**Article Appraisal Template**

Title of Article:

Author(s):

Journal Name:

List Reference [i.e., JNPT 2000;83(5):22-30]:

Brief statement about the level of evidence that the article provided:

* Was the study randomized? If a systematic review, did it only include randomized trials?
* Where patients/researchers blinded?
* Were there control groups? Were research and control groups similar?
* Was randomization concealed?
* Did the study use enough participants?
* What was the variable they were testing and did they control for this?
* Was follow up of patients sufficiently long?
* Make a statement about the strength of the evidence provided. It is preferred that Sackett’s level of evidence rating be used (Level 1, 2, 3 or 4).

In two paragraphs, please summarize how the information that you read in this article applies to your daily practice.

* How you may use this information in your assessments and treatment planning for this patient population.
* Perhaps there was some new information that you found intriguing.
* Perhaps there were some previous myths that were debunked after reading the article.