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## A. PEDro update (6 June 2016)

PEDro contains 33,649 records. In the 6 June 2016 update you will find:

- 26,809 reports of randomised controlled trials (26,058 of these trials have confirmed ratings of methodological quality using the PEDro scale)
- 6,264 reports of systematic reviews, and
- 576 reports of evidence-based clinical practice guidelines

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

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## B. New Cochrane review found that yoga probably improves quality of life and symptoms in people with asthma

In this new review, the authors included 15 trials (n=1,048 participants), which evaluated the effects of at least 2 weeks of yoga for people with asthma of any duration and severity. There is moderate quality evidence that yoga can improve quality of life (mean difference 0.57 points on a 7-point scale; 95% confidence interval (CI) 0.37 to 0.77) and symptoms (standardised mean difference 0.37 standard deviation units, 95% CI 0.09 to 0.65) compared to usual care, no intervention or sham intervention. There is low quality evidence for a reduction in medication dosage (risk ratio 5.35; 95% CI 1.29 to 22.11). Lung function did not change - mean change from baseline forced expiratory volume in one second was 0.04 L (95% CI -0.10 to 0.19). There were no serious adverse events associated with yoga. More trials with large sample sizes and high methodological rigor are

needed to firm conclusions about the effects of yoga in people with asthma.

Yang Z-Y et al. Yoga for asthma. Cochrane Database of Systematic Reviews 2016; Issue 4

[Read more on PEDro.](#)

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### **C. PEDro systematic review update in the BJSM**

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

- [Exercise as an alternative treatment for chronic insomnia](#)
  - [Resistance training for people with Parkinson's disease](#)
  - [Home-based rehabilitation improves exercise capacity and reduces respiratory symptoms in people with COPD](#)
  - [Conservative interventions for acute hamstring injuries](#)
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### **D. TIDieR checklist will benefit the physiotherapy profession**

A survey of a random sample of 200 physiotherapy trials indexed on PEDro has revealed that the descriptions of physiotherapy interventions are typically incomplete. Completeness of reporting was assessed using the Template for Intervention Description and Replication (TIDieR) checklist. The survey was published in [Physiotherapy](#) earlier this year and has generated interest across the physiotherapy profession. Editorials have been published in the [Journal of Physiotherapy](#), [Tidsskriftet Fysioterapeuten](#), [The Journal of Orthopaedic and Sports Physical Therapy](#) and [Manual Therapy](#).

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### **E. Next PEDro update (July 2016)**

Next PEDro update is on Monday 4 July 2016.



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