



A. PEDro update (6 February 2017)

PEDro contains 35,601 records. In the 6 February 2017 update you will find:

- 28,216 reports of randomised controlled trials (27,521 of these trials have confirmed ratings of methodological quality using the PEDro scale)
- 6,773 reports of systematic reviews, and
- 612 reports of evidence-based clinical practice guidelines

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

B. Systematic review found that exercise training alone or with activity counselling improves physical activity levels in COPD

In this recent review, the authors included 37 randomised controlled trials (n= 4,314 participants) that evaluated the efficacy of interventions to improve physical activity levels in people diagnosed with chronic obstructive pulmonary disease (COPD). Primary outcome was physical activity levels and secondary outcomes included exercise capacity, quality of life, dyspnea and lung function. The quality of included studies, according to the PEDro scale, ranged from 3 to 10 points (median [interquartile range] 6 [5 to 7]), where failing to conceal allocation and lack of blinding were the most common methodological limitations in the included studies. Exercise training significantly increased physical activity levels in COPD compared to standard care (standardised mean difference [95% CI] 0.84 [0.44 to 1.25], 3 studies, 103 participants). The addition of activity counselling to pulmonary rehabilitation also increased physical activity levels compared to pulmonary rehabilitation alone (0.47 [0.02 to 0.92], 4 studies, 140 participants). To

conclude, exercise training and physical activity counselling were effective strategies to increase physical activity in people with COPD.

Lahham A et al. Exercise training alone or with the addition of activity counseling improves physical activity levels in COPD: a systematic review and meta-analysis of randomized controlled trials. *Int J Chron Obstruct Pulmon Dis* 2016;11:3121-36

[Read more on PEDro.](#)

C. PEDro systematic review update in the BJSM

A new PEDro systematic review update has been published in the *British Journal of Sports Medicine*:

- [Knee injury and ACL tear prevention programmes](#)
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D. Support for PEDro comes from the Axxon, Félag Sjúkrabjálfara, Društvo Fizioterapevtov Slovenije, Lietuvos Kineziterapeutų Draugija and UNIFY ČR

We thank [Axxon](#), [Félag Sjúkrabjálfara](#), [Društvo Fizioterapevtov Slovenije](#), [Lietuvos Kineziterapeutų Draugija](#) and [UNIFY ČR](#) who have just renewed their partnerships with PEDro for another year.

E. PEDro “how to” videos

PEDro’s collection of “how to” videos now have more than 36,000 views. Six videos are available in up to 12 different languages. The videos are available in [PEDro’s YouTube Channel](#).

A feature of PEDro which you may not be aware of is saving your search results. After selecting the articles which answer your clinical question, the citation, abstract, PEDro scores and links to full text for each article can be saved using three methods. First, simply copy and paste the information into word processing software. Second, email the results to yourself. Third, save the

selected articles. The email and save options are in RIS (Research Information Systems) format, which makes it easy to import your search results into reference management software (like EndNote).

We have produced a video which demonstrates how to select articles, save selected articles and import the saved articles into referencing software. This video is available in [English](#), [Portuguese](#), [French](#), [Tamil](#), [Japanese](#) and [German](#).

We are pleased to announce that the PEDro how to save search results video is now available in [Italian](#). PEDro would like to thank Silvia Terzi who translated and recorded this video. Silvia is from the AUSL Città di Bologna, Italy.

F. Next PEDro update (March 2017)

Next PEDro update is on Monday 6 March 2017.



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