

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.

| Physiotherapy-related intervention(s) | Sources of evidence (see key below) | Results | Making sense of the evidence |
|--|---|--|---|
| Non-pharmacological management of RA (2001-2013) | <p>Critical appraisal of clinical practice guidelines (CPG) for RA:</p> <p>Brosseau L et al. PLoS ONE 2014; 9(5): e95369 [Journal Link]</p> | <p>Patient education/self-management, aerobic, dynamic and stretching exercises were the commonly recommended for the non-pharmacological management of RA by the high-quality CPGs.</p> | <ul style="list-style-type: none"> - Clinical guidelines recommend non-pharmacological management interventions for RA within the scope of physiotherapy practice, - 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

RAP-eL

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