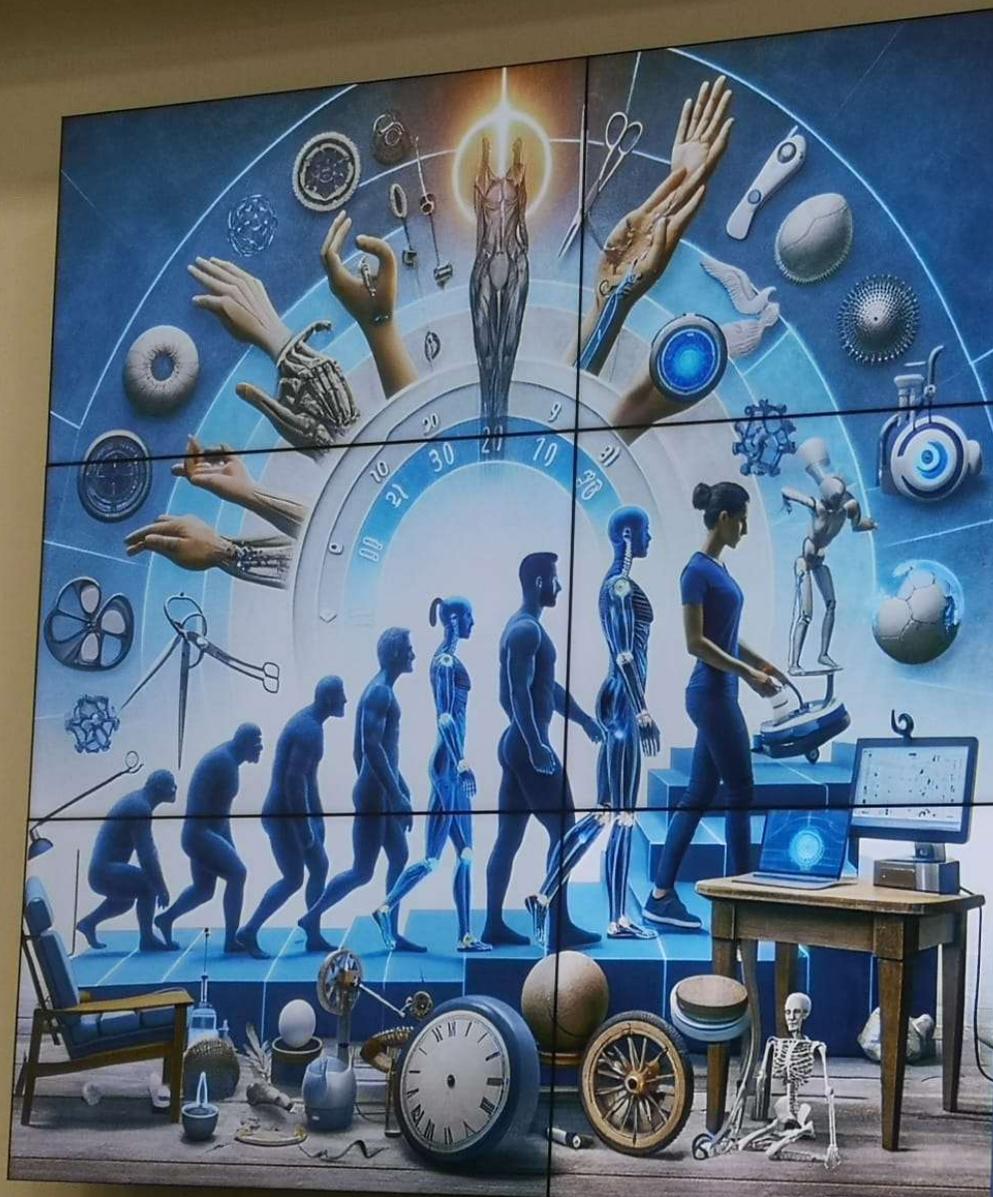




# INNOVAZIONE E RICERCA IN FISIOTERAPIA



13/01/2026



# INNOVAZIONE E RICERCA IN FISIOTERAPIA

13/01/2026



STVDIORVM VNIVERSITAS MESSANAE  
A.D.1548

# INNOVAZIONE E RICERCA IN FISIOTERAPIA

13/01/2026









# INNOVAZIONE E RICERCA IN FISIOTERAPIA

13/01/2026



VERSO L'ADESIONE TERAPEUTICA: IL GIALLO TRA LA PRATICA CLINICA E LA RICERCA  
 TOWARDS THERAPEUTIC ADHERENCE: THE YELLOW BETWEEN CLINICAL PRACTICE AND EVIDENCE

**INTERNATIONAL JOURNAL OF PHYSIOTHERAPY**

**MILOANO**

**DIRECT ACCESS TO PHYSIOTHERAPY FOR MUSCULOSKELETAL DISORDERS: A SCOPING REVIEW ON CLINICAL EFFECTIVENESS, COSTS AND SAFETY**

Antonio Di Dio<sup>1</sup>, Francesca Igoietti<sup>1</sup>, Gaetano Di Marco<sup>1</sup>, Silvia Saraceno<sup>1</sup>, Filippo Cavallaro<sup>1</sup>,  
 Francesco Romano<sup>1</sup>

<sup>1</sup>Department of Clinical and Experimental Medicine, University of Messina, Messina, Italy

**INTRODUCTION**  
 Direct access to physiotherapy (DAP) is a model of care that allows patients to access physiotherapy services without the need for a medical referral. This model is based on the assumption that physiotherapists are qualified to assess and manage musculoskeletal disorders. DAP has been shown to be effective and safe, and it is associated with reduced costs and improved patient satisfaction. However, the implementation of DAP is still limited in many countries. This scoping review aims to explore the current evidence on the clinical effectiveness, costs, and safety of DAP for musculoskeletal disorders.

**OBJECTIVES**  
 The primary objective of this review was to identify the clinical effectiveness, costs, and safety of DAP for musculoskeletal disorders. The secondary objectives were to explore the barriers and facilitators to the implementation of DAP.

**METHODS**  
 This scoping review followed the PRISMA-ScR approach. The search strategy was developed using the following keywords: "direct access", "physiotherapy", "musculoskeletal disorders", "costs", and "safety". The search was conducted in the following databases: PubMed, Scopus, Embase, and Cochrane Library. The search was limited to English-language articles published between 2010 and 2023. The search results were screened based on the following criteria: (1) the study must be a scoping review, (2) the study must focus on the clinical effectiveness, costs, and safety of DAP for musculoskeletal disorders, and (3) the study must be published in a peer-reviewed journal.

**RESULTS**  
 A total of 10 studies were included in the review. The studies were conducted in various countries, including the United States, Canada, and the United Kingdom. The studies showed that DAP is associated with improved clinical outcomes, reduced costs, and improved patient satisfaction. However, the implementation of DAP is still limited in many countries due to barriers such as lack of funding, lack of training, and lack of awareness.

**CONCLUSIONS**  
 The findings of this review confirm that DAP is an effective, safe, and sustainable model of care for musculoskeletal disorders. It is associated with improved clinical outcomes, reduced costs, and improved patient satisfaction. However, the implementation of DAP is still limited in many countries due to barriers such as lack of funding, lack of training, and lack of awareness.

**REFERENCES**  
 1. Di Dio A, Igoietti F, Di Marco G, Saraceno S, Cavallaro F, Romano F. Direct access to physiotherapy for musculoskeletal disorders: a scoping review on clinical effectiveness, costs and safety. *International Journal of Physiotherapy*. 2023;16(1):1-10.

antoniodio2@yahoo.com



