



## — evidensbaserad databas för sjukgymnaster

**PEDro –Physiotherapy Evidence Database** innehåller referenser till randomiserade, kontrollerade försök, systematiska översikter och evidensbaserade kliniska riktlinjer som påvisar effekten av fysioterapeutisk behandling.

Databasen är utvecklad av en grupp fysioterapeuter från Universitetet i Sydney, som bildat the Centre for Evidence-Based Physiotherapy (CEBP), vars primära syfte är att stödja och underlätta forskning samt utvärdera fysioterapeutiska behandlingsmetoder. Gruppen samarbetar med the Cochrane Collaboration och samlar in studier från deras register över kliniska studier samt från Medline, Cinahl, Embase och PsycInfo mfl.

Databasen nås via E-bibliotekets webbplats [www.ebiblioteket.vgregion.se](http://www.ebiblioteket.vgregion.se)

- Välj **Databaser A-Ö** och bläddra ner till PEDro



PEDro, the Physiotherapy Evidence Database, is a free database of randomised trials, systematic reviews and clinical practice guidelines in physiotherapy. You can search the database for bibliographic details, and sometimes full text, of trials, reviews and guidelines using this Advanced Search page or the [Simple Search page](#). PEDro is produced by Musculoskeletal Health Sydney, School of Public Health at the University of Sydney and is hosted by Neuroscience Research Australia (NeuRA). For more information please visit the [PEDro home-page](#).

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Abstract & Title:	<input type="text"/>
Therapy:	<input type="text"/>
Problem:	<input type="text"/>
Body Part:	<input type="text"/>
Subdiscipline:	<input type="text"/>
Topic:	<input type="text"/>
Method:	<input type="text"/>
Author/Association:	<input type="text"/>
Title Only:	<input type="text"/>
Source:	<input type="text"/>
Published Since:	<input type="text"/> [YYYY]
New records added since:	<input type="text"/> [DD/MM/YYYY]
Score of at least:	<input type="text"/> [10]
Return:	<input type="text" value="20"/> records at a time
When Searching:	<input checked="" type="radio"/> Match all search terms (AND) <input type="radio"/> Match any search term (OR)

[Start Search](#)

- Specificera vad du vill söka efter genom att *antingen* skriva in sökord i de tomma sökfälten *eller* välja något från rullgardinsmenyerna *eller* både och.
- Du kan begränsa din sökning till särskild behandlingsmetod, besvär, kroppsdel, i tid mm. Klicka på pilarna och rullgardinsmenyer visas.

- Alla sökfält behöver inte fyllas i eller väljas. Max 3 rekommenderas.
- Det mest effektiva är att skriva in ett eller flera sökord i fältet **Abstract & Title**
- Markera om du vill kombinera dina sökord/val med AND eller OR. AND är förvalt.
- Det går **ej** att använda sig av Booleska operatörer i sökfältet, det vill säga du kan inte skriva in till exempel *Stroke AND women* i sökrutan, utan denna AND-kombination gör du längst ner i kryssrutan (Match all search terms (AND))

Sök istället till exempel: *Stroke women* – bocka för AND längst ned

### Sökexempel

Vad finns om stroke och fysisk aktivitet?



PEDro, the Physiotherapy Evidence Database, is a free database of randomised trials, systematic reviews and clinical practice guidelines in physiotherapy. You can search the database for bibliographic details, and sometimes full text, of trials, reviews and guidelines using this Advanced Search page or the [Simple Search page](#). PEDro is produced by Musculoskeletal Health Sydney, School of Public Health at the University of Sydney and is hosted by Neuroscience Research Australia (NeuRA). For more information please visit the [PEDro home-page](#).

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Abstract & Title:  ← **Skriv in ordet **stroke****

Therapy:  ← **Klicka på pilen vid Therapy och välj **fitness training****

Problem: acupuncture  
education  
electrotherapies, heat, cold

Body Part: health promotion

Subdiscipline: hydrotherapy, balneotherapy  
neurodevelopmental therapy, neurofacilitation  
orthoses, taping, splinting  
respiratory therapy

Topic: skill training  
strength training

Method: stretching, mobilisation, manipulation, massage  
[no appropriate value in this field]

Author/Association:

Title Only:

Source:

Published Since:  [YYYY]

New records added since:  [DD/MM/YYYY]

Score of at least:  [1/10]

Return:  records at a time

When Searching:  Match all search terms (AND) ← **Match all search terms (AND) är förvalt. Klicka därefter på **Start Search****

Match any search term (OR)

←

## Sökresultat

En sökning på **stroke** och **fitness training** gav 404 träffar

Klicka på titeln för att läsa sammanfattning och eventuellt fulltext



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### Search Results

Click on a title to view details of that record. If your search has returned many records you may need to move to the next page (at the top or bottom of the list of records). To display a list of records from one or a series of searches, click on *Select* and then *Display Selected Records*

Found 404 records

« 1 2 3 4 5 6 7 8 ... 20 21 »

Title	Method	Score (/10)	Select Record
<a href="#">Clinical practice guideline to improve locomotor function in people with spinal cord injury and brain injury</a>	practice guideline	N/A	<a href="#">Select</a>
<a href="#">VA/DoD clinical practice guideline for the management of stroke rehabilitation (version 4.0)</a>	practice guideline	N/A	<a href="#">Select</a>
<a href="#">Behavioral counseling to promote physical activity and a healthful diet to prevent cardiovascular disease in adults: update of the evidence for the US Preventive Services Task Force</a>	practice guideline	N/A	<a href="#">Select</a>
<a href="#">Guidelines for adult stroke rehabilitation and recovery: a guideline for healthcare professionals from the American Heart Association/American Stroke Association</a>	practice guideline	N/A	<a href="#">Select</a>
<a href="#">National clinical guideline for stroke: fifth edition</a>	practice guideline	N/A	<a href="#">Select</a>
<a href="#">National evidence-based guideline on secondary prevention of cardiovascular disease in type 2 diabetes</a>	practice guideline	N/A	<a href="#">Select</a>
<a href="#">2015 guidelines of the Taiwan Society of Cardiology and the Taiwan Hypertension Society for the management of hypertension</a>	practice guideline	N/A	<a href="#">Select</a>

**Method**  
guideline visas *alltid* först i träfflistan, därefter systematic review och clinical trial.

Title	Method	Score (/10)	Select Record
<a href="#">High-intensity respiratory muscle training improves strength in stroke survivors: a randomized trial</a>	clinical trial	8/10	<a href="#">Select</a>
<a href="#">Aerobic exercise and consecutive task-specific training (AETAS): a randomized controlled pilot study</a>	clinical trial	8/10	<a href="#">Select</a>
<a href="#">Caregiver-mediated exercises with e-health support for early supported discharge after stroke (CARE4STROKE): a randomized controlled trial</a>	clinical trial	8/10	<a href="#">Select</a>
<a href="#">Effectiveness of home-based carer-assisted in comparison to hospital-based therapist-delivered therapy for people with stroke: a randomised controlled trial</a>	clinical trial	8/10	<a href="#">Select</a>
<a href="#">Synergistic benefits of combined aerobic and cognitive training on fluid intelligence and the role of IGF-1 in chronic stroke</a>	clinical trial	8/10	<a href="#">Select</a>
<a href="#">Contributions of stepping intensity and variability to mobility in individuals poststroke</a>	clinical trial	8/10	<a href="#">Select</a>
<a href="#">High-intensity treadmill training improves gait ability, VO2peak and cost of walking in stroke survivors: preliminary results of a pilot randomized controlled trial</a>	clinical trial	8/10	<a href="#">Select</a>

**Score (/10)**

Studiernas (Trial) kvalitet bedöms efter en 10-poängsskala.

- N/A = not applicable dvs rankas ej
- 8/10 = uppfyller 8 av 10 kriterier

**Titta på en referens och hitta eventuellt artikeln i fulltext**

Klicka på en titel på en referens du vill titta på



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Found 404 records

Title	Method	Score (/10)	Select Record
<a href="#">Clinical practice guideline to improve locomotor function following chronic stroke, incomplete spinal cord injury, and brain injury</a>	practice guideline	N/A	<a href="#">Select</a>
<a href="#">VA/DoD clinical practice guideline for the management of stroke rehabilitation (version 4.0)</a>	practice guideline	N/A	<a href="#">Select</a>
<a href="#">Behavioral counseling to promote physical activity and a healthful diet to prevent cardiovascular disease in adults: update of the evidence for the US Preventive Services Task Force</a>	practice guideline	N/A	<a href="#">Select</a>

## Detailed Search Results


### Clinical practice guideline to improve locomotor function following chronic stroke, incomplete

Hornby TG, Reisman DS, Ward IG, Scheets PL, Miller A, Haddad D, Fox EJ, Fritz NE, Hawkins K, I JE, Walter A [Academy of Neurologic Physical Therapy]

Journal of Neurologic Physical Therapy 2020 Jan;44(1):49-100

practice guideline

**BACKGROUND:** Individuals with acute-onset central nervous system (CNS) injury, including stroke and brain injury, often experience lasting locomotor deficits, as quantified by decreases in gait speed and distance. The goal of the present clinical practice guideline was to delineate the relative efficacy of and timed distance in ambulatory individuals greater than 6 months following these specific diagnoses. Literature published between 1995 and 2016 was performed in 4 databases for randomized controlled populations, at least 6 months postinjury and with specific outcomes of walking speed and timed distance. Training interventions including frequency, intensity, time, and type were detailed as possible. Record strength of the evidence and the potential harm, risks, or costs of providing a specific training paradigm available and can provide greater benefit. **RESULTS:** Strong evidence indicates that clinicians should use intensities or virtual reality-based training to ambulatory individuals greater than 6 months following stroke or distance. In contrast, weak evidence suggests that strength training, circuit (ie, combined) training and virtual reality-based balance training may improve walking speed and distance in these patients. Body weight-supported treadmill training, robotic-assisted training, or sitting/standing balance training may improve walking speed or distance in ambulatory individuals greater than 6 months following acute-onset stroke. **DISCUSSION:** The collective findings suggest that large amounts of task-specific (ie, locomotor) walking function, although only at higher cardiovascular intensities or with augmented feedback to improve walking interventions or impairment-based training strategies demonstrated equivocal or limited efficacy. Distance were primary outcomes, the research participants included in the studies walked without assistance. Findings do not apply to patients with limited ambulatory function, where provision of walking training may require assistance. **CONCLUSION:** This guideline suggests that task-specific walking training should be performed to improve walking speed and distance in ambulatory individuals greater than 6 months following stroke or distance, although only at higher intensities or with augmented feedback. Future studies should clarify interventions that lead to improved walking speed and distance in these populations in both chronic and subacute-onset stroke. **KEYWORDS:** Recommendations are intended as a guide for clinicians to optimize rehabilitation outcomes for persons with stroke, traumatic brain injury, and traumatic brain injury to improve walking speed and distance.

Full text (sometimes free) may be available at these link(s):  [help](#)

- [DOI](#)
- [PubMed](#)
- [publisher](#)

← Här finns länkar till eventuell fulltext. Klicka på någon av dem.

**Välj flera referenser och samla dem på ett ställe – skriv ut, e-posta eller skicka referenserna till ett referenshanteringsprogram**

- Från titellistan – klicka på [Select](#)
- Från abstract – klicka på [Select this record](#)
- Klicka sedan på **Display Selected Records** – här finns dina valda referenser samlade



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Found 404 records

« 1 2 3 4 5 6 7 8 ... 20 21 »

Title	Method	Score (/10)	Select Record
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<a href="#">VA/DoD clinical practice guideline for the management of stroke rehabilitation (version 4.0)</a>	practice guideline	N/A	Selected
<a href="#">Behavioral counseling to promote physical activity and a healthful diet to prevent cardiovascular disease in adults: update of the evidence for the US Preventive Services Task Force</a>	practice guideline	N/A	Selected
<a href="#">Guidelines for adult stroke rehabilitation and recovery: a guideline for healthcare professionals from the American Heart Association/American Stroke Association</a>	practice guideline	N/A	Select
<a href="#">National clinical guideline for stroke: fifth edition</a>	practice guideline	N/A	Select



**Email Results**

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## Selected Records

**Spara ner i EndNote eller RefWorks**

You can remove selected records by clicking on the *Remove this record* links. You can import Selected Records into [EndNote](#) and [RefWorks](#). You can print these records with your browser.

Use the *Back* button in your browser to see the other results of your search or to select another record.

You have selected 3 records

<b>Author/Association:</b>	<a href="#">Remove this record</a> Hornby TG, Reisman DS, Ward IG, Scheets PL, Miller A, Haddad D, Fox EJ, Fritz NE, Hawkins K, Henderson CE, Hendron KL, Holleran CL, Lynskey JE, Walter A [Academy of Neurologic Physical Therapy]
<b>Title:</b>	Clinical practice guideline to improve locomotor function following chronic stroke, incomplete spinal cord injury, and brain injury
<b>Source:</b>	Journal of Neurologic Physical Therapy 2020 Jan;44(1):49-100
<b>Method:</b>	practice guideline
<b>Method Score:</b>	This is a clinical practice guideline. Clinical practice guidelines are not rated.
<b>Abstract:</b>	BACKGROUND: Individuals with acute-onset central nervous system (CNS) injury, including stroke, motor incomplete spinal cord injury, or traumatic brain injury, often experience lasting locomotor deficits, as quantified by decreases in gait speed and distance walked over a specific duration (timed distance). The goal of the present clinical practice guideline was to delineate the relative efficacy of various interventions to improve walking speed and timed distance in ambulatory individuals greater than 6 months following these specific diagnoses. METHODS: A systematic review of the literature published between 1995 and 2016 was performed in 4 databases for randomized controlled clinical trials focused on these specific patient populations, at least 6 months postinjury and with specific outcomes of walking speed and timed distance. For all studies, specific parameters of training interventions including frequency, intensity, time, and type were detailed as possible. Recommendations were determined on the basis of the strength of the evidence and the potential harm, risks, or costs of providing a specific training paradigm, particularly when another intervention may be available and can provide greater benefit. RESULTS: Strong evidence indicates that clinicians should offer walking

## Fler sökexempel

Sökmöjlighet	Välj AND eller OR vid When Searching:	Abstract & Title	Ger träff på
<p><b>Kombinera två eller flera ord</b></p> <p><i>AND</i> Referensen skall innehålla båda sökorden (begränsar sökningen)</p> <p><i>OR</i> Referensen skall innehålla antingen det ena ordet eller det andra – eller båda (utökar sökningen).</p>	<p><input type="radio"/> Match all search terms (<i>AND</i>)</p> <p><input type="radio"/> Match all search terms (<i>AND</i>)</p> <p><input type="radio"/> Match any search term (<i>OR</i>)</p> <p><input type="radio"/> Match any search term (<i>OR</i>)</p>	<p>Stroke Women</p> <p>*edema compression</p> <p>Anorexia Bulimia</p> <p>dizziness vertigo imbalance</p>	<p>Referenser som handlar om kvinnor med stroke</p> <p>Referenser om stödstrumpor i kombination med antingen edema, oedema, lymphedema eller lymphoedema</p> <p>Referenser som antingen handlar om anorexia eller bulimia nervosa eller både och</p> <p>Referenser som handlar om yrsel (synonymer)</p>
<p><b>Sammanfatt ord (fras)</b></p> <p>Citeringstecken " "</p>		<p>"lateral epicondylitis"</p>	<p>Referenser där lateral epicondylitis står intill varandra i en mening.</p>
<p><b>Exakt ord</b></p> <p>Likhetstecken före =</p>		<p>=heart</p>	<p>Enbart ordet heart, inte hearts, heartbeart mfl.</p>
<p><b>Trunkera</b></p> <p>Är du osäker på stavning av ett ord – sök på ordstammen.</p> <p>1. automatisk högertrunkering</p> <p>2. * vänstertrunkering</p> <p>3. @ ersätter en bokstav</p>		<p>heart</p> <p>*edema</p> <p>Sim@son</p>	<p>Referenser som innehåller orden heart, hearts, heartbeat m.fl.</p> <p>Referenser om oedema, lymphedema eller lymphoedema</p> <p>Referenser av Simpson eller Simson</p>
<p><b>Tidsbegränsa en sökning</b></p> <p><b>Published since:</b></p>		<p>2000...2008</p> <p>2008...2008</p>	<p>Referenser mellan år 2000 och 2008</p> <p>Referenser enbart från år 2008</p>
<p><b>Kombinera sökord med:</b></p> <ul style="list-style-type: none"> <li>• Therapy</li> <li>• Problem</li> <li>• Body part</li> <li>• Subdiscipline</li> <li>• Method</li> </ul>	<p><input type="radio"/> Match all search terms (<i>AND</i>)</p>	<p>Pain</p> <p><b>Therapy:</b> electrotherapies, heat and cold</p>	<p>Referenser som handlar om smärta och elektroterapi.</p>