Does the use of an orthotic increase comfort, decrease injury and improve running performance?

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Background: Running is a widely accessible sport with millions of participants in the UK alone. Whilst running has been recognised to have significant health benefits, it does come with a risk of injury. Running-related injuries (RRI) are seen more commonly in novice runners compared to athletes. Currently, there is ongoing debate as to what is the major cause of RRI ...
Does A Group Supervised Shoulder Impingement Class Improve Shoulder Pain, Disability and Generic Health Outcomes? A Summative Service Evaluation

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Background: Patients with shoulder impingement syndrome (SIS) suffer pain and disability and present enormous health and financial challenges to the NHS. There is limited evidence for many of the commonly used physiotherapy treatment interventions. Research suggests deprivation, age, gender and attendance are possible predictors of poor treatment outcome in common ...