



Chapter

Evidence-Based Practice for Sports and Exercise Therapists

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ABSTRACT

Imagine a world in which Batman exists without Robin? Hans Solo pilots the Millennium Falcon without Chewbacca? It would also be elementary to observe the unthinkable situation of Sherlock Holmes solving a mystery without his faithful friend, Dr Watson. In this same world, sports and exercise therapists are likely to be treating neuromusculoskeletal injuries and managing their patients without any evidence. One typically requires the other, and sports and exercise therapists need to understand evidence to be effective practitioners. Sports and exercise therapists, therefore, need to know what evidence-based practice (EBP) is, what it is not and how it can be implemented.

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