

Quality Assurance Bulletin

March 2019 | Spine |

Welcome to the QA Bulletin!

Caring for patients with spinal conditions can be complex. Many times, patients come with chronic symptoms that have been with them for many years. In this bulletin you will find articles on therapy for the spine, helpful education tips and social media entities as well as some common certifications that can help increase the therapist's knowledge and skills to better treat their patients.

Enjoy!

NDPTA QA Committee

"We've Got Your Back"

Orthopaedic Care of the Spine

A review of more than 60 RCT evaluating exercise therapy for adults with low back pain found that such treatment can decrease pain, improve function, and help people return to work. The American College of Physicians states that "non-pharmacologic interventions are considered first line options in patients with chronic low back pain."

<http://www.apta.org/PTinMotion/2018/10/Feature/Opioid/>

Lower Trapezius Muscle Strength

Individuals with unilateral neck pain exhibit significantly less lower trapezius strength in the side of neck pain as compared to the contralateral side. Progressive resistive exercises and core stabilization exercises may help restore balance of normal strength in the lower trapezius muscle may be in important part of successful rehabilitation of patients with cervical pain.

<https://doi.org/10.2519/jospt.2011.3503>

Combined Effects of Thoracic Thrust Manipulation (TTM) and Cervical Non-Thrust Manipulation (CNTM)

Individuals with mechanical neck pain who received both TTM and CNTM plus exercise demonstrated better overall short-term outcomes compared to those receiving only non-thrust manipulation of the cervical spine plus exercise.

<https://doi.org/10.2519/jospt.2013.4221>

Did you know your MRI can be misleading?



If you take people without back pain and put them through a CT scan or MRI, you get some surprising results.

37% of 20 year olds
80% of 50 year olds
96% of 80 year olds
Have "disc degeneration"

30% of 20 year olds
60% of 50 year olds
84% of 80 year olds
Have "disc bulging"

It turns out that some of these changes are just a normal part of the aging process. If your MRI says something scary, don't be afraid - call a physical therapist.

We can get you moving again!

www.GetPT1st.com

Brinjikji, et al. Am J Neuroradiol. 2014 Nov

"Non-pharmacologic interventions are considered first line options in patients with chronic low back pain."

The American College of Physicians



Instagram

@themovementmaestro
@adammeakins
@movementologists



Twitter

@peteosullivanpt
@greglehman



Podcasts

PTPodcast
Jason Silvernail
Greg Lehman



Facebook

Movementologists
Doctor of Physical Therapy Students

Continuing Education and Certifications

Orthopaedic Certified Specialist (OCS)

Formal recognition for physical therapists with advanced clinical knowledge, experience, and skills in a special area of practice. Only certification recognized by APTA as a true certified specialist.

American Board of Physical Therapy Specialties. (2019)

<http://www.abpts.org/Certification/Orthopaedics/>

McKenzie Method of Mechanical Diagnosis and Therapy (MDT)

The clinician examines the patient using a validated assessment protocol. The emphasis within MDT is on promoting independence and self-treatment.

The McKenzie Institute International.

<http://www.mckenzieinstitute.org/>

Manual Therapy Certification (MTC)

Designed to advance the physical therapist as a provider of patient care with advanced clinical competency.

Evidence In Motion. (2003-2019)

<https://www.evidenceinmotion.com/educational-offerings/>

Certified Spinal Manual Therapist (CSMT)

International Spine and Pain Institute offers a certification process in manual manipulative therapy of the spine.

Spine and Pain Institute. (2003-2019)

<https://www.ispinstitute.com/educational-offerings/>

Certified Mulligan Practitioner (CMP)

Designed to reduce pain and improve the patient's ROM, involves Natural Apophyseal Glides (NAGS), Sustained Natural Apophyseal Glides (SNAGS) and Mobilization with Movement (MWM).

Mulligan Manual therapy Concept (2019)

<https://www.bmulligan.com/>

Certification of Orthopaedic Manipulative Therapy (COMT)

For clinicians who wish to significantly enhance their manual therapy skills for soft tissue work, joint mobilization and joint manipulation.

Ola Grimsby (2017). Clinical Certification in Orthopaedic Manual Therapy.

<https://www.olagrimsby.com/certification/clinical-certification-orthopedic-manual-physical-therapy-comt/>

POP Quiz!

1. What is the most common level for a bulged disc?
2. What is a "Scotty Dog Fracture"?
3. Which plane are the transverse process of the lumbar spine?

Answers: L4-L5; spondylolisthesis; sagittal

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Patient Resources

www.apta.org/PRMarketing/Consumers/PatientHandouts/

<https://www.youtube.com/watch?v=LO1hg2ya3Js>

<https://www.youtube.com/watch?v=3F5Sly9JQao>