Cochrane Database of Systematic Reviews - - Cochrane Protocol (ongoing review)

Physical therapies for postural abnormalities in people with cystic fibrosis

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Study design (if review, criteria of inclusion for studies)

Randomised controlled trials (RCTs) and quasi-RCTs (including cross-over trials).

Participants

People with CF who have thoracic kyphosis or scoliosis regardless of age and degree of disease severity.

Interventions

Any modality of physical therapy considered relevant for treating postural disorders such as manual therapy (e.g. massage, spinal manipulation, and mobilisation), educational programs, exercise training (individualised or group-based or home-based), Pilates, stretching, GPR, IMT, and yoga. Each intervention of physical therapy will be compared with each other, to no physical therapy, sham treatment or usual care.

Outcome measures

Primary outcomes 1 Change in quality of life in carrying out activities of daily living over the short, medium and long term, measured by a validated instrument overall (e.g. Medical Outcomes Study Item Short Form Health Survey (SF-36)) health-related (e.g. Cystic Fibrosis Questionnaire Revised (CFQ-R) (Quittner 2009)). 2 Change in pain in carrying out activities of daily living over the short, medium and long term, measured by a validated instrument (e.g. visual analogue scale (VAS)), or other available pain scales (Numerical Rating Scale for Pain, Chronic Pain Grade Scale). 3 Change in trunk deformity in carrying out activities of daily living over the short, medium and long term, measured by a validated instrument (e.g. Cobb method, biophotogrammetry). Secondary outcomes. Treatment success (measured by a participant-reported global impression of clinical change (no improvement, much or very much improvement) or similar measures). Change in pulmonary function over the short, medium and long term, measured by a validated instrument (in L and % predicted). Change in functional capacity over the short, medium and long term, measured by a validated instrument (e.g. 3-minute step test or 6-minute walk test). Adverse effects. Adherence to treatment. Ease of access to intervention.


See also


Keywords

non pharmacological intervention - devices OR physiotherapy; non pharmacological intervention - psyco-soc-edu-org; training; exercise; massage; inspiratory muscle training; Yoga;