Aim
This study aims to investigate the additional value of elderly-therapist communication on the effect of physical therapy treatment in elder adults. A systematic review does patient-therapist communication change the effect of physical therapy treatment in elder adults? A systematic review

Methods
A systematic review of RCTs and CCTs. PubMed, Embase, Cinahl, Cochrane Trial, Psychinfo, Amed, and Pedro

Between January 1980 and August 2016
Elder adults were at least 60 years old
Control group must comprise exercise
Interventions group comparable exercise plus elderly-therapeutic communication.

Interventions were classified to Behavior Change Technique Taxonomy
Quality assessments PEDro-scale
Level of evidence GRADE approach

Quality assessment PEDro-scale: Very small effect on self-reported physical activity; No effect on performance-based physical activity (walking, TUG, muscle strength) (fig. 1)
Low-quality evidence intervention: Repetition to improve confidence showed a small effect that favors other behavioral techniques such as goal setting (fig. 2).

Results
12 Studies included (n = 1101); 10 musculoskeletal dysfunction, 1 stroke, 1 COPD.

Pedro scores: 3-8

High-quality evidence outcome measure: Sensitivity to change of self-reported physical activity against performance-based outcomes

Discussion
Sensitivity to change of self-reported physical activity against performance-based outcomes

Background
The prevalence of elderly visiting a physical therapist is high. One of the reasons to visit a physical therapist may be to increase physical activity.

Previous studies showed a positive effect of a diversity of types of exercise therapies to increase physical activity levels. To enhance the effect of these therapies it is interesting to look at the so-called common parts of a physical therapy treatment.

One of the common factors is patient-therapist communication.

Conclusion
Although the level of evidence is low, in older adults, it is recommended to repeat easy tasks and improve elderly-therapist communication to increase the physical activity level of elderly.