Internet resources for physiotherapy and orthopaedics

www.intute.ac.uk/healthandlifesciences/
The best of the Web

Welcome to this guide to the best of the Web for Physiotherapy and Orthopaedics.

In these pages you will find a selection of some of the most useful websites for students, lecturers and researchers.

The selection is by no means exhaustive, but it should give you a flavour of the range of resources available on the Internet for education and research.

Supporting your Internet research

For those interested in exploring the wider Web, we offer free Internet search and training services for further and higher education via Intute – details of these can be found at the end of the guide.

Intute

This booklet is brought to you by Intute, a free Internet service providing you with access to the very best Web resources for education and research, selected and evaluated by a network of subject specialists.

www.intute.ac.uk

Expert advice

Intute services are developed in collaboration with staff from over seventy universities, colleges and research institutions across the UK – pooling expertise to share nationally.

Your guide for this booklet is:

intute: health & life sciences

– based at The University of Nottingham.

Intute is funded by the Joint Information Systems Committee (JISC) with support from the ESRC and the Arts and Humanities Research Council (AHRC).

Contents

Online learning and teaching materials 1
Databases 2
Online full-text resources 4
Discussion groups and mailing lists 5
Patient information 6
Clinical resources 7
Professional organisations 9

Images from www.istockphoto.com/

Contact:
www.intute.ac.uk/feedback.html

Note: Intute was formerly known as the Resource Discovery Network (RDN). Intute: Health and Life Sciences is the former RDN hub BIOME.

A PDF copy of this booklet can be downloaded from: www.intute.ac.uk/healthandlifesciences/support.html
Online learning and teaching materials

A selection from the wide range of free education and training resources available on the Web.

Orthoteers Orthopaedic Education Resource
http://www.orthoteers.com/
Developed for postgraduate orthopaedic trainees in the UK, this site provides access to educational resources on orthopaedics, trauma, and musculoskeletal medicine. Sections include access to full-text manuals on surgical techniques, an orthopaedic e-textbook, documents on basic examination methods and common orthopaedic conditions, articles from the Orthopaedic World Literature Society (OWLS), and a gallery of X-ray and photographic images.

Spine Animations
http://www.spine-health.com/dir/dir01.html
A collection of interactive animations with accompanying text on spine anatomy, back pain and back surgery, showing anatomical illustrations, surgical procedures and injection treatments.

A Simple Guide to Orthopaedics and Trauma
A major collection of more than 700 images, with accompanying explanatory text, forming a pictorial introduction to orthopaedic surgery, trauma, the orthopaedic-injured patient, congenital deformities and bone tumours, in order to aid the student or health professional to acquire skills in clinical investigation, examination and diagnosis.

Blackburn Foot and Ankle Hyperbook
http://www.blackburnfeet.org.uk/hyperbook/
Illustrated educational materials on foot and ankle surgery produced by staff at the Blackburn Orthopaedic Foot and Ankle Service. Information is divided into sections on history and examination in foot and ankle surgery, elective foot and ankle problems, and foot and ankle trauma.

Hip Replacement: Physical Therapy
An interactive tutorial on physical therapy after hip replacement, produced by the Patient Education Institute, and made available by the National Library of Medicine MEDLINEplus service. The tutorial provides background information on the importance of physiotherapy after a hip replacement and covers hip anatomy, artificial hips, exercises, heat and ice, and advice on other activities undertaken after surgery.
Clinical Examination of the Back
http://anatome.ncl.ac.uk/tutorials/clinical/back/text/index.html
A video-based tutorial for students, demonstrating correct techniques when conducting a clinical examination of the back. It describes introducing oneself to the patient and the physical examinations, observations and tests of the spine and limbs that a health professional should perform when diagnosing a back condition.

Shoulderdoc.co.uk
http://www.shoulderdoc.co.uk/
A collection of educational materials on shoulder and elbow problems for health professionals, students and patients, including videos, animated presentations, interactive guides, articles, and full-text electronic textbooks.

Databases

A selection of databases available on the Web that provide the facility to search or browse for bibliographic, factual, or statistical information.

PubMed
A bibliographic database currently providing access to over 16 million MEDLINE citations from the US National Library of Medicine and additional life science journals worldwide. Searching is by subject, author or journal. For most items – regardless of original language of publication – an abstract is available in English.

PEDro: the Physiotherapy Evidence Database
http://www.pedro.fhs.usyd.edu.au/
An initiative of the Centre for Evidence-Based Physiotherapy at the University of Sydney, PEDro provides bibliographic details and abstracts of randomised controlled trials in physiotherapy. Most trials on the database have also been rated for quality.

Cochrane Library
http://www3.interscience.wiley.com/cgi-bin/mrwhome/106568753/HOME
The Cochrane Library provides access to high quality, independent, evidence-based reviews and clinical trials to inform decision making in medicine and healthcare. The Library is searchable and contains reviews on subjects relevant to physiotherapy and orthopaedics.

AMED: Allied and Complementary Medicine Database
http://www.bl.uk/collections/health/amed.html
A bibliographic database produced by the British Library providing information on allied health and complementary medicine literature.
**Cumulative Index to Nursing and Allied Health Literature (CINAHL)**  
http://www.cinahl.com  
A bibliographic database of nursing and allied health literature covering the years 1982 to the present. Publications from the nursing and allied health disciplines are indexed, including articles from over 450 allied health journals.

**Arthritis and Musculoskeletal Alliance Good Practice Database**  
http://www.arma.uk.net/database.html  
This database contains descriptions of projects and services developed by health service providers in the UK for people with arthritis and other musculoskeletal conditions.

**TRIP Database**  
http://www.tripdatabase.com/  
The UK-based TRIP (Turning Research Into Practice) database, updated monthly, provides a ready source of evidence-based information for health practitioners. It indexes Cochrane reviews, Clinical Evidence, Bandolier and over 100 peer reviewed journals, plus images, guidance, electronic books, and patient information leaflets and images.

**ClinicalTrials.gov**  
http://clinicaltrials.gov/ct  
A searchable database providing information about US government and privately funded clinical trials investigating a wide variety of diseases and conditions. Provided by the US National Institutes of Health.

**BUBL Link: Physiotherapy**  
http://www.bubl.ac.uk/link/p/physiotherapy.htm  
BUBL offers a catalogue of selected Internet resources covering all academic subject areas, each item being evaluated, catalogued and described. The Web address given above relates specifically to physiotherapy resources.

**Orthopaedic WebLinks (OWL)**  
http://www.orthopaedicweblinks.com/  
OWL provides a peer-reviewed non-commercial catalogue of Web-based resources on orthopaedics, orthopaedic surgery and trauma, with almost 6,000 categorised links.
Online full-text resources

Many journals, textbooks and reports are freely available in full on the Internet.

**Internet Journal of Orthopedic Surgery**
This peer reviewed online journal provides access to the full text of original research articles, case reports, reviews, and multimedia material.

**Arthritis Research Campaign (ARC): Reports on Rheumatic Diseases**
http://www.arc.org.uk/about_arth/rdr.htm
A collection of full-text publications providing overviews of current research and clinical practice on rheumatic diseases and musculoskeletal conditions.

**BMC Musculoskeletal Disorders**
http://www.biomedcentral.com/bmcmusculoskeletdisord/
A free full-text journal from BioMed Central. It includes original peer-reviewed research articles on all aspects of the prevention, diagnosis and management of musculoskeletal and associated disorders, as well as related molecular genetics, pathophysiology, and epidemiology.

**Wheeless’ Textbook of Orthopaedics**
http://www.wheelessonline.com/
This regularly updated reference source covers a wide range of orthopaedics topics of interest to medical, nursing and physiotherapy professionals. Short factual entries often include abstracts of journal articles. There are broad subject, specialist orthopaedics, and drug indexes, as well as a search engine for the site.

**IFOMT Newsletter**
http://www.ifomt.org/ifomt/publications
A twice-yearly newsletter produced by the International Federation of Orthopaedic Manipulative Therapists. IFOMT represents manipulative therapists worldwide, sets educational and clinical standards in this area of physiotherapy, and actively endorses evidence based practice. Links are provided to associated national organisations.

**Musculoskeletal Disorders and the Workplace: Low Back and Upper Extremities**
http://www.nap.edu/books/0309072840/html/
The full text of a book published in 2001, produced by the US National Research Council and the Institute of Medicine, in response to a request for a comprehensive review on the relationship of work and the workplace to musculoskeletal disorders of the low back and upper extremities.
Internet resources for physiotherapy and orthopaedics

**Worldortho Electronic Textbook**
http://www.worldortho.com/database/etext/
A full-text electronic textbook covering a range of orthopaedic topics, with 16 chapters including paediatric orthopaedics, infections of bone and joints, normal and abnormal joints, and orthopaedic pathology.

**Biomechanics: the Magazine of Body Movement and Medicine**
http://www.biomech.com/
A monthly news magazine for those working in sports medicine, orthopaedic surgery, physical therapy, rehabilitation and occupational therapy, and related fields.

**Discussion groups and mailing lists**

*Online communities where healthcare professionals and students can share ideas, information and concerns with their colleagues.*

**Physio Mailing List**
http://www.jiscmail.ac.uk/lists/physio.html
A mailing list for general information and discussion about matters relevant to physiotherapists, in the UK and beyond, with participation invited from anyone interested in physiotherapy, including undergraduate students, researchers, educators, clinicians, and administrators.

**InteractiveCSP**
http://www.csp.org.uk/director/groupandnetworks/icsp.cfm
InteractiveCSP is a resource for physiotherapists to gather and exchange information about clinical, professional and workplace interests. Provided by the Chartered Society of Physiotherapy, it enables members to communicate and interact, and to access practical physiotherapy resources, including documents, news, events, and discussion forums.

**Pain-Talk**
http://www.pain-talk.co.uk/
An online discussion forum for UK doctors, nurses, and allied health professionals with an interest in the fields of acute, chronic, or palliative pain management.

**Arthritis Care’s Discussion Forum**
www.arthritiscare.org.uk/GetInvolved/Discussionforum
An online discussion forum provided by the charitable organisation Arthritis Care for the exchange of information and the sharing of experiences of arthritis.
Physio Forum - the Home of Online Physiotherapy Discussion
http://www.physiobob.com/forum/
A website providing access to several online physiotherapy discussion forums where members can exchange information and knowledge. The forums available include sports-, paediatric-, cardiorespiratory- and neurological- physiotherapy, plus separate forums for physiotherapy students and assistants.

Patient information

Resources aimed primarily at the general public seeking information and advice on the management of medical conditions.

NHS Direct Online
http://www.nhsdirect.nhs.uk/
NHS Direct Online provides information online to patients and the public. It includes health news, information on healthy living, common health problems, conditions and treatments, and a section on physiotherapy.

Physiotherapy and Arthritis: an Information Sheet
http://www.arc.org.uk/about_arth/infosheets/6256/6256.htm
This resource aims to inform patients who have been referred to physiotherapists about what is involved and what to expect from their sessions. Produced by the Arthritis Research Campaign, this brief document explains the role of the physiotherapist, describes a first appointment, and outlines possible treatment approaches.

Yeovil Elbow and Shoulder Service – Patient Information Leaflets
http://www.yess.uk.com/patient_information/index.html
The Yeovil Elbow and Shoulder Service, based in Somerset, provides a series of patient information leaflets covering common conditions and operations affecting the shoulder and elbow, and postoperative guides.

Ankle Sprains: How to Speed Your Recovery

Arthritis Care: Booklets About Living with Arthritis
http://www.arthritisicare.org.uk/PublicationsandResources/Booklets/Livingwitharthritis
A collection of full-text booklets online aimed at people with arthritis, providing information on types of arthritis, treatments, diet, exercise, and relationships. Produced by the UK charity, Arthritis Care.

www.intute.ac.uk/healthandlifesciences/
Fit to Work
Published by the Chartered Society of Physiotherapy in 2005, this document refers to the workplace. Risk factors, the responsibilities of the employer, the importance of correct posture, ensuring that children do not develop computer-related musculoskeletal problems, and where to go for advice are included in the report.

Handout on Health: Back Pain
http://www.niams.nih.gov/hi/topics/pain/backpain.htm
An illustrated explanatory booklet aimed primarily at people who have back pain, and covering causes, diagnosis, treatments, and relevant research. Produced in September 2005 by the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) in the US.

Questions and Answers About Sprains and Strains
http://www.niams.nih.gov/hi/topics/strain_sprain/strain_sprain.htm
This fact sheet is one in a series of health topics leaflets produced by the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS). It describes the causes, types, symptoms, prevention, and treatment options for sprains and strains.

Clinical resources
A collection of high quality resources offering reliable clinical information and guidance.

Musculoskeletal Specialist Library
http://www.library.nhs.uk/musculoskeletal/
Part of the NHS National Library for Health (NLH) this site is a source of reference for healthcare professionals, and provides access to information on conditions, disease and disability management, patient support, further educational resources, and links to related organisations.

Orthogate
http://www.orthogate.com/
A gateway to high quality orthopaedic and trauma material on the Internet. It hosts global orthopaedic mailing lists, an orthopaedic surgery education forum, multimedia patient guides, and categorised links relating to orthopaedics.

British Society of Rheumatology Guidelines
http://www.rheumatology.org.uk/guidelines/clinicalguidelines
A collection of clinical guidelines endorsed by the British Society of Rheumatology, providing recommendations on the diagnosis, treatment, and management of rheumatological and musculoskeletal conditions.
Internet resources for physiotherapy and orthopaedics

New Zealand Guidelines Group (NZGG)
http://www.nzgg.org.nz/
The NZGG offers evidence-based information for guideline development and implementation, and guidelines on diseases listed by therapeutic categories (including musculoskeletal diseases), plus some consumer resources (including knee, ankle, and shoulder joint injuries).

National Institute for Health and Clinical Excellence (NICE)
http://www.nice.org.uk/
NICE is an independent UK organisation responsible for providing national guidance on the promotion of good health and the prevention and treatment of ill health. The site includes a number of guidance documents relevant to physiotherapy and orthopaedics

University of Washington Department of Orthopaedic Surgery and Sports Medicine Bone and Joint Sources
http://www.orthop.washington.edu/
This website provides information and a collection of videos for patients, families, students, physicians, and therapists on the science and clinical aspects of orthopaedics, bone and joint conditions and the musculoskeletal system.

Shoulder Fracture Fixation
http://www.shoulderdoc.co.uk/rehab/article.asp?article=48
This post-operative rehabilitation protocol has been developed at the Hope Hospital, Manchester, for use following fractured shoulder replacement, or fixation of clavicle, scapula, and glenoid fractures.

Improved Early Pain Management for Musculoskeletal Disorders
http://www.hse.gov.uk/research/rrpdf/rr399.pdf
This report, prepared for the UK Health and Safety Executive in 2005, examines the usefulness of secondary intervention pain management techniques in helping people with musculoskeletal disorders to stay at work or to get back to work, and it includes care pathways.

National Library for Health: Trauma and Orthopaedics Specialist Library
http://www.library.nhs.uk/trauma_orthopaedics/
A virtual library providing access to a growing collection of quality evaluated resources and links for health professionals working in orthopaedics. It can be searched by keywords, and gives evidence-based information on joint, spinal, and sports injuries.

www.intute.ac.uk/healthandlifesciences/
Internet resources for physiotherapy and orthopaedics

Musculoskeletal Services Framework: a Joint Responsibility
http://www.18weeks.nhs.uk/Public/default.aspx?main=true&load=ArticleViewer&ArticleId=612
A strategy document published by the Department of Health in 2006 and accessible via the above Web address. It summarises the current state of musculoskeletal services in England, describes best practice, and offers guidance on improved delivery of orthopaedic services to people with musculoskeletal conditions.

Outcome Measures
http://www.csp.org.uk/director/effectivepractice/outcomemeasures.cfm
This resource from the Chartered Society of Physiotherapy includes a definition of an outcome measure, and provides a searchable database of more than 200 outcome measures used in physiotherapy.

Professional organisations
Organisations whose websites contain current news and information for healthcare professionals and students.

Chartered Society of Physiotherapy (CSP)
http://www.csp.org.uk/
The CSP was established in 1894 to support the profession of physiotherapy in the UK; it currently represents some 47,000 members. The website provides information about physiotherapy and the CSP, an A-Z of conditions, guidelines, careers information, continuing professional development, effective practice, the CSP library and publications, news, events, groups and networks, and workplace issues. The “Effective practice” section includes information about research, clinical effectiveness, evidence-based practice, clinical guidelines, outcome measures (see above, under “Clinical resources”), health informatics, standards, practice, audit, rules of conduct, and sharing effective physiotherapy.

British Orthopaedic Association (BOA)
http://www.boa.ac.uk/
The BOA provides education and practice management services for orthopaedic surgeons and health professionals. Its website includes information about the organisation and its affiliated societies.

American Physical Therapy Association (APTA)
http://www.apta.org/
The APTA site includes information on education, membership, practice, advocacy, and publications, including resource guides on various aspects of physiotherapy.
Royal College of Surgeons of England
http://www.rcseng.ac.uk/
This site contains information about the College and access to its publications, job vacancies, and information for surgery patients. It also provides advice and information for surgeons, trainees, and overseas doctors on careers, education, examinations, and research.

Association for Spinal Injury Research, Rehabilitation and Reintegration (ASPIRE)
http://www.aspire.org.uk/
ASPIRE helps people with spinal cord injury. Information on the site is provided on spinal injuries, rehabilitation (including the role of physiotherapy) and reintegration, training and support.

American Academy of Orthopaedic Surgeons (AAOS)
http://www.aaos.org/
AAOS provides education and practice management services for orthopaedic surgeons and allied health professionals. The site includes information about AAOS, access to the bi-monthly AAOS Bulletin, patient information, a catalogue of educational resources, a library and archives section, and health policy and research information.

British Health Professionals in Rheumatology (BHPR)
http://www.rheumatology.org.uk/bhpr
BHPR, with more than 500 members, aims to bring together and support all the disciplines of health professionals involved in multi-disciplinary teams delivering care for people with musculoskeletal conditions.

American Sports Medicine Institute (ASMI)
http://www.asmi.org/
ASMI’s mission is to improve the understanding, prevention and treatment of sports related injuries through research and education. The research section of the site focuses on how injuries occur, and how to improve injury prevention, treatment and rehabilitation.

British Association of Hand Therapists (BAHT)
http://www.hand-therapy.co.uk/
A registered charity, BAHT exists for state-registered occupational therapists and chartered physiotherapists with an interest in hand injuries and hand surgery. It aims to promote the study and treatment of the hand, and to encourage high standards of care and research in this field.

British Institute of Musculoskeletal Medicine (BIMM)
http://www.bimm.org.uk/
BIMM aims to promote education and research in musculoskeletal disorders, for the ultimate benefit of the public. Its website offers membership information and links to educational courses.
British Orthopaedic Foot and Ankle Society (BOFAS)
http://www.bofss.org.uk/
A society of orthopaedic surgeons with a special interest in the foot or ankle. The site provides information about the organisation, and about the role of foot and ankle surgeons. A section aimed at the public provides information on several specific conditions.

American Academy of Physical Medicine and Rehabilitation
http://www.aapmr.org/
The site for the US national society representing more than 7,000 specialists in the field of physical medicine and rehabilitation (i.e. physiatrists). Patient information on conditions and treatments is provided.

Canadian Physiotherapy Association (CPA)
http://www.physiotherapy.ca/
The national organisation of physiotherapists in Canada, with nearly 10,000 members.

Arthritis and Musculoskeletal Alliance
http://www.arma.uk.net/
A UK-registered charity bringing together support groups, professional bodies and research organisations relevant to arthritis and other musculoskeletal conditions. The website includes a database of good practice, and documents about standards of care.
Institute of Orthopaedics and Musculoskeletal Science (IOMS)
http://www.ucl.ac.uk/orthopaedics/
IOMS aims to be "a world leading centre for innovative translational research in the restoration of pain free functional mobility and high quality independent living". The site includes information about IOMS staff, their research interests, and links to sites of related interest.

International Organization of Physical Therapists in Women’s Health (IOPTWH)
http://www.ioptwh.org/
IOPTWH is made up of World Confederation for Physical Therapy (WCPT) member countries’ special interest groups in women’s health. It aims to facilitate collaboration between members sharing an interest in female physiotherapy/physical therapy problems and concerns.

Irish Society of Chartered Physiotherapists (ISCP)
http://www.iscp.ie/
The ISCP, with over 2500 members, is the professional body representing physiotherapists in Ireland. Its website includes information on what physiotherapy is, what a chartered physiotherapist is and how to become one, the role and services of the ISCP, a directory of physiotherapists in Ireland, a discussion forum, and a directory of websites. Leaflets on various aspects of physiotherapy are available.

National Association of Orthopaedic Nurses (NAON)
http://www.orthonurse.org/
NAON is a non-profit, volunteer-run US organisation, formed in 1980. Its mission is to advance the quality of musculoskeletal health care by promoting excellence in research, education, and nursing practice. There are more than 7,000 members in the US and internationally, sharing an interest in musculoskeletal health care.

Aquatic Resources Network
http://www.aquaticnet.com/index.htm
A network of over 10,000 athletic trainers, kinesiotherapists, massage therapists, occupational therapists, physical therapists, therapeutic recreational specialists, and other professionals interested in aquatic therapy.
Discover the best of the Web using Intute

The Internet can be a powerful tool for learning, teaching and research, offering a huge range of information and services. However, finding relevant resources online can be a daunting task, and issues of trust, quality and poor search skills are very real and significant concerns – particularly in education and research contexts.

*Intute* exists to help students, teachers, researchers and librarians make sense of the Web by providing access to the very best Internet resources for education and research, selected and evaluated by a network of subject specialists.

**intute : health & life sciences**

- The **Internet catalogue** provides access to thousands of high-quality Internet resources, which have been selected, evaluated and described by subject specialists on the Intute team. It covers all key areas of health and life sciences.

- The **Virtual Training Suite** offers free Internet self-tuition with a set of tutorials designed to help students develop their Internet research skills. Subject areas include Medicine, Allied Health, and Nursing, Midwifery and Health Visiting.

- Freely available **support materials** for use in educational institutions include flyers, posters, leaflets and presentations, plus additional titles in the “best of the Web” series.

- Recommended subject services include **Quick search** for subjects of current topical interest, and **Hot Topics**, a monthly selection of key resources on a subject of current concern, chosen by the Intute editors. **Timelines** are available for many subjects covered by Intute, including health and life sciences, listing significant events from prehistoric times to the present day. The MedHist timeline, provided by the Wellcome Trust, offers links to relevant resources for specific historical periods.

**Getting involved with Intute**

- Sign up for a personal **MyIntute** account, which provides weekly email updates of recently added websites and allows you to save resources of interest.

- **Working with Intute.** Join our community of users of online resources by suggesting sites for the database or embedding *Intute* services in your own websites and Virtual Learning Environments using our sophisticated **MyIntute Include** services. http://www.intute.ac.uk/myintute/

**www.intute.ac.uk**

[Helpdesk: www.intute.ac.uk/feedback.html]