory training, resistance training, or a mix of both interventions. Cardiorespiratory training involving walking increases maximum walking speed by 6.71 metres per minute (95% CI 2.73 to 10.69), preferred speed by 4.28 metres per minute (95% CI 1.71 to 6.84), and capacity by 30.29 metres in six minutes (95% CI 16.19 to 44.39) compared to control (usual care and/or non-exercise intervention). Mixed training, also involving walking, increases preferred walking speed by 4.54 metres per minute (95% CI 0.95 to 8.14), and capacity by 41.60 metres per six minutes (95% CI 25.25 to 57.95) compared to control. The interventions were safe, with no evidence of injuries or other health problems. Cardiorespiratory training and mixed training should be incorporated into stroke

services, including after discharge from hospital. More well-designed trials are needed to evaluate resistance training, determine the optimal exercise prescription and identify long-term benefits.

Saunders DH et al. Physical fitness training for stroke patients. *Cochrane Database of Systematic Reviews* 2016;Issue3

[Read more on PEDro](#)

C. PEDro systematic review updates in the BJSM

Three new PEDro systematic review updates have been published in the British Journal of Sports Medicine:

- [Prevention of low back pain](#)
 - [Walking exercise for chronic musculoskeletal pain](#)
 - [Acupuncture for sciatica and a comparison with western medicine](#)
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D. Fysioterapeuterna, Irish Society of Chartered Physiotherapists, Jordanian Physiotherapy Society, Physiotherapeuten Verband Fürstentum Liechtenstein, Udruženje Fizioterapeuta Crne Gore and Eesti Füsioterapeutide Liit are PEDro partners

We thank [Fysioterapeuterna](#) (Sweden), [Irish Society of Chartered Physiotherapists](#), [Jordanian Physiotherapy Society](#), [Physiotherapeuten Verband Fürstentum Liechtenstein](#), [Udruženje Fizioterapeuta Crne Gore](#) (Montenegro) and [Eesti Füsioterapeutide Liit](#) (Estonia) for being PEDro Association Partners in 2016.

E. Four new PEDro videos in Tamil

We are pleased to announce that four of the PEDro “how to” videos are now available in Tamil.

The videos are:

- [how to ask a clinical question in PICO format](#)
- [how to do a simple search](#)
- [how to do an advanced search](#)
- [how to save search results](#)

PEDro would like to thank Cynthia Swarnalatha Srikesavan who translated and recorded the videos into Tamil. Cynthia is from the Centre for Rehabilitation Research in University of Oxford.

F. Next PEDro update (June 2016)

Next PEDro update is on Monday 6 June 2016.



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