Articles

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Clinical Effectiveness and Safety of Aspirin for Venous Thromboembolism Prophylaxis After Total Hip and Knee Replacement: A Systematic Review and Meta-analysis of Randomized Clinical Trials.
[In this systematic review and meta-analysis of 13 randomized clinical trials (6060 participants), the risk of venous thromboembolism after total hip and knee replacement was not statistically significantly different when using aspirin compared with other anticoagulants. Adverse events, including major bleeding, wound hematoma, and infection, were not statistically significantly different in patients receiving aspirin compared with other anticoagulants.]
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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

Effects of vasoconstrictor use on digital nerve block: systematic review with meta-analysis.
[The occurrence of ischemia was not observed, regardless of the use of vasoconstrictors or not. The use of vasoconstrictors at a concentration of 1:100,000 or less was associated with longer anesthesia duration (P
Freely available online

Exercise prescription for weight management in obese adults at risk for osteoarthritis: synthesis from a systematic review.
[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.]
Freely available online
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

Outcomes After Anatomic Lateral Ankle Ligament Reconstruction Using Allograft Tendon for Chronic Ankle Instability: A Systematic Review and Meta-analysis.
[Anatomic lateral ankle ligament reconstruction procedure results in significant improvements in patient function and outcome scores, with low rates of recurrent instability.]
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Platelet-rich plasma vs corticosteroids for elbow epicondylitis: A systematic review and meta-analysis.
Li A. Medicine 2019;98(51):e18358.
[Local corticosteroid injections demonstrated favorable outcomes compared with those of local PRP treatments for lateral elbow epicondylitis during the short-term follow-up period (4 weeks and 8 weeks post-treatment). Otherwise, at the long-term follow-up (24 weeks post-treatment), PRP injections had improved pain and function more effectively than corticosteroid injections.]
Freely available online

Safety of Janus Kinase Inhibitors in Patients with Inflammatory Bowel Diseases or Other Immune-mediated Diseases: a Systematic Review and Meta-Analysis.
[In a systematic review and meta-analysis, we found an increased risk of herpes zoster infection among patients with immune-mediated diseases treated with JAK inhibitors. All other AEs were not increased among patients treated with JAK inhibitors.]
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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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Surgical Treatment for the Ankle and Foot in Patients With Rheumatoid Arthritis: A Systematic Review.
[Despite the relatively low quality of these studies, surgical treatment for the foot and/or ankle is
shown to reduce pain and improve functionality in patients with RA, in the short term (6-12 months).

Freely available online

**The impact of shoe flexibility on gait, pressure and muscle activity of young children. A systematic review.**
[Shoes affect younger children's gait in spatiotemporal gait aspects, similar to those seen in older children. There is limited evidence on effects of particular shoe features such as sole hardness, on gait, and no evidence of any changes in muscle activation patterns. Further research is required to evaluate the impact of different types of shoe and shoe features in this population to provide clinical advice on the type of shoe that is appropriate in this age group.]

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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