

Title:

The quality issue: the need for systematic search strategies, critical appraisal and hierarchy levels of evidence.

Abstract:

Few of us would argue with the importance of evidence-based practice (EBP) in sports medicine, but to develop such a culture we must have good quality research literature and the ability to locate and appraise it.



The vast quantities of research material available make searching and locating relevant literature difficult and time-consuming. In addition, not all research evidence is of a high quality, and therefore cannot be relied upon for use in evidence-based practice. In this article we identify some of the typical pitfalls of research material, examine its variable quality, and discuss the research skills required in order to practise in an evidence-based manner.

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Graduate Sports Therapist Nick Dinsdale and his daughter Nicola run NJD Sports Injury Clinic in Clitheroe. The family clinic is recognised for its strong 'evidence-based' approach to the management of musculoskeletal conditions and ongoing personal professional development. This often involves research into topics and issues.

Nick specialises in researching lower limb biomechanics, particularly foot function with respect to cycle racing. In addition to advising professional cyclists, Nick often delivers private workshops and presents at Conferences. Nick has served on the Executive Committee of The Society of Sports Therapists and has worked with GB cycling teams, Manchester Wheelers, English Fell Running teams and assisting Nicola at Blackburn Rugby Union club.