



**Gerard Alvarez DO, MsC, PhD**

**Proposed talk**

*“Methodological strategies to evaluate the efficacy of manual therapy”*

**DIRECTOR DEL CENTER FOR OSTEOPATHIC MEDICINE COLLABORATION – Spain  
National Center ([COME – Spain NACE](#))**

REVISOR del [International Journal of Osteopathic Medicine](#) ISSN: 1746-0689

**Publicaciones:**

Roura S, Álvarez G, Solà I, Cerritelli F. [Do manual therapies have a specific autonomic effect? An overview of systematic reviews](#). Kielbassa AM, editor. PLoS One. 2021 Dec;16(12 December):e0260642. Available from: <https://doi.org/10.1371/journal.pone.0260642>

Núñez-Cortés R, Alvarez G, Pérez-Bracchiglione J, et al. [Reporting results in manual therapy clinical trials: A need for improvement](#). Int J Osteopath Med. 2021. doi:<https://doi.org/10.1016/j.ijosm.2021.06.002>

Alvarez G, Zegarra-Parodi R, Esteves JE. [Person-centered versus body-centered approaches in osteopathic care for chronic pain conditions](#). Therapeutic Advances in Musculoskeletal Disease. January 2021. doi:10.1177/1759720X211029417

Alvarez, G., Justribo, C., Sundberg, T. et al. [A national cross-sectional survey of the attitudes, skills and use of evidence-based practice amongst Spanish osteopaths](#). BMC Health Serv Res 21, 130 (2021). <https://doi.org/10.1186/s12913-021-06128-6>

Alvarez G, Núñez-Cortés R, Solà I, et al. [Sample size, study length and inadequate controls were the most common self-acknowledged limitations in manual therapy trials: A methodological review](#)

Alvarez G, Roura S, Cerritelli F, Esteves JE, Verbeeck J, van Dun PLS. [The Spanish Osteopathic Practitioners Estimates and Rates \(OPERA\) study: A cross-sectional survey](#). *PLoS One*. 2020;15(6):e0234713. doi:10.1371/journal.pone.0234713

Alvarez G, Van Biesen T, Roura S. [Professional identity in the evolution of osteopathic models: Response to Esteves et al.](#) *Int J Osteopath Med*. 2020;36:58-59. doi:10.1016/j.ijosm.2020.05.001

Van Biesen T, Alvarez G. [Beliefs about chronic low back pain amongst osteopaths registered in Spain: A cross-sectional survey](#). *Int J Osteopath Med*. 2020;36:3-10. doi:10.1016/j.ijosm.2020.03.002

Alvarez G, Sola I, Sitjà-Rabert M, et al. [A methodological review revealed that reporting of trials in manual therapy has not improved over time](#). *J Clin Epidemiol*. January 2020. doi:10.1016/j.jclinepi.2020.01.006.

Álvarez Bustins G, López Plaza P-V, Carvajal SR. [Profile of osteopathic practice in Spain: results from a standardized data collection study](#). *BMC Complement Altern Med*. 2018;18(1):129. doi:10.1186/s12906-018-2190-0.

Gerard Alvarez, Francesco Cerritelli, Gerard Urrutia, [Using the template for intervention description and replication \(TIDieR\) as a tool for improving the design and reporting of manual therapy interventions](#), *Manual Therapy*, Available online 11 March 2016, ISSN 1356-689X, <http://dx.doi.org/10.1016/j.math.2016.03.004>.

Gerard Alvarez, Sonia Roura, Daniel Ruiz, Mayte Serrat. [Comentarios a raíz del vídeo “La Osteopatía a juicio”](#) Noviembre 2017

Gerard Alvarez, [Study of the effects of HVLA technique on the cervicothoracic junction on blood pressure and superficial blood flow of the upper extremity](#) <http://www.osteopathic-research.com>