



EJPRM systematic continuous update on Cochrane reviews in rehabilitation: news from December 2011 to February 2012

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Aim. In order to present to our readers the best available evidence in the field of Rehabilitation, we continuously perform systematic reviews of the articles regularly published in the Cochrane Library, being these considered the most reliable instruments of synthesis, reliable because based on a strict methodology. Moreover, according to the aim of the Cochrane Collaboration, in order to diffuse sound data, we invited Cochrane authors to republish their articles in the EJPRM. The aim of the present paper is to systematically review all the new rehabilitation papers published from December 2011 up to February 2012 from the Cochrane Library in order to provide to physicians involved in the field a summary of the best evidence nowadays available.

Methods. The authors systematically searched all the new papers of rehabilitative interest from the 5th of December 2011 to the 27th of February 2012 in the Cochrane Library. The retrieved papers have been then divided in subgroups on the base of the topic and the Cochrane Groups.

Results. The number of included papers was 5, 4 new reviews and 2 updates reviews. A synthesis of abstracts is presented.

Conclusion. The field of rehabilitation, being cross-sectional to the whole Medicine, can be of interest for many specialty. This was documented by the large number of Cochrane Group publishing reviews of Rehabilitative interest. Reviewing periodically the Cochrane reviews is a good way to remain up to date and to find solid bases for everyday clinical practice.

KEY WORDS: Rehabilitation - Cochrane review - Cochrane library.

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As far as the number of scientific paper increases it's possible to find some discrepancies among different studies. Moreover, an overview that synthesizes the available knowledge, by solving the discrepancies from different papers can help the physicians to apply the best evidence based clinical practice.

In order to present to our readers the best available evidence in the field of Rehabilitation, we continuously perform systematic reviews of the articles regularly published in the Cochrane Library, being these considered the most reliable instruments of synthesis, reliable because based on a strict methodology.¹⁻⁴ Moreover, according to the aim of the Cochrane Collaboration, in order to diffuse sound data, we invited Cochrane authors to republish their articles in the EJPRM.⁵⁻⁸

In the present article readers can find a list of papers of rehabilitative interest systematically researched and reviewed published from the 5th of December 2011 to the 27th of February 2012 in the Cochrane Library.

Materials and methods

The authors systematically searched all the new papers of rehabilitative interest from the 5th of De-

cember 2011 to the 27th of February 2012 in the Cochrane Library. The retrieved papers have been then divided in subgroups on the base of the topic and the Cochrane Groups. We use to make a list of all the existing systematic reviews of rehabilitation interest and update it regularly after its last publication:² all new papers have been added to the list of Cochrane reviews of PRM interest, while the withdrawn reviews have been cancelled.

Results

The number of included papers was 5, 3 new reviews and 2 updated review. 3 reviews deals with neurological rehabilitation (2 new and one updated) while 2 with pelvic floor rehabilitation (one new and one is updated).

The reviews have been divided according to the topic and the Cochrane Group, and the main findings and authors conclusion are reported directly from the abstract of the original articles.

New reviews

Neurological rehabilitation

COCHRANE DEVELOPMENTAL, PSYCHOSOCIAL AND LEARNING PROBLEMS GROUP

*Treadmill interventions with partial body weight support in children under six years of age at risk of neuromotor delay.*⁹ —The authors included five studies, which reported on treadmill intervention in 139 children. Of the 139 children, 73 were allocated to treadmill intervention groups, with the other children serving as controls. The studies varied in the type of population studied (children with Down syndrome, cerebral palsy or who were at risk for neuromotor delay); the type of comparison (for example, treadmill versus no intervention, high intensity treadmill versus low intensity); the time of evaluation (during the intervention or at various intervals after intervention), and the parameters assessed. Due to the diversity of the studies, we were only able to use data from three studies in meta-analyses and these were limited to two outcomes: age of onset of independent walking and gross motor function. Evidence suggested that treadmill inter-

vention could lead to earlier onset of independent walking when compared to no treadmill intervention (two studies; effect estimate -1.47; 95% confidence interval (CI): -2.97, 0.03), though these trials studied two different populations and children with Down syndrome seemed to benefit while it was not clear if this was the case for children at high risk of neuromotor disabilities. Another two studies, both in children with Down syndrome, compared different types of treadmill intervention: one compared treadmill intervention with and without orthotics, while the other compared high versus low intensity treadmill intervention. Both were inconclusive regarding the impact of these different protocols on the age at which children started to walk. There is insufficient evidence to determine whether treadmill intervention improves gross motor function (two studies; effect estimate 0.88; 95% CI: -4.54, 6.30). In the one study evaluating treadmill with and without orthotics, results suggested that adding orthotics might hinder gross motor progress (effect estimate -8.40; 95% CI: -14.55, -2.25). One study of children with Down syndrome measured the age of onset of assisted walking and reported those receiving the treadmill intervention were able to walk with assistance earlier than those who did not receive the intervention (effect estimate -74.00; 95% CI: -135.40, -12.60). Another study comparing high and low intensity treadmill was unable to conclude whether one was more effective than the other in helping children achieve supported walking at an earlier age (effect estimate -1.86; 95% CI: -4.09, 0.37). One study of children at high risk of neuromotor disabilities evaluated step quality and found a statistically significant benefit from treadmill intervention compared to no treadmill intervention (effect estimate at 16 months of age: -15.61; 95% CI: -23.96, -7.27), but was not able to conclude whether there was a beneficial effect from treadmill training on step frequency at the same age (effect estimate at 16 months of age: 4.36; 95% CI: -2.63, 11.35). Step frequency was also evaluated in children with Down syndrome in another study and those who received high intensity rather than low intensity treadmill training showed an increased number of alternating steps (effect estimate 11.00; 95% CI: 6.03, 15.97). Our other primary outcome, falls and injuries due to falls, was not measured in any of the included studies.

The current review provided only limited evidence of the efficacy of treadmill intervention in

children up to six years of age. Few studies have assessed treadmill interventions in young children using an appropriate control group (which would be usual treatment or no treatment). The available evidence indicates that treadmill intervention may accelerate the development of independent walking in children with Down syndrome. Further research is needed to confirm this and should also address whether intensive treadmill intervention can accelerate walking onset in young children with cerebral palsy and high risk infants, and whether treadmill intervention has a general effect on gross motor development in the various subgroups of young children at risk for developmental delay.⁹

COCHRANE NEUROMUSCULAR DISEASE GROUP

Physical training for McArdle disease.—There were no randomised or quasi-randomised controlled trials of aerobic training in people with McArdle disease. However, three open studies using small numbers of participants provided some evidence that aerobic training improves fitness without adverse events in people with McArdle disease.¹⁰

Evidence from non-randomised studies using small numbers of patients suggest that it would be safe and worthwhile for larger controlled trials of aerobic training to be undertaken in people with McArdle disease.¹⁰

Pelvic floor rehabilitation

COCHRANE INCONTINENCE GROUP

Comparisons of approaches to pelvic floor muscle training for urinary incontinence in women.—The authors screened 574 records for eligibility and included 21 trials in the review. The 21 trials randomised 1490 women and addressed 11 comparisons. These were: differences in training supervision (amount, individual versus group), in approach (one versus another, the effect of an additional component) and the exercise training (type of contraction, frequency of training). In women with stress urinary incontinence, 10% of those who received weekly or twice-weekly group supervision in addition to individual appointments with the therapist did not report improvement post-treatment compared to 43% of the group who had individual appointments only (risk ratio (RR) for no improvement 0.29, 95% CI 0.15 to 0.55, four tri-

als). Looking at this another way, 90% of those who had combined group and individual supervision reported improvement versus 57% of women receiving individual supervision only. While women receiving the combination of frequent group supervision and individual supervision of pelvic floor muscle training were more likely to report improvement, the confidence interval was wide, and more than half of the 'control' group (the women who did not get the additional weekly or twice-weekly group supervision) reported improvement. This finding, of subjective improvement in both active treatment groups, with more improvement reported by those receiving more health professional contact, was consistent throughout the review. According to the authors there are several reasons why caution is needed when interpreting the results of the review: there were few data in any comparison; a number of trials were confounded by comparing two arms with multiple differences in the approaches to pelvic floor muscle training; there was a likelihood of a relationship between attention and reporting of more improvement in women who were not blind to treatment allocation; some trials chose interventions that were unlikely to have a muscle training effect; and some trials did not adequately describe their intervention.¹¹

This review found that the existing evidence was insufficient to make any strong recommendations about the best approach to pelvic floor muscle training. The authors suggest that women are offered reasonably frequent appointments during the training period, because the few data consistently showed that women receiving regular (*e.g.* weekly) supervision were more likely to report improvement than women doing pelvic floor muscle training with little or no supervision.¹¹

Updated reviews

Neurological Rehabilitation

COCHRANE NEUROMUSCULAR DISEASE GROUP

Physical therapy for Bell's palsy (idiopathic facial paralysis).—For this update to the original review, the search identified 65 potentially relevant articles. Twelve studies met the inclusion criteria (872 participants). Four trials studied the efficacy of electrical stimulation (313 participants), three trials studied

exercises (199 participants), and five studies compared or combined some form of physical therapy with acupuncture (360 participants). For most outcomes we were unable to perform meta-analysis because the interventions and outcomes were not comparable. For the primary outcome of incomplete recovery after six months, electrostimulation produced no benefit over placebo (moderate quality evidence from one study with 86 participants). Low quality comparisons of electrostimulation with prednisolone (an active treatment) (149 participants), or the addition of electrostimulation to hot packs, massage and facial exercises (22 participants), reported no significant differences. Similarly a meta-analysis from two studies, one of three months and the other of six months duration, (142 participants) found no statistically significant difference in synkinesis, a complication of Bell's palsy, between participants receiving electrostimulation and controls. A single low quality study (56 participants), which reported at three months, found worse functional recovery with electrostimulation (mean difference (MD) 12.00 points (scale of 0 to 100) 95% CI 1.26 to 22.74). Two trials of facial exercises, both at high risk of bias, found no difference in incomplete recovery at six months when exercises were compared to waiting list controls or conventional therapy. There is evidence from a single small study (34 participants) of moderate quality that exercises are beneficial on measures of facial disability to people with chronic facial palsy when compared with controls (MD 20.40 points (scale of 0 to 100), 95% CI 8.76 to 32.04) and from another single low quality study with 145 people with acute cases treated for three months where significantly fewer participants developed facial motor synkinesis after exercise (risk ratio 0.24, 95% CI 0.08 to 0.69). The same study showed statistically significant reduction in time for complete recovery, mainly in more severe cases (47 participants, MD -2.10 weeks, 95% CI -3.15 to -1.05) but this was not a prespecified outcome in this meta analysis. Acupuncture studies did not provide useful data as all were short and at high risk of bias. None of the studies included adverse events as an outcome.

There is no high quality evidence to support significant benefit or harm from any physical therapy for idiopathic facial paralysis. There is low quality evidence that tailored facial exercises can help to improve facial function, mainly for people with moderate paralysis and chronic cases. There is low

quality evidence that facial exercise reduces sequelae in acute cases. The suggested effects of tailored facial exercises need to be confirmed with good quality randomised controlled trials.¹²

Pelvic floor rehabilitation

COCHRANE INCONTINENCE GROUP

Conservative prevention and management of pelvic organ prolapse in women.—Six trials were included; three of these trials are new to this update. Four trials were small (less than 25 women per arm) and two had moderate to high risk of bias. Four trials compared pelvic floor muscle training (PFMT) as a treatment for prolapse against a control group (n = 857 women); two trials included women having surgery for prolapse and compared PFMT as an adjunct to surgery *versus* surgery alone (N.=118 women). PFMT *versus* control There was a significant risk of bias in two out four trials in this comparison. Prolapse symptoms and women's reports of treatment outcomes (primary outcomes) were measured differently in the three trials where this was reported: all three indicated greater improvement in symptoms in the PFMT group compared to the control group. Pooling data on severity of prolapse from two trials indicated that PFMT increases the chance of an improvement in prolapse stage by 17% compared to no PFMT. The two trials which measured pelvic floor muscle function found better function (or improvement in function) in the PFMT group compared to the control group; measurements were not known to be blinded. Two out of three trials which measured urinary outcomes (urodynamics, frequency and bother of symptoms, or symptom score) reported differences between groups in favour of the PFMT group. One trial reported bowel outcomes, showing less frequency and bother with symptoms in the PFMT group compared to the control group. PFMT supplementing surgery *versus* surgery alone Both trials were small and neither measured prolapse-specific outcomes. Pelvic floor muscle function findings differed between the trials: one found no difference between trial groups in muscle strength, whilst the other found a benefit for the PFMT group in terms of stronger muscles. Similarly findings relating to urinary outcomes were contradictory: one trial found no difference in symptom score change between groups, whilst the other found more improvement in urinary symptoms and

a reduction in diurnal frequency in the PFMT group compared to the control group.¹³

There is now some evidence available indicating a positive effect of PFMT for prolapse symptoms and severity. The largest most rigorous trial to date suggests that six months of supervised PFMT has benefits in terms of anatomical and symptom improvement (if symptomatic) immediately post-intervention. Further evidence relating to effectiveness and cost-effectiveness of PFMT, of different intensities, for symptomatic prolapse in the medium and long term is needed. A large trial of PFMT supplementing surgery is needed to give clear evidence about the usefulness of combining these treatments. Other comparisons which have not been addressed in trials to date and warrant consideration include those involving lifestyle change interventions, and trials aimed at prolapse prevention.¹³

Discussion

As usually happens, neurological rehabilitation is one of the fields about which the Cochrane collaboration products most reviews. Despite the interest for frequent pathologies like Cerebral Palsy⁹ or Bell's Paralysis,¹² also rare diseases have been investigated through interventional reviews. This is the case of Mc Ardle Disease.¹⁰

About the Pelvic Floor Rehabilitation, two reviews were found, showing that also this field is of increased relevance for rehabilitation.^{11, 13}

Conclusions

The field of Rehabilitation, being cross-sectional to the whole Medicine, can be of interest for many specialty. This was documented by the large number of Cochrane Group publishing reviews of Rehabilitative interest. Reviewing periodically the Cochrane reviews is a good way to remain up to date and to find solid bases for everyday clinical practice (Appendix 1).

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APPENDIX 1

Acute respiratory infections group

Chest physiotherapy for bronchiolitis in children aged 0-24 months¹⁴

Airways group

Educational interventions for asthma in children.¹⁵
 Exercise and physical therapy for asthma (5 reviews)¹⁶⁻²⁰
 Oxygen therapy during exercise training in chronic obstructive pulmonary disease²¹
 Physical training for bronchiectasis²²
 Physical training for interstitial lung disease²³
 Physical therapy and pulmonary rehabilitation for BPCO (2 reviews)^{24, 25}

Back group

Antidepressants for non-specific low back pain²⁶
 Back school, traction, exercise, massage, neuroreflexotherapy, spinal manipulation and heat or cold therapy for non specific low back pain (7 reviews)²⁷⁻³³
 Behavioural treatment for chronic low-back pain³⁴
 Braces for idiopathic scoliosis in adolescents³⁵
 Botulinum toxin injections as a treatment for low-back pain and sciatica³⁶
 Electrotherapy for neck pain³⁷
 Exercise, manipulation, massage, multidisciplinary rehabilitation and work conditioning for neck disorders (5 reviews)³⁸⁻⁴²
 Individual patient education for low back pain⁴³
 Insoles for prevention and treatment of back pain⁴⁴
 Manipulation or mobilisation for neck pain⁴⁵
 Mechanical traction for neck pain with or without radiculopathy⁴⁶

Multidisciplinary rehabilitation for sub acute low back pain (1 review)⁴⁷

Neuroreflexotherapy for non-specific low-back pain³⁰
 Patient education for low-back pain (1 review)⁴⁸
 Prolotherapy injections for chronic low-back pain⁴⁹
 Rehabilitation after lumbar disk surgery (1 review)⁵⁰
 Workplace interventions for neck pain in workers⁵¹

Bone, joints and muscle trauma group

Antibiotics for treating chronic osteomyelitis in adults⁵²
 Biospsychological rehabilitation for repetitive upper limb injuries (1 review)⁵³
 Conservative interventions for treating middle third clavicle fractures in adolescents and adults⁵⁴
 Exercise for anterior cruciate ligament injuries (1 review)⁵⁵
 Exercise for improving balance in older people⁵⁶
 Foot orthoses for patellofemoral pain in adults⁵⁷
 Interventions for improving mobility after hip fracture surgery in adults⁵⁸
 Interventions for preventing falls in older people in nursing care facilities and hospitals⁵⁹
 Interventions for preventing falls in older people living in the community⁶⁰
 Interventions for preventing lower limb soft-tissue running injuries⁶¹
 Multidisciplinary rehabilitation and mobilisation for hip fractures⁶²
 Multidisciplinary rehabilitation programmes following joint replacement at the hip and knee in chronic arthropathy⁶³
 Prosthesis after limb amputation⁶⁴
 Rehabilitation after surgery for flexor tendon injuries in the hand⁶⁵
 Rehabilitation for ankle fractures in adults⁶⁶

- Rehabilitation for distal radial fractures⁶⁷
- Rehabilitation interventions for improving physical and psychosocial functioning after hip fracture in older people⁶⁸
- Stretching to prevent or reduce muscle soreness after exercise⁶⁹
- Transcutaneous electrical nerve stimulation (TENS) for chronic low-back pain⁷⁰
- Therapeutic ultrasound for acute ankle sprains⁷¹
- Breast cancer group*
- Physical therapy for limphoedema (1 review)⁷²
- exercise for women receiving adjuvant therapy (1 review)⁷³
- Cystic fibrosis and genetic disorders group*
- Chest physiotherapy and physical training for cystic fibrosis (4 reviews)⁷⁴⁻⁷⁷
- Dementia and cognitive impairment group*
- Cognitive rehabilitation for Alzheimer disease (1 review)⁷⁸
- Light therapy, music therapy, reminiscence therapy, snoezelen, massage and touch, TENS, validation therapy for dementia (7 reviews)⁷⁹⁻⁸⁵
- Physical activity and enhanced fitness to improve cognitive function in older people without known cognitive impairment⁸⁶
- Physical activity programs for persons with dementia⁸⁷
- Developmental, Psychosocial and Learning Problems Group*
- Acupuncture for Attention Deficit Hyperactivity Disorder (ADHD) in children and adolescents⁸⁸
- Intervention for childhood apraxia of speech⁹
- Intervention for dysarthria associated with acquired brain injury in children and adolescents⁸⁹
- Personal assistance for adults (19-64) with physical impairments⁹⁰
- Personal assistance for adults (19-64) with both physical and intellectual impairments⁹¹
- Personal assistance for children and adolescents (0-18) with both physical and intellectual impairments⁹²
- Personal assistance for children and adolescents (0-18) with intellectual impairments⁹³
- Personal assistance for children and adolescents (0-18) with physical impairments⁹⁴
- Personal assistance for adults (19-64) with both physical and intellectual impairments⁹¹
- Ear, Nose and Throat Disorders Group*
- Vestibular rehabilitation for unilateral peripheral vestibular dysfunction⁹⁵
- Eyes and vision group*
- Orientation and mobility training and reading aids for people with low vision (2 reviews)^{96, 97}
- Gynaecological Cancer Group*
- Dance/movement therapy for improving psychological and physical outcomes in cancer patients⁹⁸
- Heart group*
- Exercise for coronary heart disease⁹⁹
- Exercise-based cardiac rehabilitation for coronary heart disease¹⁰⁰
- Home-based versus centre-based cardiac rehabilitation¹⁰¹
- Promoting patient uptake and adherence in cardiac rehabilitation¹⁰²
- HIV/AIDS group*
- Aerobic exercise and progressive resistive interventions (2 reviews)^{103, 104}
- Incontinence Group.
- Botulinum toxin injections for adults with overactive bladder syndrome¹⁰⁵
- Pelvic floor muscle training for prevention and treatment of urinary and faecal incontinence in antenatal and postnatal women¹⁰⁶
- Pelvic floor muscle training versus no treatment, or inactive control treatments, for urinary incontinence in women¹⁰⁷
- Injuries group*
- Acupuncture for acute management and rehabilitation of traumatic brain injury¹⁰⁸
- Interventions for apathy after traumatic brain injury¹⁰⁹
- Locomotor training for walking after spinal cord injury¹¹⁰
- Pharmacological interventions for spasticity following spinal cord injury¹¹¹
- Sensory stimulation for brain injured individuals in coma or vegetative state¹¹²
- Spinal injuries centre for people with acute traumatic spinal cord injuries¹¹³
- Multi-disciplinary rehabilitation for acquired brain injury in adults of working age¹¹⁴
- Pharmacological treatment for agitation and aggression on people with acquired brain injuries¹¹⁵
- Workplace interventions for preventing work disability¹¹⁶
- Metabolic and endocrin disorder group*
- Exercise and Group based training for self-management strategies for type 2 diabetes mellitus (2 reviews)^{117, 118}
- Exercise for overweight or obesity¹¹⁹
- Menstrual Disorders and Subfertility Group*
- Exercise for vasomotor menopausal symptoms¹²⁰
- Movement disorder group*
- Botulinum toxin type A and B for cervical dystonia (4 reviews)¹²¹⁻¹²⁴
- Botulinum toxin type A for lower and upper limb spasticity in cerebral palsy (2 reviews)^{125, 126}
- Bromocriptine *versus* levodopa in early Parkinson's disease¹²⁷
- Occupational therapy for Parkinson's disease¹²⁸
- Physiotherapy for Parkinson's disease (2 reviews)^{129, 130}
- Speech and language therapy for Parkinson's disease and cerebral palsy (3 reviews)¹³¹⁻¹³³
- Non-pharmacological therapies for dysphagia in Parkinson's disease¹³⁴
- Pimozide for tics in Tourette's syndrome¹³⁵
- Therapeutic interventions for disease progression in Huntington's disease¹³⁶
- Therapeutic interventions for symptomatic treatment in Huntington's disease¹³⁷
- Treadmill training for patients with Parkinson's disease¹³⁸

Multiple Sclerosis Group

- Antispasticity agents for multiple sclerosis¹³⁹
 Exercise therapy, Occupational therapy for multiple sclerosis (2 reviews)^{140, 141}
 Multidisciplinary rehabilitation for adults with multiple sclerosis¹⁴²
 Oral versus Intravenous Steroids for Treatment of Relapses in Multiple Sclerosis¹⁴³
 Treatment for ataxia in multiple sclerosis¹⁴⁴

Musculoskeletal Group

- Alendronate for the primary and secondary prevention of osteoporotic fractures in postmenopausal women¹⁴⁵
 Balance training (proprioceptive training) for patients with rheumatoid arthritis¹⁴⁶
 Balneotherapy, Occupational therapy, Splints and Orthosis for rheumatoid arthritis (3 reviews)¹⁴⁷⁻¹⁴⁹
 Balneotherapy for osteoarthritis¹⁵⁰
 Bisphosphonate therapy for children and adolescents with secondary osteoporosis¹⁵¹
 Braces and orthoses, Transcutaneous electrical nerve stimulation, Therapeutic ultrasound for treating osteoarthritis of the knee (3 reviews)¹⁵²⁻¹⁵⁴
 Continuous passive motion following total knee arthroplasty¹⁵⁵
 Corticosteroid injection for de Quervain's tenosynovitis¹⁵⁶
 Custom-made foot orthoses for the treatment of foot pain¹⁵⁷
 Deep transverse friction massage for treating tendinitis¹⁵⁸
 Electrical stimulation, Low level laser therapy (Classes I, II and III), Thermotherapy, Therapeutic ultrasound for the treatment of rheumatoid arthritis (4 reviews)¹⁵⁹⁻¹⁶²
 Electromagnetic fields, Thermotherapy for the treatment of osteoarthritis (2 reviews)^{163, 164}
 Exercise for acutely hospitalised older medical patients¹⁶⁵
 Exercise for osteoarthritis of the hip or knee¹⁶⁶
 Exercise for preventing and treating osteoporosis in postmenopausal women¹⁶⁷
 Exercise for osteoarthritis of the hip¹⁶⁸
 Exercise therapy in juvenile idiopathic arthritis¹⁶⁹
 Glucosamine therapy for treating osteoarthritis¹⁷⁰
 Home versus center based physical activity programs in older adults¹⁷¹
 Intensity of exercise for the treatment of osteoarthritis¹⁷²
 Multidisciplinary rehabilitation for fibromyalgia and musculoskeletal pain in working age adults¹⁷³
 Non-surgical interventions for pediatric *pes planus*¹⁷⁴
 Orthotic devices, Shock wave therapy for lateral elbow pain (2 review)^{175, 176}
 Patient education for adults with rheumatoid arthritis¹⁷⁷
 Physiotherapy interventions for ankylosing spondylitis¹⁷⁸
 Physiotherapy interventions for shoulder pain¹⁷⁹
 Stretch for the treatment and prevention of contractures¹⁸⁰
 Therapeutic ultrasound for treating patellofemoral pain syndrome¹⁸¹
 Transcutaneous electrostimulation for osteoarthritis of the knee¹⁸²
 Topical glyceryl trinitrate for rotator cuff disease¹⁸³
 Transcutaneous electrical nerve stimulation (TENS) for the treatment of rheumatoid arthritis in the hand¹⁸⁴

Neonatal group

- Chest physiotherapy for preventing morbidity in babies being extubated from mechanical ventilation¹⁸⁵
 Chest physiotherapy for reducing respiratory morbidity in infants requiring ventilatory support 186
 South Brisbane, Queensland, Australia, 4101.

Neuromuscular Disease Group

- Acupuncture for Bell's palsy¹⁸⁷
 Exercise for people with peripheral neuropathy¹⁸⁸
 Multidisciplinary care for Guillain-Barré syndrome¹⁸⁹
 Physical therapy for Bell's palsy (idiopathic facial paralysis)¹²
 Rehabilitation interventions for foot drop in neuromuscular disease¹⁹⁰
 Strength training and aerobic exercise training for muscle disease¹⁹¹
 Therapeutic exercise for people with amyotrophic lateral sclerosis or motor neuron disease¹⁹²
 Treatment for Charcot-Marie-Tooth disease¹⁹³
 Treatment for idiopathic and hereditary neuralgic amyotrophy (brachial neuritis)¹⁹⁴
 Treatment for meralgia paraesthetica¹⁹⁵
 Treatment for postpolio syndrome¹⁹⁶
 Treatment for spasticity in amyotrophic lateral sclerosis/motor neuron disease¹⁹⁷
 Treatment for swallowing difficulties (dysphagia) in chronic muscle disease¹⁹⁸
 Treatment for ulnar neuropathy at the elbow¹⁹⁹

Pain, Palliative and Supportive Care Group

- Antidepressants for neuropathic pain²⁰⁰
 Antipsychotics for acute and chronic pain in adults²⁰¹
 Cyclobenzaprine for the treatment of myofascial pain in adults²⁰²
 Exercise for the management of cancer-related fatigue in adults²⁰³
 Music for pain relief²⁰⁴
 Non-invasive brain stimulation techniques for chronic pain²⁰⁵
 Non-invasive physical treatments for chronic/recurrent headache²⁰⁶
 Pregabalin for acute and chronic pain in adults²⁰⁷
 Psychological therapies for the management of chronic pain (excluding headache) in adults²⁰⁸
 Topical rubefacients for acute and chronic pain in adults²⁰⁹
 Touch therapies for pain relief in adults²¹⁰
 Transcutaneous electrical nerve stimulation for acute pain²¹¹
 Transcutaneous electrical nerve stimulation (TENS) for chronic pain²¹²

Peripheral Vascular Diseases Group

- Exercise for intermittent claudication²¹³
 Low molecular weight heparin for prevention of venous thromboembolism in patients with lower-leg immobilization²¹⁴

Pregnancy and Childbirth Group

- Transcutaneous electrical nerve stimulation (TENS) for pain relief in labour²¹⁵

Renal Group

- Exercise training for adults with chronic kidney disease²¹⁶

Stroke Group

Acanthopanax for acute ischaemic stroke ²¹⁷
 Acupuncture for stroke rehabilitation ²¹⁸
 Acupuncture for dysphagia in acute stroke ²¹⁹
 Circuit class therapy for improving mobility after stroke ²²⁰
 Cognitive rehabilitation for attention deficits, memory deficits, spatial neglect following stroke (3 reviews) ²²¹⁻²²³
 Electrical stimulation and Supportive devices for preventing and treating post-stroke shoulder pain and subluxation (2 reviews) ^{224, 225}
 Electromechanical-assisted training for walking after stroke ²²⁶
 Electromechanical and robot-assisted arm training for improving arm function and activities of daily living after stroke ²²⁷
 Electrostimulation for promoting recovery of movement or functional ability after stroke ²²⁸
 EMG biofeedback for the recovery of motor function after stroke ²²⁹
 Force platform feedback for standing balance training after stroke ²³⁰
 Hands-on therapy interventions for upper limb motor dysfunction following stroke ²³¹
 Information provision for stroke patients and their caregivers ²³²
 Interventions for apraxia of speech following stroke ²³³
 Interventions for dysphagia in acute stroke ²³⁴
 Interventions for motor apraxia following stroke ²³⁵
 Interventions for post-stroke fatigue ²³⁶
 Interventions for sensory impairment in the upper limb after stroke ²³⁷
 Stroke liaison workers for stroke patients and carers: an individual patient data meta-analysis ²³⁸

Mailuoning for acute ischemic stroke ²³⁹
 Mental practice for treating upper extremity deficits in individuals with hemiparesis after stroke ²⁴⁰
 Music therapy for acquired brain injury ²⁴¹
 Non-pharmacological interventions for perceptual disorders following stroke and other adult-acquired, non-progressive brain injury ²⁴²
 Occupational therapy for cognitive impairment in stroke patients ²⁴³
 Occupational therapy for patients with problems in activities of daily living after stroke ²⁴⁴
 Organised inpatient (stroke unit) care for stroke ²⁴⁵
 Overground physical therapy gait training for chronic stroke patients with mobility deficits ²⁴⁶
 Physical fitness training for stroke patients ²⁴⁷
 Physiotherapy treatment approaches for the recovery of postural control and lower limb function following stroke ²⁴⁸
 Speech and language therapy for aphasia and dysarthria due to non-progressive brain damage (2 reviews) ^{249, 250}
 Stroke liaison workers for stroke patients and carers: an individual patient data meta-analysis ²³⁸
 Therapy-based rehabilitation services for stroke patients at home ²⁵¹
 Therapy-based rehabilitation services for patients living at home more than one year after stroke. ²⁵²
 Treadmill training and body weight support for walking after stroke ²⁵³
 Water-based exercises for improving activities of daily living after stroke ²⁵⁴

Wounds Group
 Honey as a topical treatment for wounds ²⁵⁵