



## **Dr. Gerard Alvarez (Spain)**

Physiotherapist, Osteopath Eur. Ost. DO, MSc in Research Methodology Applied to Health Science and PhD in Research Methodology and Public Health

## **Invited Speaker – Saturday 24. September from 14.00-15.30**

### **BIO**

Dr. Gerard Alvarez is an osteopath DO with broad interests in osteopathic research. Based in Barcelona, he combines clinical activity with teaching and research activities. Since his completion of a Master's degree in Research Methodology, he has focused on further exploring the methodological challenges related to Manual Therapy research, finally obtaining his PhD on this subject. Dr. Gerard is also an active member of COME Collaboration and the Director of the Spain National Center.

### **Presentation title**

Methodological challenges in the assessment of the efficacy of Manual Therapy

### **Abstract**

Randomized clinical trials (RCTs) are considered the gold standard to assess the efficacy of health interventions.



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However, some methodological requirements of this design do not fit with the specificities of complex interventions like manual therapy, leading to important limitations when doing clinical research. This “mismatch” impacts the research quality in this field and also in its external validity. In this presentation, we’ll explore the main difficulties identified and make some proposals to overcome them.