

# James Lind Alliance Physiotherapy Priority Setting Partnership

## Physiotherapy is changing because:

- People are living longer often with more than one long-term condition
- Care is delivered in a greater range of ways and closer to home
- A greater emphasis is on helping people manage their condition(s) themselves and promoting healthy lifestyles
- Technology is advancing.

### Stage 1 Ask

Our UK-wide survey of patients, carers and physiotherapists asked  
**“What do you think are the most important unanswered questions in physiotherapy?”**

### Stage 2 Analyse

We analysed all 2151 questions received and sorted them into 65 similarly themed questions.

### Stage 3 Prioritise

From those, we asked patients, carers and physiotherapists  
**“What are your ten most important questions?”**  
This created a shortlist of 25 which were ranked at a final workshop.

## Our top 10 priorities reflect these changes

**1** When health problems are developing, at what point is physiotherapy most/least effective for improving patient results compared to no physiotherapy? What factors affect this?

When used by physiotherapists, what methods are effective in helping patients to make health changes, engage with treatment, check their progress, or manage their health after discharge?

**2**

**3** What are the best ways to deliver physiotherapy services to meet patients' needs and improve outcomes for patients and services?

To stop health problems occurring or worsening, what physiotherapy treatments, advice or approaches are safe and effective? Where more than one treatment/approach works, which work best and in what dose?

**4**

**5** What are patients' expectations regarding recovery, how do these compare to physiotherapists' views and, where recovery is not possible, how is this managed?

How does waiting for physiotherapy affect patient and service outcomes?

**6**

**7** What parts of physiotherapy treatments cause behaviour change or physical improvement?

What approaches are effective for enabling parents, relations or carers to support physiotherapy treatment or to help patients to manage their own health problem?

**8**

**9** How is patient progress and/or the results of physiotherapy treatment measured? How is service performance measured and checked?

How can access to physiotherapy be improved for groups who have reduced access?

**10**