



A. PEDro update (7 November 2016)

PEDro contains 34,984 records. In the 7 November 2016 update you will find:

- 27,780 reports of randomised controlled trials (27,063 of these trials have confirmed ratings of methodological quality using the PEDro scale)
- 6,609 reports of systematic reviews, and
- 595 reports of evidence-based clinical practice guidelines

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

B. The hidden side of clinical trials

Around half of the clinical trials done on medicines we use today are not published. A tragic truth that needs to be changed, to help doctors do their job properly and to not betray the trust of all those who have volunteered to be part of those trials. The same issues are likely to apply to trials evaluating physiotherapy interventions.

Sira Lane gave a [great talk](#) about the work of @AllTrials at @TEDxMadrid.

C. Update of a systematic review found that exercise can prevent falls in older people

In this updated review, the authors included 88 trials (n=19,478 participants) which tested the effect of exercise to prevent falls in older people. Exercise reduced the rate of falls in community dwelling older people by 21% (pooled rate ratio 0.79, 95% CI 0.73 to 0.85, p<0.001, 69 comparisons). Greater effects were observed with balance training and that least 3 hours per week of exercise (39% reduction in falls). Exercise reduced the rate of falls in people with Parkinson's disease by 53% (pooled rate ratio 0.47, 95% CI 0.30 to 0.73, p=0.001, 6 comparisons) and by 45% in people with cognitive impairment (pooled rate ratio 0.55, 95% CI 0.37 to 0.83, p=0.004, 3 comparisons). There was no significant effect of exercise for preventing falls in people after stroke (pooled rate ratio 0.74, 95% CI 0.42 to 1.32, p=0.31, 3 comparisons), in people recently discharged from hospital (pooled rate ratio 1.16, 95% CI 0.88 to 1.52, p=0.30, 3 comparisons), and in residential care settings (pooled rate ratio 0.90, 95% CI 0.72 to 1.12, p=0.35, 15 comparisons). Most of the interventions conducted in the included studies involved exercise prescribed as a single intervention by trained health professionals, or professionals specialising in exercise, to minimise the risk of harm during the program. Exercise as a single intervention can prevent falls in community-dwelling older people.

Sherrington C et al. Exercise to prevent falls in older adults: an updated systematic review and meta-analysis. *Br J Sports Med* 2016;Epub ahead of print

[Read more on PEDro.](#)

D. PEDro systematic review updates in the BJSM

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

- [Interventions to increase physical activity among older adults](#)
 - [Exercise-based programmes reduce sports injury in adolescents](#)
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E. PEDro – informing physiotherapy for 17 years



17
years
of informing:
practice
education
research

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PEDro provides physiotherapists around the world with easy access to high-quality clinical research so they can practice effectively and safely.

We are pleased to announce that PEDro celebrated its 17th anniversary in October 2016. Since being launched in 1999, PEDro has been used to answer over 16-million clinical questions.

F. Support for PEDro comes from Transport Accident Commission, Norsk Fysioterapeutforbund, Association Luxembourgeoise Des Kinésithérapeutes, Associação Portuguesa de Fisioterapeutas and Namibian Society of Physiotherapy

We thank the [Transport Accident Commission](#), [Norsk Fysioterapeutforbund](#), [Association Luxembourgeoise Des Kinésithérapeutes](#), [Associação Portuguesa de Fisioterapeutas](#) and [Namibian Society of Physiotherapy](#) who have just renewed their partnerships with PEDro for another year.

G. New PEDro video in German

We are pleased to announce that the PEDro "[how to save search results](#)" video is now available in German.

PEDro would like to thank Eileen Meyer who translated and recorded the German video during a 6-month internship with The George Institute for Global Health. Eileen is enrolled in a Public Health bachelor's degree at the University of Bremen, Germany.

H. Next PEDro update (December 2016)

Next PEDro update is on Monday 5 December 2016.



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