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**Department of Allied Health Professions**

**BSc(Hons) Physiotherapy & BSc(Hons) Sports Therapy & Rehabilitation (2012 Cohorts)**

**Undergraduate Research Projects**

**BOOK OF ABSTRACTS 2015**



This Book of Abstracts contains summaries of the research completed by the UWE undergraduate Physiotherapy and Sports Therapy & Rehabilitation students in 2014 as part of the final year of their degree programme.

This work may contain some interesting and useful material and is published for distribution amongst interested parties associated with the programmes as ‘grey literature’ to inform physiotherapy and sports therapy and rehabilitation practice.

The students conducted their research in groups with the support of a supervisor from the Department of Allied Health professions staff. All students in each research group are listed as joint authors, together with their supervisor (who will act as the corresponding author if required).

We hope you find the 2015 Book of Abstracts interesting and informative. Dr Sue Barnett (Module Leader)

August 2015

**The Effectiveness of Manual Therapy for the Treatment of Plantar Heel Pain: A Systematic Literature Review**

**Joshua Wellman, Hayley Smith, Romany Freeman, Hannah Pratt, Charlotte Smith**

**Supervisor**: **Dr Rob Grieve**

**Aim:**The primary aim of the study was to identify and critically appraise evidence regarding the effectiveness of manual therapy on planar heel pain.

**Method:**An online standardised search of eight databases was conducted with the utilisation of primary snowballing of the final articles. Google Scholar was also used as a secondary search tool. Articles, which met inclusion and exclusion criteria, were appraised individually before being discussed collectively.

**Results:** 212 relevant articles were identified from the search process. Following the application of inclusion and exclusion criteria eight randomised controlled trials were identified to include in the review. Each study provided statistically significant data to suggest the benefit of manual therapy on pain and disability in patients with plantar heel pain.

**Conclusion:** The current systematic literature review suggests that manual therapy may be a beneficial and cost effective intervention to include within a plantar heel pain rehabilitation protocol. However, such results should be interpreted with caution owing to the limitations identified throughout the systematic literature review, including poor sample sizes and methodological concerns. Further research with enhanced methodological rigour is required to create a firm conclusion.

**An Exploration of the Motivations for Physical Activity in a Healthy Adult Population Aged Over 45 Years**

**Izaac Turner, Ryan Stewart, Alex Duncan, Robert Davis, Naomi Harris**

**Supervisor: Rachel Thomas**

**Objective:** This study aims to investigates why healthy individuals over 45 years of age, exercise; utilising an online questionnaire to do so.

The studies secondary objective was to identify correlations between demographics and potential differences within their motivations for physical activity.

**Method:** A questionnaire containing the EMI-2, IPAQ and supplementary questions, was sent via email to all staff members at the University of the West of England. The questionnaire gathered data regarding participants’ motivation for physical activity and the amount of regular activity undertaken.

**Results:** EMI-2 results, expressed that participants reported positive health, ill-health avoidance and nimbleness as most motivating for physical activity; reporting social recognition as the least motivating. Six subcategorised motivational factors showed significant differences between genders: competition, ill-health avoidance, positive health, weight management, appearance and nimbleness. IPAQ results show 5% of participants reported a low physical activity level, 45% reported moderate and 50% reported a high activity level.

**Conclusion:** The results of the study may be useful as a point of consideration for professionals attempting to motivate a population to perform physical activity, as the most and least effective motives have been highlighted. Specifically, females are more highly motivated by ill-health avoidance, positive health, weight management, appearance and nimbleness than males, whilst males are more highly motivated by competition than females.

**Does Cervical PosturePlast Reduce Cervical Range of Motion in a Healthy Population immediately, and over 48 Hours?**

**Lewis Navarro, Stuart Hornby, Oliver Plummer, Samuel Horlock, Matthew James**

**Supervisor: Prof Shea Palmer.**

**Aim:** To establish whether PosturePlast (PP) reduces active cervical range of motion (ACROM) in a healthy population and whether any immediate effects are sustained after 48 hours.

**Method:** Thirty participants were randomly assigned to 1 of 2 groups: the intervention group received PP to the cervical spine, and the control group received no intervention. Measures of ACROM data using the myrin goniometer were collected at baseline, immediately after PP application/10 minutes after baseline measurement and at a 48-hour follow up. Mixed-model analysis of variance (ANOVA) were used to examine the effects of the treatment on each of the 6 cervical range of motions, with condition as the between-subjects variable and time as the within-subjects variable.

**Results:** The intervention group displayed an immediate reduction of cervical flexion (*P*= 0.005), left and right rotation (*P=*0.002, *P*= 0.004) when compared to baseline measures. However, these changes in ACROM associated with the application of PP significantly subsided for both flexion (*P*= 0.054) and left rotation (*P*=0.010) at the 48 hour follow-up when compared to measure 2.

**Conclusions:** PP can be an effective taping method to immediately reduce cervical flexion and rotations ranges, though the reduction of these motions were short-lived and returned close to baseline measurements at the 48 hour follow up. Nevertheless, the reduction in ACROM attributed to the application of PP were small and may not be clinical useful if the aim is to reduce ACROM. Further research should look to explore other effects of PP, if PP produces similar outcomes on an asymptomatic population, and whether PP provides enhanced outcomes when added to physical therapy interventions with proven efficacy

**The relationship between regular exercise routine and the stiffness of the gastrocnemius muscle in healthy adults, measured using sonoelastography.**

**Jack Pomroy, Jack Roberts, Ross Hannaford, Lloyd Beals**

**Supervisor:** Najla Siri

**AIMS:** To establish if a relationship exists between physical activity level and gastrocnemius stiffness. Secondary aims were to establish if a relationship exists between physical activity level and talocrural range of movement, or calf circumference.

**METHOD:** Physical activity levels were gauged using the Physical Activity Index. Calf length and circumference were measured using a standard tape measure. Passive and active plantarflexion and dorsiflexion angle were measured using a goniometer. Participants’ medial gastrocnemius stiffness was measured using sonoelastography.

**RESULTS:** No statistically significant correlations were found between physical activity level and gastrocnemius stiffness, talocrural range or calf circumference. Anecdotal findings included the ease of use of sonoelastography.

**CONCLUSION:** The null hypothesis (physical activity level has no correlation with gastrocnemius stiffness) cannot be rejected. However, these findings are in conflict with previous studies’ findings. Initial use of sonoelastography for musculoskeletal assessment shows great promise, although further research is first required to establish the reliability of sonoelastography.

**The Role of Motivational Interviewing in the Promotion of Physical Activity in Multiple Sclerosis**

**Rhys Matson, Nigel farrelly, Sian Jackson, Liam O’Sullivan, Robert Smith**

**Supervisor: Lois Stevens**

**Background:** Motivational interviewing (MI) has been well established as an effective treatment method for behavioural change. Previous research has attempted to establish the effectiveness of MI in increasing physical activity in persons with chronic health conditions, however no specific condition has been addressed.

**Objective:** A systematic literature review (SLR) of randomised control trials to determine if motivational interviewing can lead to an increase in physical activity in persons with Multiple Sclerosis (MS).

**Method:** Eight electronic databases (AMED, CINAHL, Cochrane Library, Embase, Medline, PEDro, PsycInfo and PsycArticles). Studies were searched from the database’s inception to February 2015. Studies were selected based on an agreed inclusion and exclusion criteria. The methodological quality of the final studies was assessed using the Critical Appraisal Skills Program (CASP) tool.

**Results:** Four final articles were included. Three studies were found to have moderate quality and one study was found to have poor quality. The overall findings of these studies show that motivational interviewing can result in an increase in physical activity in people with MS. It was also found that an increase in physical activity can increase positive affect, potentially creating a virtuous circle.

**Conclusion:** Overall the studies suggest that motivational interviewing is an effective intervention to increase physical activity in persons with MS. More research is needed to address the methodological limitations of the studies in this SLR in order to draw confident conclusions.

**The Quality of Web-Based Osteoarthritis Information on the Internet: A Cross Sectional Study.**

**Alex Barrow, James Brotherton, Lawrence Dear, Stacey Guy, Sian Thomas**

**Supervisor:** Jen Pearson

**Introduction:** Osteoarthritis (OA) is a long term condition that affects over 8.75 million people in the United Kingdom (UK). The internet has radically changed the way in which patient populations can manage health conditions including OA. However, health information on the internet remains unregulated and has variable quality.

**Aim:** To assess the quality of websites that provide educational information for patients with OA.

**Methods:** The search term “Osteoarthritis” was entered into the five most popular UK based search engines to identify 50 unique websites. A list of criteria for appraising the websites was established using available literature and recent NICE guidelines for the management of OA. The appraisal considered both general website quality and OA specific content and apportioned scorings accordingly.

**Results:** Most of the websites evaluated (n=34, 68%) scored more than half of the maximum available score (59.00). The median total score was 40.50. For general website quality, the median score was 9.00 (range 3.00- 15.50, maximum 16.00) and 30.75 (range, 2.00- 42.50, maximum 43.00) for content specific to OA. Websites that were created more recently, disclosed sources of information, had external seals of approval and directed the reader onto other relevant websites tended to be of a better quality.

**Conclusions:** The quality of OA information available to a ‘typical’ user varied widely, but was overall judged to be of a ‘good’ standard. However, conclusions from this study are limited due to several methodological flaws and further research is recommended.

**What do final year allied health professional students believe to be the main barriers to physical activity in rheumatoid arthritis?**

**Lindsay Blatchford, Zoe Hodgson, Alice Hounsome, Toral Pattni, Amy Wadmore**

**Supervisor: Dr Fiona Cramp**

**Rationale:** Previous studies have found that there is a requirement for better education for undergraduate health care professional students with regards to rheumatoid arthritis (RA) prior to qualification. The primary aim of this study was to explore the knowledge and understanding of University of the West of England (UWE) final year Adult Nursing (AN), Occupational Therapy (OT) and Physiotherapy (PT) students with regards to physical activity in RA with a view to suggesting changes to the UWE curriculum if needed.

**Method:** An explorative study using a paper based survey was compiled and handed out to volunteer final year AN, PT and OT students at UWE on two separate dates.

**Results:** The responses from 77 participants were analysed, which included 26 AN, 25 PT and 26 OT students. Main findings were that 77% of AN students had not received any teaching on RA compared to 81% OT and 68% PT. Furthermore 50% of AN students felt their knowledge of RA was poor compared to the other two student groups who generally rated their knowledge higher.

**Conclusion:** Results could suggest a link between the provision of teaching at undergraduate level on RA and the subsequent knowledge of student health care professionals however limitations have been identified that therefore require further research to establish if this is in fact correct.

**Illness perception associations with physical activity in rheumatoid arthritis and psoriatic arthritis: a systematic literature review**

**Alison Rickard, Frances Belcher, Kate Cottenham, Zoe Mackman, Eleanor Payne**

**Supervisor’s name**: **Dr Fiona Cramp**

**Aim:** The aim of the present study is to explore IP associations with PA participation levels within RA and PsA.  The review will also attempt to identify the specific components of IP that potentially limit PA.

**Methods:** A systematic literature review was carried out to identify relevant studies exploring IP associations with PA in adults with RA and PsA. Five review authors independently critically appraised the quality of the study and extracted data based upon predefined criteria.

**Results:** Following the application of inclusion/exclusion criteria, four studies remained for inclusion. One was a randomised controlled trial, and three were cross sectional. Only one study revealed significant findings in their results that supported an association between IP and physical function, however this was not correlated specifically with PA.

**Conclusions:** None of the studies focused on the effects of IP on PA in persons with RA and PsA as a primary aim. Because of this, and the varied outcome measures used, it was difficult to draw a conclusion as to which aspects of IP influence levels of PA in RA and PsA. Further research exploring the specific aspects of IP and correlating this with PA in these populations is necessary to provide a reliable foundation for evidence based practice.

**Inter-rater reliability of ultrasonographic measurements of acromion-greater tuberosity distance in different arm positions**

**Rebecca Church, Alice Hargreaves, Flora Lewis, David Maksymuk, Megan Vile**

**Supervisor: Reynold Cruziah**

**Rationale:** Glenohumeral subluxation (GHS) has an incidence rate of up to 81% in post-stroke patients. Studies have identified that portable diagnostic ultrasound could be a key tool for clinicians to allow a fast and effective diagnosis. This study aimed to assess the inter rater reliability of ultrasound when measuring the acromion greater tuberosity (AGT) distance in healthy adults, in three arm positions commonly used in the stroke population.

**Method:** Three novice raters obtained three measurements each of AGT distance, in three different arm positions. 16 volunteers over the age of 45 were measured using diagnostic ultrasound.

**Results:** Positions one and two showed poor ICC levels of 0.35 and 0.31, however position three indicated a good level ICC of 0.51. ANOVA for positions one and two showed no statistical significance (0.21 and 0.45), however position three was statistically significant (<0.001).

**Conclusion:** Results indicate poor to good levels of inter rater reliability between three different raters, and that this value improves when only two raters are compared. The results contradict some of the recent research assessing diagnostic ultrasound as a tool for measuring AGT distance and subsequently for GHS. However caution should be used when interpreting these results due to several limitations.

**An exploration of the evidence for the use of complementary and alternative therapies for osteoarthritis suggested in patient letters published in the Arthritis Today magazine.**

**Emma Smith, Matthew Barnes, Caroline Bone, Deborah Hughes, Martina Rucka**

**Supervisor: Rachel Thomas**

**Rationale**: Osteoarthritis (OA) is a degenerative joint disease that is common, disabling and costly. Complementary and Alternative Medicine (CAM) appears to be a popular adjunct to conventional medicine in the self-management of OA. The aim of this study was to explore the evidence on CAM and inform the development of a shared decision-making resource.

**Methodology**: A two-stage mixed method design was used. Stage one identified CAM preferences of readers’ suggestions published in Arthritis Today magazine. This informed stage two; a literature review. Seven electronic databases were searched systematically to explore the evidence for the most popular CAMs. The included articles were appraised using the critical appraisal skills programme checklist.

**Results**: Predominately biological therapies were identified in stage one. Stage two identified three meta-analyses on rose hip, magnet and ginger for inclusion. Numerous CAMs recorded no database hits. Rose hip and ginger showed small to moderate clinical short-term effects on pain compared to placebo: ES of 0.37 and SMD of -0.30 respectively. Magnet demonstrated no improvement in OA pain.

**Conclusion**: Rose hip and ginger showed promise for adjuncts in the management of OA in specific, individual circumstances. Clinicians need to be aware of the available evidence of CAMs so that they can educate patients appropriately. Future research is recommended to evaluate any long-term benefits of rose hip and ginger and their potential to reduce the burden of OA.

**The relationship between sleep and diabetic peripheral neuropathy compared to that between sleep and diabetes alone: a systematic literature review**

**Emily Downs, Stephanie Bere, Andrew Montague, Roseanne Reading**

**Supervisor: Ben Davies**

**Background:** Diabetes is a global condition growing in prevalence. A serious complication of diabetes is diabetic painful neuropathy (DPN). Under-recognised and poorly-managed; DPN is currently treated primarily by pharmacotherapy. Evidence suggests that poor sleep quality has a significant relationship with DPN. Confirmation of this relationship could identify an alternative focus for DPN management.

**Objectives:** To confirm a relationship between DPN and sleep beyond that incurred by diabetes alone.

**Method:** Four online databases were searched to identify current literature describing interactions between diabetes, DPN and sleep. Final articles were appraised for quality using NICE checklists for single-population and case-control trials, as appropriate.

**Results:** Of 460 articles identified, ten were deemed appropriate for inclusion in final review. All studies showed that diabetics often experience disturbed sleep. Three studies suggested that diabetics with symptoms of DPN experienced poorer quality sleep than other members of the diabetic population. Two studies identified that presence of diabetic complications increased the likelihood of disturbed sleep.

**Limitations:** Studies were inconsistent in focus and not easily comparable

**Conclusion:** Pockets of evidence support a significant relationship between DPN symptoms and sleep but sparse and inconsistent literature mean that exact mechanisms of the interaction are unclear.

**Effectiveness of Lycra sleeve on shoulder pain, subluxation and function in people with chronic stroke – A feasibility study**

**Rhiannon Whale, Rebecca Gibson, Jennifer Greet, McKenna Mills, Faye Rossall**

**Supervisor: Dr Praveen Kumar**

**Background:** Inferior glenohumeral joint subluxation (GHS) is a common complication of stroke which contributes to poor upper limb (UL) function and hemiplegic shoulder pain (HSP).   Lycra sleeves have been shown to improve UL function in a range of neurological disorders but insufficient evidence is available regarding effects on chronic stroke. This study aimed to evaluate the effect of the lycra sleeve on inferior GHS, HSP and UL function in chronic stroke.

**Method:** The effects of the independent variable (lycra sleeve) on the dependent variables inferior GHS, HSP and UL function were measured using diagnostic ultrasound, the Numerical Rating Scale and the Modified Motor Assessment Scale respectively.

**Main Findings:** A sample size of 5 was used and produced no statistically significant results. Qualitatively, 80% of participants found the lycra sleeve beneficial to wear. 75% of participants experienced decreased HSP and a mean inferior GHS decrease of 0.28cm was found post intervention when the sleeve was reapplied. UL function improved in one participant from 4/6 to 6/6 post intervention.

**Conclusion**: Further research is required before any certain conclusions can be made.  If further positive effects of the lycra sleeve are found it could prove a cost effective physiotherapy treatment for inferior GHS.

**To Review the Effects of Whole Body Vibration in patients with Knee Osteoarthritis**

**Lauren Ellis, Sam Barkham, Rohan Harris, Sophie Love, Nicholas Robilliard**

**Supervisor: Sonia Phillips**

**Title**: To Review the Effects of Whole Body Vibration in patients with Knee Osteoarthritis

**Aims**: The primary aim is to evaluate the effects of Whole Body Vibration (WBV) training on patients with symptoms of or diagnosed Knee Osteoarthritis (OA). The secondary aim is to identify further areas for research and suggest how WBV exercise and therapy may be used in Knee OA treatment programmes as a possible adjunct to physiotherapy.

**Method**: Seven online databases were searched for literature and following the implementation of an inclusion and exclusion criteria, selected studies were critically appraised and discussed by the research group.

**Results**: The search identified twelve articles which following the application of the inclusion and exclusion criteria produced four randomised controlled trials (RCTs) to be reviewed. All four RCTs aim to assess the effect of WBV on several variables including self-perceived pain, muscle strength, proprioception, and functional performance in knee OA sufferers.

**Conclusion**: Whilst this review identifies positive impacts of WBV on self-perceived pain in knee OA, it is not possible to draw robust conclusions for its effects on other important outcomes. In order for robust conclusions to be made further research should improve its rigour by; increasing sample size, ensuring correct sample size calculations are made, and improved blinding of the studies.

**Reliability of accelerometer and photographic based smartphone goniometry applications, measuring knee flexion in a healthy population.**

**Philippa Lovell, Patrick Armstrong, James Crossfield, James Ridgwell, Richard Shaw**

**Supervisor: Louise Robbins**

**Rationale:** Joint goniometry is a fundamental outcome measure for physiotherapists to evidence their effectiveness in rehabilitation settings. Advances in smartphone technology have seen the development of two types of goniometer applications. This study assessed the inter-rater and intra-rater reliability of the SimpleGoniometer (accelerometer-based) and DrGoniometer (photographic-based) applications when measuring a range of knee flexion angles.

**Participants:** 26 healthy student participants were recruited for this study, achieving a total of 52 data sets (both knees per participant).

**Method:** The two iPhone applications were used bytwo student raters over two time stages and three different angles of knee flexion.

**Results:** Intraclass Correlation Coefficients (ICC) for both applications showed excellent reliability for mid-range knee flexion with inter-rater (ICC ≥ 0.864), and intra-rater (ICC ≥ 0.635). Whilst generally high reliability was achieved throughout, poor reliability was noted for SimpleGoniometer on the highest flexion angle, for intra-rater ICC≤0.372.

**Conclusion**: Generally high reliability was found across both applications, with inter-rater particularly strongly correlated, although reliability varied more towards end-of-range angles, especially for SimpleGoniometer. Further research measuring end-of-range measurements and within clinical populations may promote these applications as useful clinical adjuncts.

**Establishing a reliable method for assessing the Physiological Cost Index that can be applied to Children with Cerebral Palsy in clinical settings: Pilot study in Typically Developing Children**

**Natasha Child, Mairead Costin, Cora Deacon, harry Giles, Amy Gumbleton**

**Supervisor: Dr Mary Cramp**

**Intro:** Physiological Cost Index (PCI) is used to estimate energy expenditure in walking and was originally designed using a 6 minute walking test.

**Aim:** Using parallel forms reliability, this study aims to assess the strength of agreement between different time and distance intervals to calculate PCI. It also aims to consider its application to children with cerebral palsy.

**Methods:** An experimental methodology for PCI was applied to 20 typically developing children aged 5-9 years. Resting heart rate was recorded for 5 minutes, then participants walked for 6 minutes at a self-selected pace around a 15m figure of 8 track. PCI was calculated from data collected at 4 intervals during the 6 minutes (50m, 150m, 2minutes and 6minutes). Interclass correlation coefficient (ICC) and Bland-Altman plots were used to assess reliability and agreement.

**Results:** A moderate level of agreement exists between PCI values at 50m, 150m and 2minutes (ICC >0.6) compared to 6minutes. Greatest variability in heart rate occurred at 6 minutes compared to earlier intervals.

**Conclusion:** 50m, 150m and 2minutes moderately agree with data collected at 6 minutes. It is likely heart rate variability limited strength of agreement. Further research is needed to confirm whether these earlier intervals can be reliably used to calculate PCI.

**The Effect of Non-pharmacological Interventions for Sleep Management in Rheumatoid Arthritis (RA)**

**Callan Roberts, Jennifer Allen, Louis Boden-Smith**

**Supervisor: Dr Fiona Cramp**

**Background:** Sleep disturbance is a common symptom for people with rheumatoid arthritis (RA). Non-pharmacological interventions, such as physical activity have been shown to help manage other symptoms associated with RA. However its effectiveness for managing sleep is unknown.

**Aim:** To evaluate the benefit of non-pharmacological interventions for the management of sleep disturbance in RA.

**Method:** An online database search including inclusion and exclusion criteria, snowballing, data extraction and critical appraisal of the final articles deemed relevant.

**Results:** The research generated 3209 potential articles. Following elimination of irrelevant articles; 3 articles were deemed eligible, which consisted of two randomised control trials (RCTs) and one cohort study. Two studies suggest a statistically significant positive effect of non-pharmacological interventions on sleep disturbance.

**Conclusions:** Non-pharmacological interventions can be effective in improving sleep disturbance. Yet lack of good quality evidence in an RA population is unjustified. Therefore further research needs to be carried out in order to find reliable evidence and make a sound conclusion to support non-pharmacological interventions in a within RA population.

**A systematic review of assessment methods for sports concussion,**

**Josephine Fryman, Luke Chubb, Jon Durran, Catrin John, Thomas Trumper**

**Supervisor: Pete Ellyatt**

**Introduction:** Concussion is a major problem within sport and has been linked to several serious pathologies. Numerous tools are available for concussion assessment and technology is evolving at a rapid rate. Clinicians must regularly review available evidence to inform best practice.

**Aims:** To critically appraise the methodological quality of studies examining sports concussion assessment tools.

**Method:** Online searching, using inclusion and exclusion criteria, was conducted followed by primary snowballing. The methodological quality of the final articles was then assessed.

**Results:** Online searching yielded 857 articles. 5 papers; 1 cross sectional study, 1 ongoing longitudinal study, 1 prospective observational cohort study, 1 cohort study and a prospective cross sectional study, were reviewed. The studies suggest that the Sports Concussion Assessment Tool 2 (SCAT-2) and the King Devick (K-D) test are effective tools for rapid sports concussion assessment.

**Conclusion:** K-D and SCAT-2 appear to be effective sports concussion assessment tools. However various methodological flaws in included studies limit conclusions that can be drawn from this SLR. Further research of superior methodological quality is needed to expand evidence for the validity and reliability of these tools.

**What are the current physiotherapeutic practices in the management of individuals with scoliosis in the UK?**

**Caitlin O’Malley,**

**Supervisor: Catherine Stancombe**

**Background:** The purpose of this study was to establish the current physiotherapeutic practices in the management of individuals with scoliosis within the UK. The current lack of research into physiotherapeutic practice has raised concerns for some qualified physiotherapists. There are no recent guidelines available specific to the different types of scoliosis.

**Method:** A web-based survey was employed to collect the data from qualified physiotherapists. Respondents were recruited through a post on relevant networks of the interactive Chartered Society of Physiotherapy (iCSP).

**Results:** Advice and education were the most predominantly ‘always’ used practices in the management of scoliosis (80%). Postural re-education and goal setting were ‘always’ used by 60% of respondents. The pain scale was the most predominantly ‘always’ used outcome measure (40%).

**Conclusion:** From the results of the survey it would appear that physiotherapists currently favour a hands-off approach when managing scoliosis. In terms of appreciating the psychosocial effects of scoliosis physiotherapists appear to be adopting a limited range of outcome measures. Findings suggest that the lack of guidance available for the scoliosis patient population might be adversely affecting physiotherapy practice. Highlighted is the need for more literature to be available to guide the physiotherapeutic practice in the management of this cohort.