**Supplementary Table 2.** Characteristics of included studies

| Author | Year | Journal | Title | RQ Description | Respected PICO elements | DOI | C-NPT |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Ahmadizadeh | 2019 | Am J Phys Med Rehabil | The effect of stabilization exercises along with self-care training on transverse abdominal activity, pain, and disability in mothers with low back pain having children with CP: a RCT | The aim of this study was, therefore, to determine the effect of stabilization exercises along with self-care training on pain, disability, depression and the transverse abdominal muscle activity. | PICO | 10.1097/PHM.0000000000001315 | 33 |
| Albornoz-Cabello | 2019 | Clin Rehabil | Effect of adding interferential current stimulation to exercise on outcomes in primary care patients with chronic neck pain: a randomized controlled trial | The main aim of this study was to evaluate the effect of adding interferential current stimulation to exercise on pain, disability, psychological status and neck range of motion in primary care patients with chronic neck pain. | PICO | 10.1177/0269215519844554 | 38 |
| Ambosini | 2020 | Eur J Phys Rehabil Med | A multimodal training with visual biofeedback in subacute stroke survivors: a randomized controlled trial | Our first hypothesis was that patients with subacute stroke would benefit from a multimodal biofeedback training consisting of a 3-week FES augmented cycling training followed by a 3-week force platform-based balance training. […] Our second hypothesis was that more impaired subjects, who are initially not able to walk, would benefit more from the biofeedback multimodal training. [...] In order to test these hypotheses, we conducted a RCT comparing the effects of the multimodal biofeedback training in addition to usual care to equally intensive usual care on walking abilities, independence in activities of daily life (ADL), muscle force, trunk control, balance, and fear of falling. | PICO | 10.23736/S1973-9087.19.05847-7 | 38 |
| Atkins | 2019 | Clin Rehabil | Pedometers alone do not increase mobility in inpatient rehabilitation: a randomized controlled trial | The primary aim of this study was to test if pedometers as a motivational tool can affect functional mobility outcomes in inpatient rehabilitation. The secondary aims were to see if a pedometer increased incidental physical activity and time spent upright on the ward in the first week, and to measure the perceived benefit of the pedometer. | PI | 10.1177/0269215519838312 | 40 |
| Azadinia | 2019 | Am J Phys Med Rehabil | The Effect of Lumbosacral Orthosis on the Thickness of Deep Trunk Muscles Using Ultrasound Imaging: A Randomized Controlled Trial in Patients With Chronic Low Back Pain | The present study was conducted to evaluate changes in the thickness of the deep trunk muscles, including obliquus internus (IO), transversus abdominis (TrA), and lumbar multifidus (LM), after 4 wks of wearing LSO continuously. [...] Assuming that LSO creates a passive stiffness and reduces trunk muscle co-contraction, this study hypothesizes that muscle thickness decreases after 4 wks of wearing LSO continuously in conjunction with routine physical therapy. | PICO | 10.1097/PHM.0000000000001135 | 41 |
| Babaei-Ghazani | 2019 | Am J Phys Med Rehabil | A Randomized Control Trial of Comparing Ultrasound-Guided Ozone (O2-O3) vs Corticosteroid Injection in Patients With Shoulder Impingement | The goal of this study was to compare the effects of ultrasound-guided corticosteroid versus ozone (O2-O3) injection into the subacromial bursa as a one-session treatment in patients with shoulder pain secondary to shoulder impingement. | PIC | 10.1097/PHM.0000000000001240 | 37 |
| Bennell | 2019 | Am J Phys Med Rehabil | Does a Web-Based Exercise Programming System Improve Home Exercise Adherence for People With Musculoskeletal Conditions?: A Randomized Controlled Trial | We aimed to evaluate whether a commercially available web-based exercise programming system resulted in greater adherence to a physical therapist–prescribed home exercise program, greater confidence to exercise, and greater satisfaction with exercise delivery, when compared with usual methods physical therapists use to deliver exercise programs in people with musculoskeletal conditions | PICO | 10.1097/PHM.0000000000001204 | 40 |
| Besnier | 2019 | Ann Phys Rehabil Med | Short-term effects of a 3-week interval training program on heart rate variability in chronic heart failure. A randomised controlled trial | The aim of this study was to determine the effectiveness of a short, optimized, supervised HIIT program to improve sympathovagal balance measured by HRV in CHF. We subsequently hypothesized that our optimized HIIT program is superior to MICT training (control) to enhance HRV as measured by high frequency power in normalized units (HFnu%), the main criteria, based on our previous study | PIO | 10.1016/j.rehab.2019.06.013 | 36 |
| Bhatia | 2019 | J Rehabil Med | Preoperative high-intensity interval training is effective and safe in deconditioned patients with lung cancer: a randomized clinical trial | Our hypotheses were that candidates awaiting primary lung resection surgery for NSCLC would be able to perform such HIIT despite deconditioning, and that it would improve Wpeak, VO2peak, resting heart rate (HRrest), heart rate recovery (HR1min), dyspnoea and exercise capacity in these patients. | PIO | 10.2340/16501977-2592 | 32 |
| Blasco | 2019 | Clin Rehabil | The effects of preoperative balance training on balance and functional outcome after total knee replacement: a randomized controlled trial | The purpose of this research was to determine the effects of preoperative balance-oriented intervention on patients undergoing total knee replacement. The intervention could be undertaken at home or supervised in a hospital setting. Since a domiciliary rehabilitation programme for total knee replacement is used to lower the expenses, both possibilities were assessed. It was hypothesized that domiciliary and outpatient preoperative intervention would be similarly effective in enhancing balance outcomes in the early postoperative period, which in turn would have a positive impact on patient functionality. | PI | 10.1177/0269215519880936 | 38 |
| Boidin | 2019 | Clin Rehabil | Effects of interval training on risk markers for arrhythmic death: a randomized controlled trial | We conducted this study to compare the effects of a high-intensity interval training programme versus moderate-intensity continuous training on risk markers of arrhythmic death in post-acute coronary syndrome patients. | PICO | 10.1177/0269215519840388 | 37 |
| Bonin Pinto | 2019 | Neurorehabil Neural Repair | Combining Fluoxetine and rTMS in Poststroke Motor Recovery: A Placebo-Controlled Double-Blind Randomized Phase 2 Clinical Trial | Aim 1: to test the effects of the combined therapy (fluoxetine plus low-frequency rTMS over the unaffected primary motor cortex [M1]) on motor function compared with fluoxetine and placebo. Aim 2: to evaluate intervention mechanisms by assessing neurophysiologic M1 changes using motor evoked potentials (MEPs) and cortical excitability/inhibition measurements. Our hypothesis is that combined rTMS and fluoxetine would induce larger motor gains than each of fluoxetine alone and placebo after 3 months, and that both the combined treatment and fluoxetine alone groups would be superior to placebo (a hierarchical model)  | ICO | 10.1177/1545968319860483 | 41 |
| Calin | 2019 | Am J Phys Med Rehabil | Fractionated Irradiation in Photobiomodulation Therapy of Ankle Sprain | The aim of this article was to test whether the use of a double-fractional irradiation scheme (DFIS) with a defined time interval between radiation sessions in PBMT therapy could enhance recovery in patients with moderate severity ankle sprains.The main objectives were focused on the following: (a) monitoring the tissue response to PBMT/DFIS and RICE therapy using diffuse reflectance spectroscopy (DRS); (b) evaluation of pain and clinical outcomes at different time intervals; and (c) demonstration of DFIS efficacy in PBMT therapy of ankle sprain by comparison with standard RICE method. | PIO | 10.1097/PHM.0000000000001178 | 31 |
| Cardenas | 2020 | Am J Phys Med Rehabil | Effects of Home Exercises on Shoulder Pain and Pathology in Chronic Spinal Cord Injury: A Randomized Controlled Trial | The purposes of this study were to: 1) replicate the effectiveness of a 12-week home exercise intervention based on the study by Mulroy et al. to improve symptoms of shoulder pain in persons with chronic SCI, and 2) use QUS to aid in the assessment of potential changes in rotator cuff pathology, specifically of the supraspinatus tendon, associated with pain reduction. The primary hypothesis was that supraspinatus tendon width would decrease after the HEP compared to no change in the control group. Secondary outcomes of interest were changes in other QUS metrics and self-reported shoulder pain and function | PI | 10.1097/PHM.0000000000001362 | 38 |
| Cardoso | 2020 | Clin Rehabil | Intradialytic exercise with blood flow restriction is more effective than conventional exercise in improving walking endurance in hemodialysis patients: a randomized controlled trial | To the best of our knowledge, there is no published study on the effects of blood flow restriction training in end-stage renal disease patients. This study was designed to help fill this gap by analyzing the effects of blood flow restriction training on muscle strength and walking endurance in hemodialysis patients. | PIO | 10.1177/0269215519880235 | 37 |
| Castro Sánchez | 2019 | Disabil Rehabil | Improvement in clinical outcomes after dry needling versus myofascial release on pain pressure thresholds, quality of life, fatigue, pain intensity, quality of sleep, anxiety, and depression in patients with fibromyalgia syndrome | The purpose of the current randomized clinical trial was to compare the effectiveness of dry needling versus myofascial release on MTrPs in cervical muscles, quality of life, fatigue, anxiety and depression in patients with FMS | PICO | 10.1080/09638288.2018.1461259 | 33 |
| Coelho | 2020 | Arch Phys Med Rehabil | Effects of the Use of Anchor Systems in the Rehabilitation of Dynamic Balance and Gait in Individuals With Chronic Dizziness of Peripheral Vestibular Origin: A Single-Blinded, Randomized, Controlled Clinical Trial | The purpose of this study is to assess the effectiveness of anchors in the rehabilitation of balance in patients diagnosed with chronic peripheral vestibulopathy who failed to respond positively to conventional balance and gait rehabilitation  | PI | 10.1016/j.apmr.2019.07.012 | 38 |
| das Nair | 2019 | Clin Rehabil | Clinical and cost effectiveness of memory rehabilitation following traumatic brain injury: a pragmatic cluster randomized controlled trial | Our aim was to determine the clinical and cost effectiveness of a group-based memory rehabilitation programme for community-dwelling people with memory problems following traumatic brain injury. | PI | 10.1177/0269215519840069 | 41 |
| De Groef | 2020 | Eur J Cancer Care | The effectiveness of Botulinum Toxin A for treatment of upper limb impairments and dysfunctions in breast cancer survivors: A randomised controlled trial | The aim of the present study is to investigate the added value of a single BTX‐A infiltration in the major pectoralis muscle to the current evidence‐based physical therapy modalities for treatment of upper limb impairments after breast cancer treatment. These impairments include restricted shoulder mobility, decreased upper limb strength, altered posture and kinematics and upper limb dysfunctions itself. | PICO | 10.1111/ecc.13175 | 38 |
| de Matos Brunelli Braghin | 2019 | Disabil Rehabil | The effect of low-level laser therapy and physical exercise on pain, stiffness, function, and spatiotemporal gait variables in subjects with bilateral knee osteoarthritis: a blind randomized clinical trial | The aim of the present study was to evaluate the effects of individual and combination therapies (LLLT and physical exercises) on pain, stiffness, function, and spatiotemporal gait variables in subjects with bilateral knee OA | PICO | 10.1080/09638288.2018.1493160 | 35 |
| de Medeiros | 2019 | Disabil Rehabil | Effects of daily inspiratory muscle training on respiratory muscle strength and chest wall regional volumes in haemodialysis patients: a randomised clinical trial | This study aimed to evaluate the effects of interdialytic daily IMT on respiratory muscle strength, chest wall regional volumes, mobility and diaphragm thickness, pulmonary function, functional capacity, and QoL of CKD patients undergoing haemodialysis (HD). | PIO | 10.1080/09638288.2018.1485181 | 38 |
| de Oliveira HAV | 2019 | Clin Rehabil | Effectiveness of customized insoles in patients with Morton’s neuroma: a randomized, controlled, double-blind clinical trial | The objective of our study was to evaluate the effectiveness of insoles on walking pain relief in patients with Morton’s neuroma and to evaluate the impact of insoles on pain at rest, palpation, and paresthesia; functional disability; load distribution in the plantar region; gait; quality of life; and patient satisfaction regarding the use of insoles. | PIO | 10.1177/0269215519873949 | 40 |
| de Oliveira BFA | 2019 | Clin Rehabil | Pilates method in the treatment of patients with Chikungunya fever: a randomized controlled trial | The aim of this study was to evaluate the effect of the Pilates method on improving pain, functional capacity, and quality of life in the treatment of chronic musculoskeletal manifestations in patients with Chikungunya fever. | PIO | 10.1177/0269215519856675 | 37 |
| de Sousa | 2019 | J Physiother | Two weeks of intensive sit-to-stand training in addition to usual care improves sit-to-stand ability in people who are unable to stand up independently after stroke: a randomised trial | The primary aim of this trial was to determine if intensive sit-to stand training in addition to usual care improves sit-to-stand ability in people who are unable to stand up independently after stroke.Therefore, the research question for this multi-centre randomised controlled trial was: Does intensive sit-to-stand training in addition to usual care improve sit-to-stand ability in people who are unable to stand up independently after stroke? | PICO | 10.1016/j.jphys.2019.05.007 | 39 |
| Domingues | 2019 | Clin Rehabil | Is a combined programme of manual therapy and exercise more effective than usual care in patients with non-specific chronic neck pain? A randomized controlled trial | The aim of this study was to perform a pragmatic randomized controlled trial to compare the effects of a six-week manual therapy and exercise programme with those of usual care in physiotherapy intervention, on disability, pain intensity and global perceived recovery, in patients with non-specific chronic neck pain. | PICO | 10.1177/0269215519876675 | 38 |
| Donoso-Úbeda | 2020 | Clin Rehabil | Effect of manual therapy in patients with hemophilia and ankle arthropathy: a randomized clinical trial | The aim of this study is to assess the safety and efficacy of a fascial therapy protocol in patients with hemophilic arthropathy of the ankle. | PI | 10.1177/0269215519879212 | 34 |
| Ezzati | 2019 | Eur J Phys Rehabil Med | A comparative study of the dose-dependent effects of low level and high intensity photobiomodulation (laser) therapy on pain and electrophysiological parameters in patients with carpal tunnel syndrome: A randomized controlled trial | The aim of this study was to compare dose dependent effects of LLLT and HILT on reports of pain and electrophysiology studies in patients with CTS. | PICO | 10.23736/S1973-9087.19.05835-0 | 35 |
| Fazli | 2019 | Am J Phys Med Rehabil | Ergonomic Latex Pillows as a Part of a Multimodal Intervention or as an Adjunct to Rehabilitation Programs in Cervical Spondylosis: Are They Useful?: A Randomized Controlled Trial | This study aimed to evaluate the effectiveness of ergonomic latex pillows in improving the clinical (disability index and pain severity) and biomechanical (cervical range of motion) primary outcome measures and reducing the number of analgesics (as a secondary outcome measure) in patients with cervical spondylosis. Our hypothesis was that the use of ergonomic latex pillows in conjunction with the standard physical therapy would be more effective than the standard physical therapy alone in improving the patients' range of motion and clinical outcome measures | PIO | 10.1097/PHM.0000000000001157 | 37 |
| Fukuta | 2019 | Disabil Rehabil | Effects of diagonally aligned sitting training with a tilted surface on sitting balance for low sitting performance in the early phase after stroke: a randomised controlled trial | Considering the results of these previous studies, we hypothesised that repetitive diagonally aligned sitting training, which combines trunk movements in a diagonally forward direction to the least affected side with training on a surface tilted diagonally backward to the most affected side, can improve sitting balance for patients with low sitting performance in the early phase after stroke. The purpose of this study was to clarify the effects of this training in this phase. | PIO | 10.1080/09638288.2019.1688873 | 41 |
| Gao | 2019 | Am J Phys Med Rehabil | Could the Clinical Effectiveness Be Improved Under the Integration of Orthotic Intervention and Scoliosis-Specific Exercise in Managing Adolescent Idiopathic Scoliosis?: A Randomized Controlled Trial Study | To test the hypothesis that SSE during bracing would achieve better correction of spinal deformity and more benefits on pulmonary function and back muscle endurance compared with orthosis only, this randomized controlled study was conducted to investigate the effectiveness of the integration of OI and SSE versus OI only via assessing the spinal deformity, pulmonary function, and back muscle endurance in the patients with AIS. | PIO | 10.1097/PHM.0000000000001160 | 39 |
| Godlwana | 2020 | Clin Rehabil | The effect of a home exercise intervention on persons with lower limb amputations: a randomized controlled trial | So this study aimed to compare activity, mobility, participation and quality of life in people with lower limb amputation as a result of dysvascular disease participating in a home exercise and education programme (with telephonic assistance from a physiotherapist), with usual treatment. | PICO | 10.1177/0269215519880295 | 36 |
| Gómez-Hernández | 2020 | Clin Rehabil | Benefits of adding stretching to a moderate-intensity aerobic exercise programme in women with fibromyalgia: a randomized controlled trial | To the best of our knowledge, this was the first randomized controlled trial evaluating the effect of adding stretching to a moderate-intensity aerobic programme, both in the short term (4-week intervention period) and after the end of the programme (12-week intervention period), in women with fibromyalgia. | PIC | 10.1177/0269215519893107 | 36 |
| Grundt Larsen | 2019 | J Rehabil Med | Effect of adding lay-tutors to a back school programme for patients with subacute, non-specific low back pain: a randomized controlled clinical trial with a two-year follow-up | The aim of the present randomized controlled clinical trial (RCT) was to evaluate the effect of adding a lay-tutor to the educational sessions of a BSP for patients with subacute low back pain (SLBPP). It was hypothesized that patients whose education was facilitated by lay-tutors would be more motivated to stay active despite pain and to perform activities of daily living, thereby showing better improvement in functional capacity, pain and health-related outcomes than patients taught solely by healthcare professionals. | PIC | 10.2340/16501977-2584 | 35 |
| Gutiérrez-Espinoza | 2019 | Clin Rehabil | The effectiveness of adding a scapular exercise programme to physical therapy treatment in patients with distal radius fracture treated conservatively: a randomized controlled trial | The objective of this randomized controlled trial was to compare the effects of a scapular exercise programme plus a physical therapy treatment to a physical therapy treatment alone in patients above 60 years of age with distal radius fracture | PIC | 10.1177/0269215519866240 | 38 |
| Heydenreich | 2020 | Clin Rehabil | Does trunk muscle training with an oscillating rod improve urinary incontinence after radical prostatectomy? A prospective randomized controlled trial | Due to physiological considerations and experiences from trunk muscle activation through an oscillating rod therapy, we investigated the effects of a sensorimotor training with an oscillation rod compared with pelvic floor muscle training. In comparison to recent studies, we hypothesized that a combination of a specific involuntary trunk muscle activation and the voluntary activation of pelvic floor muscles would reduce the recovery time after radical prostatectomy and improve the urinary incontinence and HRQL. Based on the known success of supervised and controlled daily continence training, we investigated an additional sensorimotor treatment option in order to help increase the speed of recovery of urinary continence.Therefore, the aim of this study was to assess the effects of sensorimotor training with an oscillation rod compared with standard pelvic floor muscle training on reduction of incontinence level, recovery time and the HRQL. | PICO | 10.1177/0269215519893096 | 35 |
| Hjelle | 2019 | J Rehabil Med | Effect of a dialogue-based intervention on psychosocial well-being 6 months after stroke in Norway: a randomized controlled trial | Based on the theoretical foundation and feasibility work, we hypothesized that support during the early adjustment phase following a stroke could lead to improvements in mood, reduced depression, enhanced health-related quality of life and improved understanding, manageability and meaning in their lives after stroke. The present study evaluated the effect of a dialogue based intervention in addition to usual care on psychosocial well-being 6 months after stroke. | PICO | 10.2340/16501977-2585 | 39 |
| Hsieh | 2019 | Am J Phys Med Rehabil | Preliminary study of the effect of training with a gaming balance board on balance control in children with cerebral palsy: a randomized controlled trial | The goal of this study was to analyze the influence of a protocol based on the use of a gaming balance board on balance performance using a CoP analyzer and clinical measures. Therefore, a PC gaming balance board was developed, and it was hypothesized that this training platform may help practice ankle movements, resulting in a better motor recovery of the postural balance required for performing daily activities. The research questions included the following: (a) do measures of CoP sway excursion improve following this gaming balance board intervention? and (b) does this intervention also improve clinical measures? | PICO | 10.1097/PHM.0000000000001300 | 35 |
| Hung | 2019 | Arch Phys Med Rehabil | Unilateral vs Bilateral Hybrid Approaches for Upper Limb Rehabilitation in Chronic Stroke: A Randomized Controlled Trial  | We hypothesized that UHT and BHT would exert different effects on motor function and ADL and that the hybrid therapy group would exhibit greater improvement in QOL outcomes and greater retention effects than the RT group | PICO | 10.1016/j.apmr.2019.06.021 | 38 |
| Kachanathu | 2019 | Eur J Phys Rehabil Med | Comparison of the effects of short-duration wrist joint splinting combined with physical therapy and physical therapy alone on the management of patients with lateral epicondylitis | The primary goal of this study was to compare the effect of 3 weeks of wrist joint splinting in combination with a conservative physical therapy program in comparison to a conservative physical therapy program on pain as a primary outcome, and other secondary outcomes including wrist range of motion (ROM), and handgrip strength in people with chronic lateral epicondylitis. We hypothesized pain intensity, wrist flexion ROM, wrist extension ROM, ROM, wrist extension ROM, and handgrip strength would occur when the use of a wrist splint was combined with physical therapy as compared to physical therapy alone. | PICO | 10.23736/S1973-9087.19.05280-8 | 31 |
| Karner | 2019 | Clin Rehabil | Effects of a robot intervention on visuospatial hemineglect in postacute stroke patients: a randomized controlled trial | The aim of this study was to investigate the effects of PARO on patients with postacute stroke regarding visuospatial hemineglect, and activities of daily living. | PIO | 10.1177/0269215519865993 | 32 |
| Kim | 2019 | Support Care Cancer | Effects of a 12-week home-based exercise program on quality of life, psychological health, and the level of physical activity in colorectal cancer survivors: a randomized controlled trial | The aim of this study was to examine the effects of a home-based exercise program on QOL, psychological health, and PA level in colorectal cancer survivors | PIO | 10.1007/s00520-018-4588-0 | 34 |
| Koçak | 2019 | Am J Phys Med Rehabil | Short-Term Effects of Steroid Injection, Kinesio Taping, or Both on Pain, Grip Strength, and Functionality of Patients With Lateral Epicondylitis: A Single-Blinded Randomized Controlled Trial | This study aimed to compare the efficacy of SI and KT in the treatment of LE. | PIO | 10.1097/PHM.0000000000001184 | 34 |
| Kuo | 2019 | Eur J Phys Rehabil Med | Effects of a Task-based Biofeedback Training Program on improving Sensorimotor Function in Neuropathic Hands in Diabetic Patients: a Randomized Controlled Trial | The general purpose of the present study is to propose appropriate training regimens for dealing with diabetic hand problems. Specifically, we analyzed the differences in treatment effects between a computerized evaluation and a reEducaiton biofeedback (CERB) system that provied interactive sensorimotor information intended to shape the optimized coordinated pinch pattern of a hand and a home-based tendon gliding exercise program in conjunction with resistive exercise with weekly supervision on sensorimotor function and quality of life for diabetic patients. We hyothesized that task-based biofeedback training using the CERB system would have significant restorative effects on sensory function, precision princh performance, hand dexerity, and quality of life in patients with diabetic neuropathy | PICO | 10.23736/S1973-9087.19.05667-3 | 30 |
| Laurent | 2020 | Eur J Phys Rehabil Med | Preoperative respiratory muscle endurance training improves ventilatory capacity and prevents pulmonary postoperative complications after lung surgery: a randomized controlled trial | We performed an RCT to evaluate the effect of a 3-week preoperative RMET program on respiratory muscle capacity and postoperative complications in patients undergoing NSCLC resection | PIO | 10.23736/S1973-9087.19.05781-2 | 31 |
| Lee | 2019 | Eur J Phys Rehabil Med | Effect of Afferent Electrical Stimulation with Mirror Therapy on Motor Function, Balance, and Gait in Chronic Stroke Survivors: a Randomized Controlled Trial | The aim of this study was to use AES combined with MT for the lower limbs of chronic stroke survivors to investigate the effects on motor function and balance and gait abilities of chronic stroke survivors. | PICO | 10.23736/S1973-9087.19.05334-6 | 35 |
| Liao | 2020 | Eur J Phys Rehabil Med | Using virtual reality-based training to improve cognitive function, instrumental activities of daily living and neural efficiency in older adults with mild cognitive impairment: a randomized controlled trial | The present study aimed at exploring the effects of VR-based physical and cognitive training on cognitive functions, brain activation, and IADL, as well as comparing the VR intervention to a traditional combined physical and cognitive training program. | PICO | 10.23736/S1973-9087.19.05899-4 | 30 |
| Lin | 2019 | Eur J Phys Rehabil Med | Effects of hypertonic dextrose injection in chronic supraspinatus tendinopathy of the shoulder: a randomized placebo-controlled trial | We designed a rigorous trial to evaluate the effectiveness of single DPT injection for the supraspinatus tendon, which is mostly involved in RC tendinopathy. We performed a double-blind RCT to to investigate the efficacy of hypertonic DPT injection for chronic supraspinatus tendinopathy. | PI | 10.23736/S1973-9087.18.05379-0 | 39 |
| Lindhardt | 2019 | Clin Rehabil | A targeted assessment and intervention at the time of discharge reduced the risk of readmissions for short-term hospitalized older patients: a randomized controlled study | The aim of this study, therefore, was to test and compare the effect of (1) a systematic discharge assessment with brief targeted advice and (2) a motivational interview followed by a home visit on readmissions, functional level, quality of life, and municipal services for older patients after short term hospital admission. | PICO | 10.1177/0269215519845032 | 36 |
| López-López | 2019 | Clin Rehabil | Does adding an integrated physical therapy and neuromuscular electrical stimulation therapy to standard rehabilitation improve functional outcome in elderly patients with pneumonia? A randomised controlled trial | The aim of this study was to compare the effects of an integrated programme of physical and electrical therapy to standard rehabilitation to improve physical and functional performance in elderly patients with pneumonia. | PICO | 10.1177/0269215519859930 | 37 |
| Lotzke | 2019 | Phys Ther | A Person-Centered Prehabilitation Program Based on Cognitive-Behavioral Physical Therapy for Patients Scheduled for Lumbar Fusion Surgery: A Randomized Controlled Trial | The overall aim of the trial was to investigate whether a person-centered physical therapy prehabilitation program based on a cognitive-behavioral approach is more effective than conventional care in reducing disability and improving functioning after lumbar fusion surgery in patients with degenerative disk disease.The primary hypothesis was that patients who received the active intervention would experience a greater reduction in disability levels after surgery than ones receiving conventional care.Secondary hypotheses were that patients who received the active intervention would experience greater decreases in leg and back pain intensity, pain catastrophizing, pain-related fear, and depressive symptoms, and greater increases in self-efficacy for exercise, health-related quality of life, patient-specific functioning, physical activity level, and physical capacity after surgery than with conventional care.All between-group differences were hypothesized to be largest at 6 months after surgery. | PICO | 10.1093/ptj/pzz020 | 38 |
| Lozano-Lozano | 2019 | Ann Phys Rehabil Med | Mobile health and supervised rehabilitation versus mobile health alone in breast cancer survivors: Randomized controlled trial | Starting from the hypothesis that a mixed approach may be ideal, with a transition to a more self-directed approach, the aim of the current study was to compare the clinical efficacy of an mHealth lifestyle app (BENECA mHealth) used alone versus an integral approach combining BENECA mHealth with a supervised rehabilitation program (BENECA mHealth and rehabilitation) in terms of QoL and functional outcomes of breast cancer survivors. We hypothesized that both strategies would improve outcomes, but BENECA mHealth and rehabilitation would be superior to BENECA mHealth alone. | PICO | 10.1016/j.rehab.2019.07.007 | 38 |
| Luan | 2019 | Am J Phys Med Rehabil | Randomized Trial on Comparison of the Efficacy of Extracorporeal Shock Wave Therapy and Dry Needling in Myofascial Trigger Points | This randomized, controlled trial was designed to compare the efficacy of radial ESWT and DN in treating patients with upper trapezius MTrPs. We hypothesized that ESWT would be at least as effective as DN for the purpose of pain relief, function restoration, and muscle stiffness improvement | PICO | 10.1097/PHM.0000000000001173 | 35 |
| Lura | 2019 | Int J Rehabil Res | Body weight supported treadmill vs overground gait training for acute stroke gait rehabilitation | The goals of the study were two-fold: (1) Apply the use of BWSTT in a clinical setting within the constraints of a busy, non-research oriented, Commission on Accreditation of Rehabilitation Facilities-accredited facility and assess the ease and success of that application; (2) determine, for the facility, if the additional effort required to perform BWSTT resulted in a change to their patient outcomes. This was a randomized controlled trial of the clinical efficacy of partial body weight supported treadmill training (BWSTT) vs. conventional gait training (CT) for persons post CVA. The authors hypothesized that participants with CVA, who are trained with BWSTT, would demonstrate gait kinematics that more closely resembled normal gait than participants who are trained without BWSTT. | PICO | 10.1097/MRR.0000000000000357 | 28 |
| Markovic | 2019 | J Rehabil Med | Beneficial effects of early attention process training after Acquired brain injury: a randomized controlled trial | The aim of this study was to compare intervention effects of activity-based attention training (ABAT) with APT training within 4 months’ post-ABI within a multidisciplinary rehabilitation programme; thus, at an earlier stage than recommended for gold standard attention training, using time-series measurements, in SPC charts for evaluation. Furthermore, this paper examines the differences in improvement patterns between the 2 interventions. | PIC | 10.2340/16501977-2628 | 35 |
| Matter-Baxter | 2020 | Arch Phys Med Rehabil | Low-Intensity vs High-Intensity Home-Based Treadmill Training and Walking Attainment in Young Children With Spastic Diplegic Cerebral Palsy | To address these gaps in the literature, a prospective randomized trial was conducted with the purpose of comparing a HI with a low-intensity (LI) TT protocol and to examine their effects on walking attainment and overall walking activity. We hypothesized that the HI schedule would lead to earlier walking attainment, increased step count, and overall walking activity compared with the LI schedule. | PICO | 10.1016/j.apmr.2019.09.015 | 30 |
| Mazzoleni | 2019 | IEEE Trans Neural Syst Rehabil  | Effects of Transcranial Direct Current Stimulation (tDCS) Combined With Wrist Robot-Assisted Rehabilitation on Motor Recovery in Subacute Stroke Patients: A Randomized Controlled Trial | This study aims to investigate the effectiveness of combining tDCS and wrist robot-assisted rehabilitation in subacute stroke patients and whether this combination therapy would provide additional benefits in comparison with robotic therapy only. | PICO | 10.1109/TNSRE.2019.2920576 | 29 |
| Moon | 2019 | Arch Phys Med Rehabil | Efficacy of Topical Vibratory Stimulation for Reducing Pain During Trigger Point Injection to the Gastrocnemius: a Randomized Controlled Trial | The purpose of this study was to determine whether topical vibratory stimulation affects the pain experienced during TPI to the gastrocnemius. The authors hypothesized that topical vibratory stimulation would decrease the pain experienced by patients during TPI to the gastrocnemius. | PIO | 10.1016/j.apmr.2019.02.010 | 37 |
| Nakamura | 2019 | J Rehabil Med | Efficacy of belt electrode skeletal muscle electrical stimulation on reducing the rate of muscle volume loss in critically ill patients: a randomized controlled trial | The aim of the current study was to evaluate the efficacy of B-SES in reducing muscle volume loss in the early acute phase in ICU patients. | PICO | 10.2340/16501977-2594 | 34 |
| Nguyen | 2020 | Am J Phys Med Rehabil | Does a hand strength focused exercise program improve grip strength in older patients with wrist fractures managed non-operatively? A Randomized Controlled Trial | The authors hypothesized that a 4 week hand strength focused exercise program given to elderly patients with distal radius fractures who were immobilized in a full cast between 2 and 6 weeks will significantly improve patients’ grip strength and therefore function in the short term. | PIO | 10.1097/PHM.0000000000001317 | 37 |
| Oh | 2019 | Arch Phys Med Rehabil | Efficacy of Virtual Reality Combined With Real Instrument Training for Patients With Stroke: A Randomized Controlled Trial | The aim of this study was to investigate whether the VR combined with real instrument training would be an efficient translational intervention for improving the functional abilities of the upper-extremity and cognitive function in patients with stroke | PICO | 10.1016/j.apmr.2019.03.013 | 30 |
| Park HK | 2019 | Eur J Phys Rehabil Med | Land-based and aquatic trunk exercise program improve trunk control, balance and activities of daily living ability in stroke: a randomized clinical trial | This study aimed 1) to overcome the limitations of land-based trunk exercises; 2) to investigate the effects of the LATE program on trunk control, balance, and activitites of daily living in chronic stroke patients; and 3) to provide the data required for the development of the LATE program for stroke patients. | PIO | 10.23736/S1973-9087.18.05369-8 | 29 |
| Park JS | 2019 | J Rehabil Med | Effects of game-based chin tuck against resistance exercise vs head-lift exercise in patients with dysphagia after stroke: an assessor-blind, randomized controlled trial | The aims of this study were therefore to investigate the effect of game-based CTAR (gbCTAR) exercise in patients with dysphagia after stroke, and to compare the results with those of HLE. | PI | 10.2340/16501977-2603 | 34 |
| Pazzaglia | 2020 | Physiother | Comparison of virtual reality rehabilitation and conventional rehabilitation in Parkinson’s disease: a randomised controlled trial | The aim of this study was to compare the efficacy of a VR rehabilitation programme with a conventional programme in patients with PD. | PIC | 10.1016/j.physio.2019.12.007 | 29 |
| Petersen | 2020 | Clin Rehabil | A comparison of high versus low dose of exercise training in exercise-based cardiac rehabilitation: a randomized controlled trial with 12-months follow-up | The purpose of this randomized trial was to investigate if a higher dose of a standardized exercise-based cardiac rehabilitation programme (1-hour exercise sessions three times weekly for 12 weeks) is more effective than a lower dose (1-hour exercise sessions twice weekly for 8 weeks) in improving aerobic capacity and muscle strength. Furthermore, we set out to investigate the overall long-term effects of the two different doses on aerobic capacity, workload and muscle strength. | ICO | 10.1177/0269215519883411 | 36 |
| Plaza-Manzano | 2019 | Am J Phys Med Rehabil | Effects of Adding a Neurodynamic Mobilization to Motor Control Training in Patients with Lumbar Radiculopathy due to Disc Herniation: A Randomized Clinical Trial | The purpose of this randomized clinical trial was to investigate the effects of the addition of neural mobilization into a motor control exercises program on pain, disability, and pressure sensitivity in individuals with lumbar radiculopathy. Our hypothesis was that subjects with lumbar radiculopathy receiving neural mobilization combined with a motor control exercise program would experience better outcomes than those receiving motor control exercise program alone. | PICO | 10.1097/PHM.0000000000001295 | 39 |
| Plow  | 2019 | Arch Phys Med Rehabil | Randomized Controlled Trial of a Telephone-Delivered Physical Activity and Fatigue Self-management Interventions in Adults With Multiple Sclerosis | This study aimed to compare the effectiveness of telephone delivered interventions on outcomes of fatigue impact, physical activity, and health-related quality of life. [...] Our primary hypothesis was that (1) the FM+ intervention would yield statistically significant improvements on the Fatigue Impact Scale (FIS) and Godin Leisure-Time Exercise Questionnaire (GLTEQ) at posttest (ie, immediately postintervention) compared with the PA-only and CC interventions. We also explored the following in 3 secondary analyses: (2) the sustained effects of the FM+ interventions at follow-up (ie, 12wk postintervention), (3) the effects of the PA only intervention compared with CC intervention, and (4) the effects of the PA-only and FM+ interventions on secondary outcomes of health-related quality of life and objectively measured physical activity. | PICO | 10.1016/j.apmr.2019.04.022 | 41 |
| Priore | 2020 | Arch Phys Med Rehabil | Two Weeks of Wearing a Knee Brace Compared With Minimal Intervention on Kinesiophobia at 2 and 6 Weeks in People With Patellofemoral Pain: A Randomized Controlled Trial | The primary aim of this randomized clinical trial (RCT) was to investigate the effect of a knee brace used for 2 weeks on self-reported kinesiophobia, with a secondary aim to investigate self-reported function, physical activity level, and objective function in people with PFP. | PIO | 10.1016/j.apmr.2019.10.190 | 40 |
| Renfrew | 2019 | Clin Rehabil | The clinical- and cost-effectiveness of functional electrical stimulation and ankle-foot orthoses for foot drop in Multiple Sclerosis: a multicentre randomized trial | The primary aim of our study was to compare the clinical- and cost-effectiveness of ankle-foot orthoses and functional electrical stimulation over 12 months in people with Multiple Sclerosis presenting with foot drop. | PICO | 10.1177/0269215519842254 | 37 |
| Samuel | 2019 | Support Care Cancer | Effectiveness of exercise-based rehabilitation on functional capacity and quality of life in head and neck cancer patients receiving chemo-radiotherapy | The primary aim of our study was to evaluate the effectiveness of exercise-based rehabilitation on functional capacity and quality of life among patients with HNC receiving CRT. The secondary objective was to study the effect of exercise on fatigue and blood parameters viz., hemoglobin and platelets. | PIO | 10.1007/s00520-019-04750-z | 31 |
| Sangtong | 2019 | Clin Rehabil | Does adding transcutaneous electrical nerve stimulation to therapeutic ultrasound affect pain or function in people with osteoarthritis of the knee? A randomized controlled trial | The aim of this study was to investigate whether adding transcutaneous electrical nerve stimulation to therapeutic ultrasound yields more benefit than therapeutic ultrasound alone relative to pain reduction and functional improvement in patients with symptomatic knee osteoarthritis. | PICO | 10.1177/0269215519838017 | 35 |
| Schache | 2019 | J Physiother | Incorporating hip abductor strengthening exercises into a rehabilitation program did not improve outcomes in people following total knee arthroplasty: a randomised trial | It is therefore reasonable to hypothesise that the addition of hip strengthening exercises to total knee arthroplasty rehabilitation programs would also result in greater improvements in patient reported and functional outcomes. Larger randomised controlled trials are required to determine the benefit of incorporating targeted hip abductor strengthening exercises into postoperative total knee arthroplasty rehabilitation, which is the primary aim of the current trial.Therefore, the research question for this randomised controlled trial was: In adults following primary total knee arthroplasty, does the incorporation of hip abductor strengthening exercises into a 6-week rehabilitation program improve muscle strength, functional performance and patient-reported outcomes at the end of rehabilitation and at 26 weeks? | PICO | 10.1016/j.jphys.2019.05.008 | 40 |
| Sedaghatnezhad | 2019 | Disabil Rehabil | Uphill treadmill walking plus physical therapy versus physical therapy alone in the management of individuals with knee osteoarthritis: a randomized clinical trial | This randomized clinical trial was conducted to compare the effectiveness of uphill treadmill walking and physical therapy to that of physical therapy alone on knee pain, excursion ranges, stride length, and walking speed in those with knee OA. It was hypothesized that knee OA patients receiving uphill treadmill walking and physical therapy exhibit better and more persistent outcomes in terms of knee pain, excursion ranges, stride length, and walking speed than those receiving physical therapy alone | PICO | 10.1080/09638288.2019.1703146 | 36 |
| Serra-Añó | 2019 | Support Care Cancer | Effectiveness of myofascial release after breast cancer surgery in women undergoing conservative surgery and radiotherapy: a randomized controlled trial | Our primary objective was to analyze the short and midterm effects of BC-specific MR, as a single treatment, on pain, mobility, and functionality of the upper limbs. Secondarily, its effects on quality of life and depression were analyzed. | PICO | 10.1007/s00520-018-4544-z | 34 |
| Shariat | 2019 | Disabil Rehabil | Effect of cycling and functional electrical stimulation with linear and interval patterns of timing on gait parameters in patients after stroke: a randomized clinical trial | The primary aim of this study was to compare two different patterns of FES stimulation plus cycling on gait parameters among patients post chronic stroke with lower limb disability.We hypothesized that cycling with interval FES would improve functional ambulation and gait speed in chronic post stroke patients significantly more than a linear pattern of FES cycling. | PICO | 10.1080/09638288.2019.1685600 | 35 |
| Soh | 2020 | Arch Phys Med Rehabil | Randomized Controlled Trial of the Lateral Push-Off Skater Exercise for High-Intensity Interval Training vs Conventional Treadmill Training | The purpose of this study was to investigate the therapeutic effects of the skater exercise on HR-QOL, CRF, and balance function for patients after minor stroke. | PIO | 10.1016/j.apmr.2019.08.480 | 34 |
| Stolz | 2019 | Int J Rehabil Res | The effectiveness of a novel cable-driven gait trainer (Robowalk) combined with conventional physiotherapy compared to conventional physiotherapy alone following stroke: a randomised controlled trial | The aim of this study was to compare the effectiveness of a combination of CDGT and CPT with CPT alone in an inpatient rehabilitation setting on walking speed, endurance, balance, functional outcomes, and quality of life in people < 3 months following stroke. We hypothesised that the use of CDGT would better improve these outcome measures than CPT alone. | PICO | 10.1097/MRR.0000000000000375 | 30 |
| Straudi | 2020 | Arch Phys Med Rehabil | Effects of a Robot-Assisted Arm Training Plus Hand Functional Electrical Stimulation on Recovery After Stroke: A Randomized Clinical Trial | The primary aim of this study was to test the hypothesis that a proximal arm robot-assisted therapy (RAT) with the additional use of hand functional electrical stimulation (RAT+FES) during the subacute phase of rehabilitation could have higher benefit compared with intensive conventional therapy (ICT) alone in arm and hand function in patients with subacute stroke. | PICO | 10.1016/j.apmr.2019.09.016 | 33 |
| Stuart | 2019 | Neurorehabil Neural Repair | Adaptive Physical Activity for Stroke: An Early-Stage Randomized Controlled Trial in the United States | We sought to determine whether APA-Stroke would be feasible in the United States. Key questions include (1) Will the APA-Stroke intervention be successful in attracting and retaining heterogeneous participants effectiveness recruited from US communities? (2) Will the safety and of APA-Stroke generalize to a US community context? (3) Are the outcomes associated with APA-Stroke due to the exercise program or to the attention and social interaction participants receive? (4) Will APA-Stroke be feasible in the United States once the research program ends? | PI | 10.1177/1545968319862562 | 33 |
| Tantawy | 2019 | Physiother | Effect of 4 weeks of whole-body vibration training in treating stress urinary incontinence after prostate cancer surgery: a randomised controlled trial | This study aimed to investigate the effect of WBVT on SUI after prostate cancer surgery. | PIO | 10.1016/j.physio.2018.07.013 | 29 |
| Tastaban | 2020 | Clin Rehabil | Role of intermittent pneumatic compression in the treatment of breast cancer-related lymphoedema: a randomized controlled trial | The aim of this study is to establish the value of intermittent pneumatic compression by investigating its effectiveness and contribution to complex decongestive therapy in recovery from breast cancer–related lymphoedema under a clinical trial setting. | PIO | 10.1177/0269215519888792 | 32 |
| Tefertiller | 2019 | Arch Phys Med Rehabil | Results From a Randomized Controlled Trial to Address Balance Deficits After Traumatic Brain Injury | The purpose of this study was to assess the efficacy of an individually structured 12-week home VR-based intervention compared to a traditional HEP to improve balance in individuals with chronic balance deficits after TBI. We hypothesized that individuals who received VR-based intervention would demonstrate statistically significant improvements in balance, as measured by the Community Balance and Mobility Scale (CB&M), over those who received a traditional HEP | PICO | 10.1016/j.apmr.2019.03.015 | 32 |
| Turner | 2019 | Support Care Cancer | The ENHANCES study: a randomised controlled trial of a nurse-led survivorship intervention for patients treated for head and neck cancer | The aim of this study was to evaluate the effectiveness of a nurse-delivered tailored survivorship care plan (Head and Neck Cancer Survivor Self-Management Care Plan (HNCP)) for patients who have completed treatment for HNC to improve quality of life. A secondary aim was to evaluate the impact of the HNCP on patients’ self-efficacy, mood, and ability to engage in self-management behaviours that promote optimal health and well-being. | PIO | 10.1007/s00520-019-04748-7 | 35 |
| Uras | 2019 | Clin Rehabil | A comparison between two educational methods in the rehabilitation of the microstomia in systemic sclerosis: a randomized controlled trial | We have designed a single-blind, randomized study to compare the efficacy of two different strategies of intervention intended for self-management to reduce microstomia. | PICO | 10.1177/0269215519858395 | 39 |
| Valera-Calero | 2019 | Eur J Phys Rehabil Med | Endocrine response after cervical manipulation and mobilization in people with chronic mechanical neck pain: a randomized controlled trial | Therefore, the primary aim of this study was to compare the effects on salivary cortisol levels of cervical manipulation versus cervical mobilization and sham manipulation in patients with chronic machanical neck pain. As secondary objectives, potential effects concerning clinical outcomes were also investigated. We hypothesized a greater increase in cortisol levels in patients with chronic mechanical neck pain receiving cervical manipulation compared to those receiving cervical mobilization or sham manipulation. In addition, cervical manipulation and cervical mobilization compared to sham manipulation would lead to a similar improvement in clinical outcomes in patients with chronic mechanical neck pain. | PICO | 10.23736/S1973-9087.19.05475-3 | 36 |
| van den Dool | 2019 | Arch Phys Med Rehabil | Long-Term Specialized Physical Therapy in Cervical Dystonia: Outcomes of a Randomized Controlled Trial | We aimed to evaluate the effects of SPT compared to RPT in addition to BoNT treatment, on disability in CD patients (after 6 and 12mo) and on health care costs | PICO | 10.1016/j.apmr.2019.01.013 | 36 |
| Wallace | 2020 | Neurorehabil Neural Repair | Exploratory Randomized Double-Blind Placebo-Controlled Trial of Botulinum Therapy on Grasp Release After Stroke (PrOMBiS) | We hypothesized that the active treatment group would demonstrate a statistically significant improvement in grasp release time compared to the control group.Primary ObjectiveTo determine whether targeted onabotulinumtoxinA injections (BOTOX, Allergan Limited, Marlow, UK) combined with standardized physiotherapy treatment of the upper limb after stroke will reduce grasp release time, a quantitative measure of active upper-limb function. | PICO | 10.1177/1545968319887682 | 37 |
| Wang JC | 2019 | Arch Phys Med Rehabil | Ultrasound-Guided Standard vs Dual-Target Subacromial Corticosteroid Injections for Shoulder Impingement Syndrome: A Randomized Controlled Trial | The present study aimed to compare the efficacy of a dual-target approach against a standard US-guided subacromial corticosteroid injection in patients with SIS and possible disorders of the biceps long head tendons | PIC | 10.1016/j.apmr.2019.04.016 | 36 |
| Wang XQ | 2019 | Clin Rehabil | Effects of whole-body vibration exercise for non-specific chronic low back pain: an assessor-blind, randomized controlled trial | The primary aim of the study was to clarify if whole-body vibration exercise could provide greater helpful influence than general exercise in patients with non-specific chronic low back pain. We hypothesized that whole-body vibration exercise would be associated with a clinically meaningful improvement in pain intensity, functional disability, lumbar joint position sense and quality of life after the 12-week whole-body vibration exercise program compared with general exercise. | PICO | 10.1177/0269215519848076 | 36 |
| Wang J | 2020 | Clin Rehabil | Hip abductor strength-based exercise therapy in treating women with moderate-to-severe knee osteoarthritis: a randomized controlled trial | This study was thereby designed to determine whether the addition of hip abductor training to conventional quadriceps training could result in better performance, higher self-reported function and more pain relief in Asian women with symptomatic knee osteoarthritis. | PICO | 10.1177/0269215519875328 | 37 |
| Wu | 2019 | Eur J Cancer Care | Tailored education enhances healthy behaviour self‐efficacy in childhood cancer survivors: A randomised controlled study with a 4‐month follow‐up | Thus, the aim of this study was to evaluate the acceptability and efficacy of a tailored education programme aimed at enhancing healthy behaviour self‐efficacy (HBSE) and health promotion lifestyle (HPL) in childhood cancer survivors. We hypothesised that: (a) an educational intervention will be acceptable for children and adolescent cancer survivors; and (b) the children and adolescent cancer survivors who receive this intervention will have improved HBSE and HPL scores compared with those who only receive standard care. | PICO | 10.1111/ecc.13063 | 31 |
| Xia | 2020 | Clin Rehabil | Effects of the introduction of objective criteria for referral and discharge in physical therapy for ischemic stroke in China: a randomized controlled trial | The present study thus aimed to examine the effectiveness of introducing two complementary sets of rules governing the delivery of rehabilitation: a set of specific criteria that determined when someone ought to move from tier 1 onto tier 2, and from tier 2 onto tier 3, and a second set of rules that determined the amount and type of physical therapy input given in each tier. We hypothesized that with the introduction of these sets of rules for referral and therapy input at each stage, key outcomes for patients with ischemic stroke including independence in activities of daily living (ADL), motor function, and quality of life could be improved. | PIO | 10.1177/0269215519896014 | 38 |
| Yang | 2020 | Support Care Cancer | Occupational therapy to improve quality of life for colorectal cancer survivors: a randomized clinical trial | The present RCT study has the following two aims: (1) to determine the potential effects of healthy lifestyle education provided by occupational therapists on QoL, ADL, and healthy lifestyle behavior in CRC survivors and (2) to explore predictive factors affecting QoL in CRC survivors. The findings of this study are expected to provide quantitative information adding to our understanding of CRC survivors and the development of improvement strategies for them in the future. | PIO | 10.1007/s00520-019-04971-2 | 32 |
| Yen CJ | 2019 | Support Care Cancer | Multimodal exercise ameliorates exercise responses and body composition in head and neck cancer patients receiving chemotherapy | This study was designed to answer whether 8-week exercise intervention could provide positive effects of exercise responses on patients receiving chemotherapy. | PI | 10.1007/s00520-019-04786-1 | 26 |
| Yen HC | 2020 | Neurorehabil Neural Repair | Early Mobilization of Mild-Moderate Intracerebral Hemorrhage Patients in a Stroke Center: A Randomized Controlled Trial | The aim of this randomized, controlled study was to investigate if an early out-of-bed mobilization protocol started within 24 to 72 hours of stroke onset (compared with an early standard rehabilitation protocol), and with intervention time and daily session duration similar to those in standard care, would lead to improvements in functional independence measures during the early period in patients with acute ICH. We hypothesized that early mobilization rather than early standard rehabilitation protocol in a stroke center, but with intervention time and daily session duration similar to those in standard care, would result in greater benefits in early functional outcomes.  | PICO | 10.1177/1545968319893294 | 36 |
| Zarei | 2020 | Arch Phys Med Rehabil | Added Value of Gluteus Medius and Quadratus Lumborum Dry Needling in Improving Knee Pain and Function in Female Athletes With Patellofemoral PainSyndrome: A Randomized Clinical Trial | The aim of this study was to compare the effects of exercise therapy plus GM and QL DN versus exercise therapy alone on pain, function, and dynamic balance in female athletes with PFP. We hypothesized that adding GM and QL DN to exercise therapy would lead to greater improvements than exercise alone in (first) pain and (second) function and dynamic balance. | PICO | 10.1016/j.apmr.2019.07.009 | 36 |
| Zheng | 2020 | Clin Rehabil | Effects of a 3D-printed orthosis compared to a low-temperature thermoplastic plate orthosis on wrist flexor spasticity in chronic hemiparetic stroke patients: a randomized controlled trial | We suppose that a 3D-printed orthosis can be made to fit accurately on individual patient’s particular wrist, which might make it more effective than a thermoplastic orthosis which is less precisely molded. The purpose of this study is to compare the effects of a 3D-printed orthosis and a low-temperature thermoplastic plate orthosis on wrist flexor spasticity, passive range of motion, motor function, pain, swelling, and feeling of wearing orthosis in chronic hemiparetic stroke patients. | PICO | 10.1177/0269215519885174 | 34 |
| Zhong | 2019 | Arch Phys Med Rehabil | A Randomized Controlled Trial on the Effects of Low-Dose Extracorporeal Shockwave Therapy in Patients With Knee Osteoarthritis | Our hypothesis was that ESWT would improve symptoms of knee osteoarthritis and restore articular cartilage or inhibit cartilage degeneration. | PIO | 10.1016/j.apmr.2019.04.020 | 36 |

*Abbreviations*: **C-NPT=** CONSORT-NPT Checklist score; **RQ**= Research Question.

*Journal abbreviations:* **Am J Phys Med Rehabil** = American Journal of Physical Medicine & Rehabilitation; **Ann Phys Rehabil Med** = Annals of Physical and Rehabilitation Medicine; **Arch Phys Med Rehabil** = Archives of Physical Medicine & Rehabilitation; **Clin Rehabil** = Clinical Rehabilitation; **Disabil Rehabil** = Disability and Rehabilitation; **Eur J Cancer Care** = European Journal of Cancer Care; **Eur J Phys Rehabil Med** = European Journal of Physical and Rehabilitation Medicine; **IEEE Trans Neural Syst Rehabil** = IEEE Transactions on Neural Systems and Rehabilitation Engineering; **Int J Rehabil Res** = International Journal of Rehabilitation Research; **J Physiother** = Journal of Physiotherapy; **J Rehabil Med** = Journal of Rehabilitation Medicine; **Neurorehabil Neural Repair** = Neurorehabilitation and Neural Repair; **Phys Ther** = Physical Therapy; **Physiother** = Physiotherapy; **Support Care Cancer** = Supportive Care in Cancer.