

Prospective of the Journal of Evidence-Based Physiotherapy and Research

Apurv Shimpi¹

Dear Readers and Scholars,
We are very pleased to introduce the 1st issue of the Journal of Evidence-Based Physiotherapy and Research (JEPR). Physiotherapy is a fast growing profession with a multitude of speciality branches ranging from musculoskeletal, neurological, cardiac, respiratory, community [1,2] and sports [3] to the newer specialities of paediatrics [4,5], women's health [6], geriatrics [7], pain management, obesity management [8] including usage of effective traditional techniques [9], mental health [10], hand [11,12], veterinary [13], art and music [14-16] and many more to come. Physiotherapists are expanding their horizon to far newer dimensions like fitness management in HIV and immune-compromised patients [17,18] and the future may see lots of newer dimensions in genetic physiotherapy [19], space physiotherapy [20,21] and many other unknown fields as well. Their role has expanded from a reference based practitioner to an independent practitioner who is involved in assessment, diagnosis and also makes references of clients for appropriate management to different specialities [22]. This

expansion has made Physiotherapists better administrators and managers with extended role and scopes towards workflow, performance targets, and patient target areas as well [23]. As our field is expanding, so is the need for gaining evidence based practice in diagnostic and therapeutic aspects [24]. Unfortunately, many of us still have the phobia of research and statistics. We are still afraid of those "mean" values and the statistical "calculations" to form evidence to our clinical vision and thus our professional growth and development demands that we start imbibing a research culture in our practice by making it more evidence based and by becoming more "mean" and "calculative". Evidence based practice requires a strong foundation of research [25]. But there are many hindrances in obtaining good quality evidence which can be applicable in current practice [26]. As a clinician, our prime requirement is to understand the patients' problems, determine its source and provide an optimal treatment procedure in order to improve the patients function, gain an effective participation and

maintain their best health. But many times, the texts that we rely on are outdated, non-affordable or not applicable in our patient environment.

As a clinician, we seldom tend to go through recent literature, either because of lack of awareness, lack of time, lack of interest or lack of resources [26]. Many of us, especially those involved in academic responsibilities, do tend to follow research from high impact journals, but many of the solutions enlisted in them are not at all applicable to our patient population. Although there are good standard Indian and Asian journals, but very few are specific to the field of Physiotherapy. Also, in many of the published studies, there are issues with data identification and collection, taking of appropriate consent, following of study protocols, registration of the studies with clinical trial registry, choosing proper samples, randomisation, choice of outcome measures and statistical tests [27]. This makes most of the studies unreliable and not worth following, even though the idea or concept was good. Also most of these publications do not answer simple and practical clinical questions like 'what should be done for conservative management of a patient having grade 4 Osteoarthritis knee' or 'how to calculate BMI for obesity management for a patient with bilateral trans-femoral amputation'

¹Associate Professor and Head, Dept of Community Physiotherapy, Sancheti College of Physiotherapy, Shivaji nagar, Pune, India.

Address of Correspondence

Dr. Apurv Shimpi (MPTh)
Editor-in-chief,
Journal of Evidence-Based Physiotherapy and Research (JEPR)
Email: apurvshimpi@sha.edu.in



Dr. Apurv Shimpi (PT)

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