

Evidence Based Practice in Physical Therapy: What Type of Journal Articles to Read and Where to Find Them?

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Abstract

Over the past three decades, physical therapists have been encouraged to take an evidence-based approach in their practice, teaching, and research. In recent years, physical therapy research has expanded and with it - the base of evidence in the field. However, there is a gap between the knowledge gained from the research and its implementation by practitioners, although most physical therapists have a positive attitude toward evidence-based practice and an interest in learning and improving their evidence-based practice skills. There are various barriers to implementing evidence-based practice in the clinical field of physical therapy, including limited understanding of scientific research and lack of access to suitable medical databases and scientific studies. The purpose of this article is to discuss the types of studies that show the highest level of evidence and review free online resources through which physical therapists can locate them.

Keywords: Evidence based practice, Physical therapy, Bibliographic databases, Randomized controlled trial, Systematic review, Meta-analysis

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