Current Evidence Based Protocols on the Use of Therapeutic Modalities

Course Description:

This book summarizes the effectiveness of several therapeutic modalities in the treatment of neurologic and musculoskeletal disabilities and the challenges faced by the health practitioners in selecting the most appropriate treatment. Numerous guidelines recommend therapeutic modalities for the management of musculoskeletal conditions. However, specific recommendations are lacking concerning which adjunct modalities to employ. This book will discuss current evidence-based clinical practice guidelines have been developed in the treatment of neurologic and musculoskeletal conditions.

Clinicians use a variety of modalities to reduce pain improves mobility and treat neuromusculoskeletal injuries and disabilities. Examples of therapeutic modalities include: hot-packs, cold-packs, whirlpools, TENS (Transcutaneous Electrical Nerve Stimulation), ultrasound, traction, electrical stimulation, and joint and spine mobilization/manipulation that can help strengthen, relax, and heal muscles and expedite recovery in the orthopedic setting. Specific recommendations are lacking concerning which adjunct modalities to use. This review will summarize the effectiveness of several therapeutic modalities in the treatment of neurologic and musculoskeletal disabilities and the challenges faced by the health practitioner in selecting the most appropriate treatment.

Course objectives:

1. Understand how ultrasound benefits in fracture healing.
2. Identify the mechanisms of action of iontophoresis, low-level laser therapy, electrical stimulation and spinal decompression therapy.
3. Choose the best modality for osteoarthritis and rheumatoid arthritis
4. Prescribe the best treatment protocol for knee pain, neck pain, and shoulder pain based on evidence based guidelines
5. Differentiate high intensity ultrasound versus low intensity ultrasound

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Needs Assessment
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Activities of Daily Living (ADL)
Social Participation
Body Structures

Category 2: PROCESS

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Intervention
Develop intervention plan & approaches (create/promote, establish/restore, maintain, modify, prevent)
Implementation of intervention (therapeutic use of self, therapeutic use of occupations/activities, consultation process, education process, advocacy)
Health & wellness
Current Evidence Based Protocols on the Use of Therapeutic Modalities

Target Audience:

About the Author

Caroline Joy Co, PT, DPT, CHT, CSFA, is a licensed physical therapist and certified hand therapist whose clinical experience includes acute, subacute, home health and outpatient settings. Her background includes Community Based Therapy designed to assist people with disabilities access therapy in their communities using predominantly local resources. She is the President and CEO of PT Sponsor.com, an online resource for U.S. hospitals and clinics that seek to sponsor and hire foreign-trained physical therapists. She specializes in hand therapy through an integrated approach that includes education, counsel and exercise. She is also certified in functional assessment for work hardening and work conditioning.

She is also the President of Rehabsurge, Inc. Rehabsurge, Inc. is a continuing education company and a contracting agency. Her past affiliations include Long Beach Medical Center, Horizon Health and Subacute Center, and Grandell Therapy and Nursing Center. She was a professional speaker for Summit Professional Education, Cross Country Education and Dogwood Institute for Hand therapy courses; myofascial release and nerve mobilization courses; and coding, billing, documentation and ethics. She received her transitional doctorate from A.T. Still University and her BS in Physical Therapy from University of the Philippines- College of Allied Medical Professions. She is licensed in California, Nevada and New York.

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