



Appraisal

Appraisal of Clinical Practice Guideline: Knee Stability and Movement Coordination Impairments: Knee Ligament Sprain

Date of latest update: 2017. **Date of next update:** 2021. **Patient group:** Adolescents and adults (aged ≥ 12 years) with sprain and strain involving collateral ligament of the knee, sprain and strain involving cruciate ligament of the knee, injury to multiple structures of the knee, knee instability, and movement coordination impairments. **Intended audience:** Orthopaedic physiotherapy clinicians, academic instructors, clinical instructors, students, interns, residents, and fellows. **Additional versions:** The current guidelines are an update of the Orthopaedic Section of the American Physical Therapy Association (APTA) clinical practice guidelines (2010): Knee Stability and Movement Coordination

Impairments: Knee Ligament Sprain. **Expert working group:** The expert working group comprised a 24-member committee of medical professionals (consultants, MDs, physiotherapists, and academic researchers) from USA, Norway, Australia and Sweden. **Funded by:** Not stated. **Consultation with:** Content experts within the Orthopaedic Section of the American Physical Therapy Association (APTA). **Approved by:** The Orthopaedic Section of the American Physical Therapy Association (APTA). **Location:** The guidelines and additional documents are available at: <https://www.jospt.org/doi/abs/10.2519/jospt.2017.0303?code=jospt-site>.

Description

These guidelines are published in a 47-page document and are intended to enhance musculoskeletal care for the management of knee ligament sprains in adolescents and adults (aged ≥ 12 years). They replace previous guidelines published in 2010, and state whether recommendations in the current version are an update, or are the same as the previous guidelines. The full guidelines consist of recommendations, comprehensive discussion of the evidence supporting the recommendations, methodological approaches, and all references. The authors outline the evidence for diagnosis/classification, differential diagnosis, and outcome-based examination. Evidence for interventions/management of knee ligament sprains is then

presented. For physiotherapists, the most relevant points are recommendations regarding the evidence for implementing weight-bearing and non-weight-bearing concentric and eccentric exercises, and using neuromuscular electrical stimulation to augment exercises, to increase thigh muscle/s strength and functional performance after anterior cruciate ligament reconstruction.

Provenance: Invited. Not peer reviewed.

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Appraisal of Clinical Practice Guideline: COPD-X Australian and New Zealand guidelines for the diagnosis and management of chronic obstructive pulmonary disease: 2017 update

Latest update: June 2017. **Next update:** Ongoing quarterly updates. **Patient group:** Chronic obstructive pulmonary disease (COPD). **Intended audience:** Clinicians involved in the diagnosis and management of people with COPD. **Expert working group:** Lung Foundation Australia's COPD guidelines committee, which includes a multidisciplinary team. **Funded by:** Not stated. **Approved by:** Thoracic Society of Australia and New Zealand

and consumer representatives. **Location:** A recent summary of the guideline is published in the *Medical Journal of Australia* (https://www.mja.com.au/journal/2017/207/10/copd-x-australian-and-new-zealand-guidelines-diagnosis-and-management-chronic?utm_source=carousel&utm_medium=web&utm_campaign=homepage). The quarterly update of the full guideline is available from <http://copdx.org.au>.

Description

The 2017 update of this guideline, which was published in the *Medical Journal of Australia*, provides a seven-page summary highlighting the key recommendations for diagnosis and management of COPD. The guideline summary is divided into five main sections: confirm diagnosis, optimise function, prevent deterioration, develop a plan of care, and manage exacerbations. Under each section a summary of the evidence is provided together with key recommendations. Box 4 provides a helpful summary of all key clinical recommendations, including the National Health and Medical Research Council level of evidence and the strength of recommendation. Some recommendations are directly relevant to physiotherapists

(eg, pulmonary rehabilitation) and all recommendations would be of interest to physiotherapists working with COPD patients. The *Medical Journal of Australia* article contains a link to an online Appendix (Table 1) summarising key changes in the guideline recommendations since publication of the 2006 clinical practice update.

Provenance: Invited. Not peer reviewed.

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