

A Comprehensive Book Review of “Practical Evidence - Based Physiotherapy”: Bridging Theory and Practice in Physiotherapy

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Abstract: *This book review provides an in-depth analysis of Practical Evidence-Based Physiotherapy, a significant work in the field of physiotherapy. The review examines the books approach to integrating evidence-based practices in physiotherapy, its utility for both practitioners and students, and its contribution to the advancement of clinical practices. Emphasizing the books comprehensive guidelines and practical applications, the review highlights its role in enhancing the quality of patient care through scientifically backed methods.*

Keywords: Evidence-Based Practice, Physiotherapy, Clinical Guidelines, Rehabilitation Methods, Evidence-Based Physiotherapy.

Book Review

Full title “Practical Evidence-Based Physiotherapy”. The book has three editions, the first edition was published in 2005, was followed by the second edition in 2011 and the third edition in November 17, 2022. The book is published by Elsevier containing 190 pages written in the English language. ISBN-10: 032384839, ISBN-13:978-0323848398.

'Practical Evidence-Based Physiotherapy' by Rob Herbert, GroJamtvedt, Kare Birger Hagen, and Judy Mead, provides physiotherapists with a map to help them navigate the complex world of evidence-based treatment for physiotherapists. Considering the continuous findings in the field of physiotherapy and evolving methodologies, aspiring researchers and practitioners may face overwhelming situations with uncertainties regarding the application of rehabilitation methods. The authors provide a candid first-hand experience underscoring how a lack of evidence-based approaches leads to confusion among colleagues but most importantly patients. Therefore, the purpose of this book review is to evaluate Practical Evidence-Based Physiotherapy in terms of its contribution to the field and its utility for practitioners and students in physiotherapy. This review underscores the books role in advancing evidence-based practices in physiotherapy, which is crucial for the evolving field. As the title suggests, the book aims for physiotherapists to provide evidence-based approaches and acts as introductory gateway for undergraduate students to be introduced to evidence-based physiotherapy. They stress the critical need for trustworthy clinical evidence and support a methodical strategy that would enable physiotherapists to analyze research and provide precise answers to practice-related questions.

The book is organized into ten Chapters. Each Chapter is presented as a comprehensive thought process following a logical flow between Chapters into understanding the evidence-based practice in physiotherapy. Chapter One “Evidence-based physiotherapy: what, why and how?” and Chapter Two “What do I need to know?” introduce the reader to the evidence-based concept by guiding the reader

into making the right questions and how to formulate them to extract the right evidences needed. Followed by Chapter Three “What constitutes evidence” and Chapter four “Finding the Evidence” explaining to the readers what mechanisms are provided for them to answer their questions and introducing a thorough guide for the readers on how to use searching strategies and domains that are properly suitable for the evidence-based practice in physiotherapy. The authors seamlessly progress with Chapter Five “Can I trust this evidence” and Chapter Six “What does this evidence mean for my practice” explaining to the reader how to be selective on the information that is collected and how pragmatically the evidence they have found can be implemented to their clinical practice and patients. Chapter Seven “Clinical guidelines as a resource for evidence-based physiotherapy” introduces the reader to the clinical guidelines and helps the reader identify resources where these guidelines are accessed while also explaining how guidelines are developed and their importance. Chapter Eight “When and how should new therapies be introduced into clinical practice” explains how new therapies come to clinical practice and how readers should pay caution recommending them If they are not being proven to be effective in high-quality randomized clinical trials. The book culminates in Chapter Nine “Making it Happen” and Chapter Ten “Am I on the right Track” which teaches the readers how to start implementing the evidence they have found into their practice, what difficulties the reader possibly may face, and how to evaluate their practice by correctly interpreting their outcomes.

The author's treatment of the book and how the book is presented resonates with every young researcher or physiotherapy practitioner mirroring their uncertainties regarding new rehabilitation approaches or rehabilitation in general. The book presents the issues and their solutions pragmatically with comprehensive language and a user-friendly structure. The authors have evident expertise in the physiotherapy and rehabilitation field and besides that; they provide well-sourced materials to back up the information provided in the book. Treating each Chapter as a question you as a practitioner or unexperienced physiotherapist would

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ask yourself highly elevates the reading experience and makes it easier to understand newly introduced concepts. Each Chapter is accompanied by comprehensive tables and graphs. Additionally, the book provides a rich and thorough reference list at the end of each Chapter supporting their findings and suggestions. While the book has many strong positive aspects a remark would be the lack of specific up-to-date topics that physiotherapists would be interested to read about.

In conclusion, "Practical Evidence-Based Physiotherapy stands as an asset in evidence-based practice realm delivering a comprehensive and pragmatic understanding of evidence-based physiotherapy. With its candid approach the book is an added value to every clinical practitioner and young aspiring researcher or student. Considering the book is in its third edition speaks volume about the author's commitment to their original aim and to their commitment to providing it. The authors have been meticulously updating the book and refining the content adds enduring value and relevance. For this reason, the book is highly recommended to every physiotherapist, student or researcher who is willing to improve the physiotherapy practice evolving it towards the evidence-based landscape.