



Knowledge and Library Services Case Study

Organisation of service user:

Royal Orthopaedic Hospital

Title of Case Study:

Rehabilitation and physical preparation for return to play following sports injuries to the upper limbs.

7th January 2026

Reason for enquiry or knowledge need

The ROH Librarian was requested to undertake a literature search to identify current evidence on rehabilitation and physical preparation for return to play following upper limb sports injuries. This was to support clinical knowledge and inform practice by summarising available research and guidance.

What the knowledge and library specialist did

The Library and Knowledge Service conducted an extensive, systematic literature search, totalling over 12 hours of specialist time. Relevant medical databases, grey literature, and NHS information sources were interrogated to identify available evidence. The findings were presented in a structured, accurate and highly detailed literature search report. Furthermore, the library team sourced and supplied full-text articles, ensuring the research was built upon high-quality, peer-reviewed evidence.

Impact of input from the library and knowledge service

The service enabled access to up-to-date evidence that would have otherwise required extensive time to locate. It supported both immediate clinical application and broader professional development, including publishing protocols, book chapters, and scoping reviews. The library service also facilitated skills development in literature searching, enhancing future research capabilities.



Immediate Impact

Description:

The literature search directly supported the development of a clinical protocol in an under-researched area, which has since been published. Additionally, it allowed timely sourcing of articles for edited book chapters and upcoming textbooks.

Quotes:

“The structured report saved me considerable time and ensured I had the most relevant and current evidence for protocol development.”

“The librarian’s input directly enabled the completion of my book chapter and identification of key articles for upcoming publications.”

Probable future Impact

Description:

The skills and evidence provided by the library service are likely to support further research, scoping reviews, and educational outputs. They provide a foundation for ongoing evidence-based practice and publication in clinical strength and conditioning.

Quotes:

“The literature searching skills I developed with support from the library will inform future scoping reviews and publications.”

“Access to a comprehensive evidence base will continue to underpin my research and clinical practice in return-to-play rehabilitation.”

“The team is exceptional, consistently providing a highly professional service and willingly going above and beyond. Their support has had a significant impact on my personal development and, by extension, the professional growth of other clinicians. The publications that have resulted from the library’s assistance are likely to translate into meaningful improvements in clinical practice.”

Name and Job Title:

*Uzo Ehiogu, Clinical Programme Lead, MSK Academy.
Beth Boddice, Associate Librarian*



Submission Details

Knowledge and Library Service Details:

Organisation: The Royal Orthopaedic Hospital NHS Foundation Trust
Contact name: Beth Boddice
Contact email: roh.library@nhs.net

NHS Region *[Make bold the option which applies:]*

East of England

London

Midlands

North East and Yorkshire

North West

South East

South West

Sector user is based in: *[Make bold the option which applies:]*

Acute

Acute and community

Care Trust

Commissioning Support

Community Trust

Cross-sector

Integrated Care Board

Integrated Care System

Mental Health

Mental Health / Learning Disability

Mental Health / Social Care

Primary Care

Public Health

Shared Service / Informatics

Social Care

Special HA

Other. If other, please specify: **Specialist Foundation Trust**

Group Impacted *[Make bold the option which applies:]*

Additional Clinical Services

Administrative and Clerical

Allied Health Professionals

Estates and Ancillary
Healthcare Scientists
Medicine and Dental
Multiprofessional
Patients, Carers and the Public
Nursing and Midwifery
Scientific and Technical
Students

Impact Types

Contributed to personal or professional development
Contributed to service development or delivery
Facilitated collaborative working
Improved the quality of patient care

Consent

I have consent from individuals referred to in this case study to share details nationally for advocacy and promotion.

Yes

No