

PHYSIOTHERAPY

WITHOUT MACHINES !!!

the roles of
**Manual &
Manipulative
Physiotherapy**
in your health care

The Centre For Manual Physiotherapy
Focuses Assessment And Treatment
With Safe And Effective Manual And Manipulative Physiotherapy

~ DEFINITION ~

- ⇒ Manual Physiotherapy is a systematic, **problem-solving approach** to patient treatment that has a sound scientific and clinical basis
- ⇒ The manual therapist provides comprehensive conservative management for spinal, extremity and temporomandibular joint neuromusculoskeletal dysfunction
- ⇒ Manual therapy is a **specialization** within the physiotherapy profession
- ⇒ Manipulative therapy falls within the scope of practice of manual therapy as one treatment approach or collection of techniques
- ⇒ Canada is known as a leader in the area of orthopaedic manual and manipulative physiotherapy implementing an integrated approach (including such well known and respected philosophies as those of Cyriax, Grieve, Kaltenborn, and Maitland)
- ⇒ A stringent post-graduate education process is well-respected within the field and among different professions

- ⇒ At the Centre For Manual Physiotherapy, Patricia Palmer, owner and practitioner is **nationally certified in orthopaedic manipulative physiotherapy**, having gone through the rigorous post-graduate education program offered through the **Orthopaedic Division of the Canadian Physiotherapy Association**
 - ⇒ 7 specialized prerequisite courses
 - ⇒ two advanced clinically supervised programs in spinal and peripheral manipulative therapy (totalling 5 months of full time post-graduate studies)
 - ⇒ and an examination process
 - ⇒ an extensive case history exam
 - ⇒ a theoretical written exam
 - ⇒ Part A & B oral/practical exams done in front of 7 certified examiners and an orthopaedic surgeon
- ⇒ The first level of exams is called Part A
- ⇒ Successful candidates are then encouraged to participate in spinal manipulation courses before attempting the Part B examination, which, upon completion, gives the successful candidate the credential FCAMT (Fellow of the Canadian Academy of Manipulative Therapy)

- ⇒ This process is in keeping with the philosophy of the International Federation of Orthopaedic Manipulative Therapists (IFOMT)
- ⇒ Presently, very few FCAMT's and RCAMT's practise in the National Capital Region

MANUAL THERAPY

PHYSIOTHERAPY WITHOUT MACHINES !

- ⇒ The physiotherapist uses her hands to assess and treat a variety of problems and injuries

The goal in manual therapy is to
focus on the cause of the problem
 thereby directly and indirectly treating the symptoms

- ⇒ Strong consideration is given to the multifactoral cause of dysfunction and especially its multi-structural effects
- ⇒ For example, looking for one cause of mechanical spinal dysfunction or one universal treatment would be potentially non-inclusive, especially in a chronic or recurring case of insidious onset

Assessment is not limited to the local dysfunction
 but will include a detailed analysis of the biomechanical system, looking at posture, spinal function, and movement patterning

- ⇒ The assessment enables us to identify underlying structural imbalance/dysfunction that must be addressed in order to avoid perpetuation or recurrence of symptoms
- ⇒ Sustained abnormal stresses are imposed, which gradually exhaust the tissue's adaptive potential
- ⇒ Secondary joint dysfunction involving too much movement sequentially follows known as hypermobility or instability
- ⇒ Treatment might, therefore, have to address myofascial imbalances, the articular/joint findings at the hip, and the hypermobility within the lumbar spine
- ⇒ From the basic scanning examination and then a more detailed look at spinal and peripheral mobility via **passive intervertebral or accessory movement testing**, a more accurate profile of dysfunction can be obtained
- ⇒ Safety rules regarding precautions and contraindications, are strictly adhered to and observed
- ⇒ Mobility and stability testing is done to determine if the articular dysfunction is one of hypomobility, hypermobility, or instability
- ⇒ Length-tension testing and neural tissue testing are carried out to assess myofascial and neuromeningeal structures respectively
- ⇒ Key features or salient signs are noted and are used to plan treatment, assess progress, and test the efficiency of treatment

MANIPULATIVE THERAPY

- ⇒ Manipulation is more commonly understood as the "cracking" of a joint that a qualified practitioner uses as treatment to encourage joints that are "stuck" to move normally
- ⇒ Four main groups practise manipulation:
 - ⇒ Qualified Physiotherapists, Manual Medicine Physicians, Chiropractors, Osteopaths

Physiotherapy manipulative techniques are HIGH velocity, LOW amplitude, & use a SHORT lever in the majority of cases

HOME EXERCISE PROGRAMS

- ⇒ A MUST
- ⇒ Special attention is given to the **re-education of specific muscle patterning**
- ⇒ Often it is the inability to properly coordinate movement (vs. the lack of local strength alone) that can perpetuate dysfunction
- ⇒ If not addressed, abnormal movement patterns are reinforced (and the symptoms persist or get worse!)

‘THE STRONG GET STRONGER, THE WEAK GET WEAKER’

- ⇒ **Active exercise and home programs** are crucial elements of manual therapy treatment
- ⇒ Treatment gains must be maintained and patients are encouraged immediately to take an active role in their rehabilitation
- ⇒ The importance of this team effort is stressed continuously as the **patient is taught to help themselves**; after all, the primary goal is painfree functional independence as soon as possible, not dependence on passive treatment
- ⇒ Modalities, such as ultrasound, are used as adjuncts to assist manual techniques, but do not act as ‘treatment’ on their own.
- ⇒ Through clinical experience and ongoing post-graduate education, our learning continues
- ⇒ In working towards manual therapy specialization, we look back to **critically evaluate our treatment results**, ever improving our techniques and rationale

MANUAL THERAPY BASES TREATMENT ON THE CLINICAL PROFILE OF
DYSFUNCTION
IT IS A PLANNED, LOGICAL, SAFE, AND EFFECTIVE APPROACH

AT THE CENTRE FOR MANUAL PHYSIOTHERAPY
WE FEEL THIS IS WHAT OUR PATIENTS DESERVE

YOUR PHYSIOTHERAPIST CAN HELP YOU WITH THE REST...

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