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A. PEDro update (5 December 2016)

PEDro contains 35,229 records. In the 5 December 2016 update you will find:

- 27,940 reports of randomised controlled trials (27,253 of these trials have confirmed ratings of methodological quality using the PEDro scale)
- 6,687 reports of systematic reviews, and
- 602 reports of evidence-based clinical practice guidelines

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

B. Online training for PEDro scale now available

We are pleased to announce the launch of the new and enhanced version of the PEDro scale training program. In this online training we provide a definition and detailed description, relevant references and answer frequently asked questions (in both text and video formats) plus examples and practice articles for each item of the PEDro scale. The examples are drawn from actual articles to illustrate instances that either meet a specific criterion or, alternatively, do not meet a criterion.

The program costs AUD 50 for individual subscribers, and institutional subscriptions are also available. All proceeds from the online training will be used to produce and develop the PEDro resource.

Please visit training.pedro.org.au.

C. Systematic review found that injury prevention programs that include Nordic hamstring exercises decrease the risk of hamstring injuries among soccer players

In this new systematic review, the authors included 5 studies (4 cluster randomised controlled trials and 1 cohort study) that investigated injury prevention programs that included the Nordic Hamstring exercise on the hamstring injury rate in soccer players. Pooled data of 4,455 individuals included in the 5 studies were analysed. A total of 315,992 exposure hours and 166 hamstring injuries were collected from the included studies. The pooled results showed 51% overall injury reduction per 1,000 hours of exposure for to injury prevention programs that included the Nordic Hamstring exercise compared to controls (injury risk ratio = 0.49; 95% confidence interval = 0.291 to 0.827; $p = 0.008$). A limitation of this review is that it was not possible to evaluate the isolated effect of Nordic hamstring exercise because the injury prevention programs included a variety of other exercises. Another limitation is that cost effectiveness was not considered as an outcome in the review, even though economic data have been published.

Al Attar WS, et al. Effect of injury prevention programs that include the Nordic hamstring exercise on hamstring injury rates in soccer players: a systematic review and meta-analysis. *Sports Med* 2016 Oct 17:Epub ahead of print.

[Read more on PEDro.](#)

D. PEDro systematic review update in the *BJSM*

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

- [Pilates improves balance in older adults](#)
 - [Exercise for coronary heart disease](#)
-

E. PEDro indexes 35,000+ reports



35000+
trials, reviews, guidelines

www.pedro.org.au



We are pleased to announce that PEDro has just achieved a new milestone for the amount of evidence. There are now 35,000+ reports of trials, reviews and guidelines indexed on PEDro.

F. Next PEDro update (January 2017)

The next PEDro update is on Monday 9 January 2017.



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