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


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.


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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.


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