Physiotherapy interventions evidence table – Non-pharmacological management of RA and monitoring outcomes

The following table provides a summary of level I or II evidence (according to the NHMRC evidence hierarchy) for physiotherapy-relevant interventions in RA published between January 2012 and June 2015.

<table>
<thead>
<tr>
<th>Physiotherapy-related intervention(s)</th>
<th>Sources of evidence (see key below)</th>
<th>Results</th>
<th>Making sense of the evidence</th>
</tr>
</thead>
</table>
- Generally, these interventions are only superficially addressed.  
- We recommend referring to the paper by Briggs et al 2012 [PubMed Link] for more concrete detail on what physiotherapists needs to ‘know’ and ‘do’ to deliver effective care. |

**Key To Evidence Sources:**
Randomised Controlled Trial (RCT)
Systematic Review (SR)
Meta-Analysis (MA)
Cochrane Systematic Review (CSR)

**List of Table Abbreviations:**
ADL’s – Activities of Daily Living
CPG – Clinical Practice Guideline
DAS28 – Disease activity score calculator for Rheumatoid arthritis [click here for link to PDF]
DASH – “Disabilities of the Arm Shoulder and Hand” outcome measure
HEP – Home Exercise Programme
HRQ – Health Risk Questionnaire
JP – Joint Protection
LBP – Lower Back Pain
OA – Osteoarthritis
OT – Occupational Therapy
QOL – Quality Of Life
RA – Rheumatoid Arthritis
RCT – Randomised Controlled Trial
TENS – Transcutaneous Electrical Nerve Stimulation
US - Ultrasound
1st MTPJ – 1st Metatarsophalangeal Joint