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**Ability of Functional Performance Tests to Identify Individuals With Chronic Ankle Instability: A Systematic Review With Meta-Analysis.**
[The side-hop, timed-hopping, multiple-hop, and foot-lift seem the best FPTs to evaluate individuals with CAI. There was a large degree of heterogeneity and inconsistent reporting, potentially limiting the clinical implementation of these FPTs. These tests are cheap, effective, alternatives compared with instrumented measures.]
*Freely available online*

**Benefits of adding stretching to a moderate-intensity aerobic exercise programme in women with fibromyalgia: a randomized controlled trial.**
[Adding stretching to a moderate-intensity aerobic exercise programme increased sleep quality, decreased the impact of fibromyalgia on the quality of life, and reduced pain compared with just a moderate-intensity aerobic exercise programme in our sample of women with fibromyalgia.]
*Freely available online*

**Effect of supervised physiotherapy versus home exercise program in patients with subacromial impingement syndrome: A systematic review and meta-analysis.**
[Supervised physical therapy and home-based progressive shoulder strengthening and stretching exercises for the rotator cuff and scapular muscles are equally effective in patients with subacromial impingement syndrome treated conservatively.]
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**Effects of pulsed electromagnetic field therapy on pain, stiffness and physical function in patients with knee osteoarthritis: A systematic review and meta-analysis of randomized controlled trials.**
[Pulsed electromagnetic field therapy is beneficial for improving physical function despite having no advantage in treating pain and stiffness. Further randomized controlled trials are needed to confirm these findings and determine the optimal parameters and treatment regimen for pulsed electromagnetic field therapy.]
*Freely available online*
Exercise prescription for weight management in obese adults at risk for osteoarthritis: synthesis from a systematic review.
Barrow DR. *BMC Musculoskeletal Disorders* 2019;20(1):610.
[Exercise prescription including moderate intensity exercise for 30-60 min, three times per week can be considered an effective treatment for weight management and obesity-related musculoskeletal symptoms. Exercise should be recommended to at-risk individuals as part of secondary prevention of osteoarthritis.]
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**Influence of Preoperative Tibiotalar Alignment in the Coronal Plane on the Survival of Total Ankle Replacement: A Systematic Review.**
[There was a strong indication that preoperative varus alignment in the coronal plane had a comparable implant survival to neutral alignment. Preoperative valgus alignment demonstrated a more negative influence on implant survival.]
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**Intra-articular Injection of Culture-Expanded Mesenchymal Stem Cells Without Adjuvant Surgery in Knee Osteoarthritis: A Systematic Review and Meta-analysis.**
[Intra-articular injection of culture-expanded MSCs without adjuvant surgery can improve pain for patients experiencing knee osteoarthritis at short-term follow-up (6-12 months). However, evidence regarding function and cartilage repair remains limited. ]
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Is there a place for intra-articular corticosteroid injections in the treatment of knee osteoarthritis?
Orchard JW. *BMJ* 2020;368:l6923.

**Laser Acupuncture for Patients with Knee Osteoarthritis: A Systematic Review and Meta-Analysis of Randomized Placebo-Controlled Trials.**
Chen Z. *Evidence-Based Complementary and Alternative Medicine* 2019;6703828.
[Our findings indicate that laser acupuncture can effectively reduce knee pain for patients with KOA at short term when appropriate technical features are applied, but the effect likely fades away during the subsequent follow-up period.]
*Freely available online*

**Low-Dose Aspirin Is Adequate for Venous Thromboembolism Prevention Following Total Joint Arthroplasty: A Systematic Review.**
[This review suggests that low-dose aspirin is not inferior to high-dose aspirin for VTE thromboprophylaxis in TJA patients. Additionally, patients treated with aspirin for less than 4 weeks may have a higher risk of major bleeding and 90-day mortality compared to patients treated for a longer duration.]
Pseudoerosions of Hands and Feet in Rheumatoid Arthritis: Anatomic Concepts and Redefinition.
[The aims of this systematic review were as follows: to create a definition and delineation of the term "pseudoerosion", to point out morphological pitfalls in the interpretation of images, and to report on difficulties arising from choosing different imaging modalities.]
*Freely available online*

Sticking to the facts: A systematic review of the effects of therapeutic tape in lateral epicondylalgia.
[In individuals with LE, diamond deloading rigid tape may immediately improve pain and strength. There is conflicting evidence regarding kinesiotape effects in both immediate and short-term timeframes.]
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The Effect of Therapy on Radiographic Progression in Axial Spondyloarthritis: A Systematic Review and Meta-Analysis.
[Although no significant protective effect of TNFi treatment on spinal radiographic progression of AS at 2 and ≥4 years was seen, analysis restricted to studies with low risk of bias showed a protective effect at ≥4 years. Therefore, long-term TNFi exposure might have radiographic progression benefit. No difference was seen with NSAIDs or secukinumab at 2 years.]
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The Effectiveness and Safety of Acupuncture for Knee Osteoarthritis: An Overview of Systematic Reviews.
[According to the high-quality evidence, we concluded that acupuncture may have some advantages in treating KOA. However, there are some risk of bias and reporting deficiencies still needed to be improved.]
*Freely available online*

The Effectiveness of Deep Oscillation Therapy on Reducing Swelling and Pain in Athletes With Acute Lateral Ankle Sprains.
[There is inconclusive evidence to support the therapeutic use of deep oscillation therapy in reducing pain and swelling in patients with acute lateral ankle sprains above and beyond the current standard of care. In addition, the method of treatment application and parameters used may influence the effectiveness of deep oscillation therapy.]
*Freely available online*

The Optimal Degree of Lateral Wedge Insoles for Reducing Knee Joint Load: A Systematic Review and Meta-Analysis.
Ferreira V. *Archives of Physiotherapy* 2019;9:18.
[Systematic review and meta-analysis suggests that lateral wedge insoles cause an overall slight reduction in the biomechanical parameters. Higher degrees do not show higher reductions than lower degrees. Prior analysis of biomechanical parameters may be a valid option for selecting the optimal angle of wedge that best fits in knee osteoarthritis patients with the lowest possible degree.]

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Reports

The following report(s) may be of interest:

**Custom-Made Foot Orthoses versus Prefabricated foot Orthoses: A Review of Clinical Effectiveness and Cost-Effectiveness.**
Canadian Agency for Drugs and Technologies in Health (CADTH); 2019.
[CADTH Rapid Response Report: Summary with Critical Appraisal. The evidence showed no difference between custom-made and prefabricated foot orthoses for pain reduction or functional improvement after short-term (6 weeks), medium-term (12 weeks) and long-term (12 months) treatment in adult patients with plantar heel pain. There was also no difference between interventions for short-term self-reported recovery and patient satisfaction. Evidence on comfort was mixed.]

Freely available online

**Group cognitive behavioural courses may reduce fatigue from rheumatoid arthritis.**
NIHR Dissemination Centre; 2020.
[https://discover.dc.nihr.ac.uk/content/signal-000860/group-cognitive-behavioural-courses-may-reduce-fatigue-from-rheumatoid-arthritis](https://discover.dc.nihr.ac.uk/content/signal-000860/group-cognitive-behavioural-courses-may-reduce-fatigue-from-rheumatoid-arthritis)
[NIHR Signal. This NIHR-funded study compared six weekly group sessions plus a booster session with a single brief one-to-one meeting. Both groups also received an educational booklet. The group sessions caused a small reduction in the impact of fatigue which was still evident after two years. The course was well-received by participants, with more than 80% expressing satisfaction with it and saying they would recommend it to others.]

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