Treatment Goals and Modality Interventions

“What can I use for what and how?”
Treatment Goals and Modality Interventions

- Treatment Goals:
  - Reduction in
    - Pain
    - Edema
    - Inflammation
    - Muscle guarding
Treatment Goals and Modality Interventions

- Treatment Goals:
  - Increase Function!
    - ROM
    - Strength
    - Tensile strength of new tissue
      - Tissue healing
Treatment Goals and Modality Interventions

Pain

Dysfunction

Muscle Guarding
Treatment Goals and Modality Interventions

Primary and Secondary Treatment Goals:

- Primary
  - Pain
  - Strength
  - Edema
  - Muscle guarding
• Primary and Secondary Treatment Goals:
  – Secondary
    • Function
    • ROM
    • Muscle Guarding
    • Edema
    • Pain
Sample Patient Scenario

- A pt. is being seen in the physical therapy department following an MVA. She sustained cervical and lumbar strains and has marked muscle guarding in both regions.
Sample Patient Scenario

- **Patient Goals**
  - **Decrease**
    - Pain and Headaches
    - Muscle guarding
  - **Increase**
    - ROM in Cervical and Lumbar Spines
Goals and Potential Treatment Interventions

• Electrical Stimulation
  – Potentially for all treatment goals
    • Proven to:
      – Decrease pain
      – Decrease muscle guarding
    • Secondary
      – Increase relaxation ….improve function
Goals and Potential Treatment Interventions

• Heat in the form of Hot packs
  – Increase in circulation
    • Vasodilation
    • Increased metabolite return
      – decrease pain
      – decrease muscle guarding
Goals and Potential Treatment Interventions

• Massage
  – decreases muscle guarding

  – Secondary
    • Decrease in pain
    • Increase in circulation
Goals and Potential Treatment Interventions

- Therapeutic Exercises
  - Increase ROM
  - Increase strength

- Secondary
  - Improved function
  - Increased circulation
  - Decreased pain
Treatment Interventions

- Therapeutic Exercise to Increase ROM
- Passive movements ONLY in the hands of a skilled clinician.
- Later, passive stretching
Goals and Potential Treatment Interventions

- Ultrasound
  - Breaks up fibrocystic nodules
    - decreases mm guarding
      - Decreases pain
  - Increases circulation
    - Decreases pain
  - Secondary
    - Improves function
Treatment Interventions

- US to decrease mm guarding
- If there is a palpable nodule ONLY.
- Later US can be combined with a passive stretch... after the acute stage.
Treatment Interventions

- Combinations for first treatment
  - Palpate the areas, assess levels of discomfort, guarding etc…
Treatment Interventions

– Electrical Stimulation & Hot Pack
  • Caution if using self adhering electrodes
Treatment Interventions

- Re-palpate after Rx and re-assess need for more Rx
Treatment Interventions

- **US if there is a palpable nodule**
Potential Treatment Intervention Sequencing

- Initial visit to physical therapy
  - Initial Examination
    - Determination of the Physical Therapy Diagnosis
Potential Treatment

Intervention Sequencing

• Pros and Cons:
  – Heat
Potential Treatment
Intervention Sequencing

• Pros and Cons:
  – Ultrasound
Potential Treatment Intervention Sequencing

- Pros and Cons:
  - Massage
  - Manual Techniques
Potential Treatment Intervention Sequencing

- Pros & Cons:
  - Therapeutic Exercise
Potential Treatment Intervention Sequencing

- Pros & Cons:
  - Electrical Stimulation
Potential Treatment Intervention Sequencing

• Pros & Cons:
  – Home Programs
Potential Treatment Intervention Sequencing

- Second visit to physical therapy
- Second week
- Re-assessment