



## Appraisal

## Appraisal of Clinical Practice Guideline: Knee Pain and Mobility Impairments: Meniscal and Articular Cartilage Lesions Revision 2018

**Date of latest update:** 2018. **Patient group:** Adolescents and adults (12 years or older) with knee pain and mobility disorders: current tear of meniscus and articular cartilage of knee and derangement of meniscus due to old tear or injury. **Intended audience:** Orthopaedic physical therapy clinicians, academic instructors, clinical instructors, students, interns, residents, and fellows regarding the best current practice of orthopaedic physical therapy. **Additional versions:** The current guidelines are an update of the Orthopaedic Section of the American Physical Therapy Association (APTA) clinical practice guidelines (2010): Knee Pain and Mobility Impairments: Meniscal and

Articular Cartilage Lesions. <https://www.jospt.org/doi/full/10.2519/jospt.2010.0304?code=jospt-site>. **Expert working group:** The expert working group comprised a 23-member committee of professionals from physiotherapy and medicine from USA, Australia, United Kingdom, China and Denmark. **Funded by:** Not stated. **Consultation with:** Content experts within the Orthopaedic Section of the American Physical Therapy Association (APTA). **Approved by:** The Orthopaedic Section of the American Physical Therapy Association (APTA). **Location:** The guidelines and additional documents are available at: <https://www.jospt.org/doi/full/10.2519/jospt.2018.0301?code=jospt-site>.

### Description

This guideline is published as a 50-page document and is intended to enhance musculoskeletal care for the management of knee pain and mobility impairments associated with meniscal and articular cartilage lesions in adolescents and adults (12 years or older). It replaces a previous guideline published in 2010, and states whether recommendations in the current version are an update, or are the same as in the previous guideline. The full guideline consists of recommendations, comprehensive discussion of the evidence supporting the recommendations, methodological approach, and all references. The evidence for examinations is based on self-report, physical performance and physical impairment outcome measures, and evidence for several interventions. Some of the most relevant points for

physiotherapists are the recommendations regarding the evidence for implementing supervised, progressive range-of-motion exercises, progressive strength training of the knee and hip muscles, and neuromuscular training for patients with knee meniscus tears, articular cartilage lesions and after meniscus or articular cartilage surgery.

**Provenance:** Invited. Not peer reviewed.

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## Appraisal of Clinical Practice Guideline: Early and locally advanced breast cancer: diagnosis and management. NICE guideline [NG101]

**Date of latest update:** July 2018. **Patient group:** People with early and locally advanced breast cancer. **Intended audience:** Healthcare professionals; commissioners and providers of breast cancer services; people with early and locally advanced breast cancer, their families and carers. **Expert working group:** A range of expert clinicians, including: oncologists, surgeons, radiologists, general practitioners, and patient representatives. **Funded by:** National Institute for Health and Care Excellence (NICE). **Consultation with:** A wide range of stakeholders including those representing general practitioners, surgeons, cancer groups, radiologists, and universities. **Approved by:** National Institute for Health and Care Excellence (NICE). **Location:** The guidelines and additional documents are available at: <https://www.nice.org.uk/guidance/ng101>. **Description:** This comprehensive guideline covers many aspects related to the diagnosis and management of early and locally advanced breast cancer. It aims to guide healthcare professionals in making good recommendations for patients while considering the person's individual preferences. The main guidance document is a 62-page PDF that covers recommendations across a large number of topics related to the diagnosis and management of early and

locally advanced breast cancer. The clinical recommendations are followed by recommendations for research, which are then followed by more detailed discussion on the rationale for the clinical and research recommendations. Recommendations that are new or have changed since previous guidelines are highlighted throughout. The main guidance document is supplemented by a range of other tools and resources, information for the public, and evidence summaries that can all be downloaded from the main webpage (<https://www.nice.org.uk/guidance/ng101>). While much of the guideline covers the medical management of breast cancer, the information contained will still be highly relevant to physiotherapists working in the field. Recommendations on lymphoedema, lifestyle and complications are likely to be particularly relevant to physiotherapists.

**Provenance:** Invited. Not peer reviewed.

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