

# Hydrotherapy

Evidence Update

November 2017

(Quarterly)



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## Training Sessions 2017

*All sessions are one hour*

### November (13.00)

2nd Thu      **Literature Searching**

10th Fri     **Critical Appraisal**

13th Mon    **Statistics**

21st Tues   **Literature Searching**

29th Wed    **Critical Appraisal**

### December (12.00)

7th Thu      **Statistics**

15th Fri     **Literature Searching**

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## Updates

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Searched but nothing relevant to add

## Journal Tables of Contents

Click on the journal title (+ Ctrl) for the most recent tables of contents. If you would like any of the papers in full text then please email the library:

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### **Musculoskeletal Science and Practice**

October 2017, Volume 31, p1-76

### **Physiotherapy**

September 2017, Volume 103, Issue 3

### **BMJ**

Recent additions to the archive

### **Spine**

November 1 2017, Volume 42, Issue 21

### **British Journal of Sports Medicine**

November 2017, Volume 51, Issue 21

## Recent Database Articles related to Hydrotherapy

If you would like any of the following articles in full text, or if you would like a more focused search on your own topic, then get in touch:

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### [Water- versus land-based treatment for postural control in postmenopausal osteoporotic women: a randomized, controlled trial.](#)

**Author(s)** Aveiro, M Chaves; Avila, M Arias; Pereira-Baldon, V Santos; Ceccatto Oliveira, A Santa Barbara; Gramani-Say, K [et al.](#)

**Source** Climacteric : the journal of the International Menopause Society; Oct 2017; vol. 20 (no. 5); p. 427-435

**Publication Date** Oct 2017

**Database** Medline

**Abstract** OBJECTIVE To compare the effects of water-based and land-based physical therapy on postural control of older women with osteoporosis. METHODS Thirty-six postmenopausal women with osteoporosis were allocated into two groups: land-based or water-based. Volunteers received 12 weeks of a supervised land-based or water-based physical therapy treatment. The outcome measure was postural control of the body during quiet standing on upright stance (eyes opened and closed), tandem and one-limb stance on a force plate. A two-way ANOVA with a Tukey HSD post-hoc test were used to highlight differences between pre- and post-intervention evaluations. Effect sizes were measured with Cohen d coefficient. For all variables, a level of 5% of significance was adopted. RESULTS Significant improvements at tandem ( $p < 0.05$ , effect sizes from -0.67 to -1.35) and one-limb stance ( $p < 0.05$ , effect sizes from -0.76 to -1.03) for women carrying out water-based treatment were observed. Land-based treatment did not present significant improvement. CONCLUSIONS Group-based water-based physical therapy treatment may be more effective than land-based therapy to improve postural control at one-limb stance in women with osteoporosis.

### [Computer tablet distraction reduces pain and anxiety in pediatric burn patients undergoing hydrotherapy: A randomized trial.](#)

**Author(s)** Burns-Nader, Sherwood; Joe, Lindsay; Pinion, Kelly

**Source** Burns (03054179); Sep 2017; vol. 43 (no. 6); p. 1203-1211

**Language** English

**Publication Date** Sep 2017

**Database** CINAHL

**Abstract:** Background: Distraction is often used in conjunction with analgesics to minimize pain in pediatric burn patients during treatment procedures. Computer tablets provide many options for distraction items in one tool and are often used during medical procedures. Few studies have examined the effectiveness of tablet distraction in improving the care of pediatric burn patients. Aim: This study examines the effectiveness of tablet distraction provided by a child life specialist to minimize pain and anxiety in pediatric burn patients undergoing hydrotherapy. Methods: Thirty pediatric patients (4-12) undergoing hydrotherapy for the treatment of burns participated in this randomized clinical trial. The tablet distraction group received tablet distraction provided by a child life specialist while those in the control group received standard care. Pain was assessed through self-reports and observation reports. Anxiety was assessed through behavioral observations. Length of procedure was also recorded. Results: Nurses reported significantly less pain for the tablet distraction group compared to the control group. There was no significant difference between groups on self-reported pain. The tablet distraction group displayed significantly less anxiety during the procedure compared to the control group. Also, the tablet distraction group returned to baseline after the procedure while those in the control group displayed higher anxiety post-procedure. There was no difference in the length of the procedure between groups. Conclusions: These findings suggest tablet distraction provided by a child life specialist may be an effective method for improving pain and anxiety in children undergoing hydrotherapy treatment for burns.

### **Effects of hydrotherapy on spine alignment and mobility in Parkinson's disease patients**

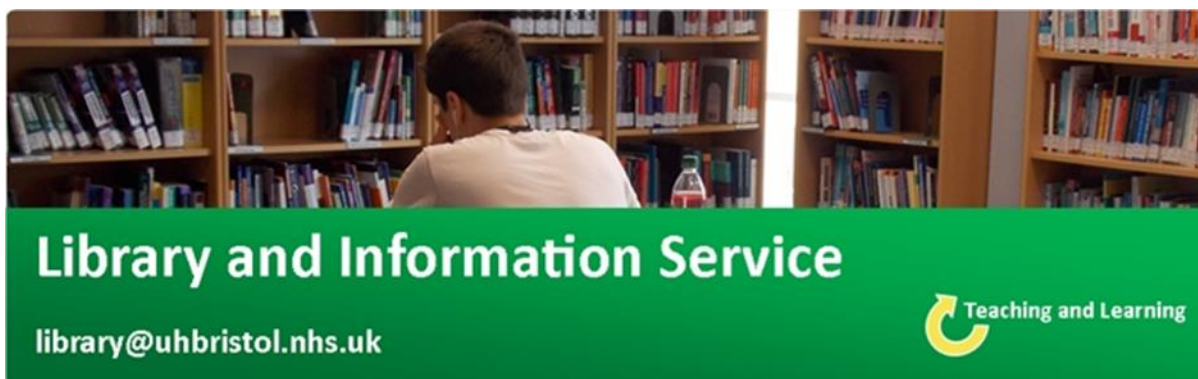
**Author(s)** D.Volpe, A.Guiotto, F.Urru, D.Pavan, Z.Sawacha.

**Source** Gait & Posture; Sept 2017; Vol. 57; Supplement 3; Pages 19-20.

**Language** English

**Publication Date** Sep 2017

**Introduction:** Hydrotherapy (HT) has been shown to efficiently improve both balance and gait in Parkinson disease patients (PDP) [1,2]. In particular water buoyancy abolishes gravity thus reducing the body weight, this is the case when the water is at mammillary level, consequently, an underwater (UW) environment promotes both spine alignment and proprioception [1,2]. The aim of this study is to assess the effect of HT on PDP's related posture alterations.



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