

3 Practical Takeaways



How much are we providing evidence-based interventions?

From a study on an outpatient PT department: "Describing the Delivery of Evidence-Based Physical Therapy Intervention to Individuals With Cerebral Palsy" by Bailes, A. F., Greve, K., Long, J., Kurowski, B. G., Vargus-Adams, J., Aronow, B., & Mitelpunkt, A. (2021). *Pediatric Physical Therapy*, 33(2), 65-72.

1

66% of interventions provided were evidence-based

- 2% were yellow "probably should not do"; 3% were red "do not do it"
- 30% were ungraded (more research is needed on these interventions)

2

Clinic- & school-based therapists must communicate

- Many interventions provided in the clinic and in schools differ
- To complement each other, therapists must collaborate

3

We can self-reflect on our practice using research

- We can self-reflect on our own documented interventions, by comparing them to available research (click here for those studies)

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