

WHAT IS PHYSICAL TREATMENT?

ACUPUNCTURE/TENS

Works on trigger points.
Safe in arthritis and pregnancy.
Effective in chronic pain.

POSTURAL EXERCISES

Maintain your spine in a straight line.

Low back – Lie on back, hands behind knees pull knees towards chest ten times until you can feel stretching, repeat twice a day.

Neck - Sit on chair; tuck your chin into your chest, lean back until you can feel stretching, three times an hour.

MEDICATION

Over the counter or from a doctor

- NSAIDs (anti-inflammatory)
- Paracetamol
- Codeine based
- Pain modifiers (Amitriptyline or Gabapentin)
- Steroid injections
- Capsaicin
- Vitamin D3 25ug
- Creams and Gels
- Muscle Relaxants

PRACTITIONERS

CHIROPRACTORS are registered with the GCC.

They are specialists in treating subluxations of the spine with adjustments and use X-rays and other imaging in diagnosis.

OSTEOPATHS are registered with the GOsC.

They are specialists in treating tilted pelvis.

PHYSIOTHERAPISTS are registered with the HPC.

They work in the NHS and privately.

They are specialists in using electrotherapy and increasing range of motion.

Some physiotherapists are trained to treat pregnant women, and do ergonomic workplace assessment.

PODIATRISTS are registered with the HPC.

They work in the NHS and privately.

They are specialists with foot problems and Biomechanical conditions of the ankles, knees and hips. They prescribe orthotic devices.

WHICH PRACTITIONER?

Consider ease of access, recommendations from friends and availability at times you are not working. Most conditions respond by four sessions.



Registered Physical Practitioners
treat a number of
Musculoskeletal conditions.
They use a number of modalities
(types of treatment)
They tailor the treatment to
fit your symptoms.

ASSESSMENT

History including past medical history.
Examination of your muscles, nerves and joints.
Explanation of your diagnosis and advised treatment and side effects.

CONDITIONS

WHIPLASH

Causes damage to the muscles and tendons with neck stiffness and nerve irritation.

You feel neck pain, headaches, arm pain, pins and needles, fatigue and poor concentration.

It is caused by rapid movement of the neck to the limits of motion.

The neck curves into an abnormal S shape which alters normal neck movement.

Physical Practitioner assess, treat and advise posture and exercises. GPs prescribe pain medication.

Improvement expected by 2 weeks and resolution by 6 months.

Whiplash associated disorder (WAD) is graded into four levels for instance WADIIb is where muscles are tender and movement restricted.

VITAMIN D

Vitamin D is found in foods like liver and is made in the body from exposure to UV light. Low Vitamin D is common and causes the bones to soften (osteomalacia) and increases risk and severity of injury and slows recovery. Vitamin D 10ug is recommended in pregnancy.

CERVICAL SPONDYLOSIS

Is the medical name for wear and tear changes in the neck.

The pain can flare up even with minor trauma.

Many Practitioners recommend a cervical spine x-ray to check if manipulation would be safe.

80% of people over 50 years old have grinding noises and signs on X-ray. Physical Practitioners teach posture exercises and give acupuncture.

RECURRENT NECK PAIN

Three quarters have no history of injury.

Physical Practitioners Deprogram 'stretching and rolling neck' and GPs treat stress.

Common in people with postural problems for instance Kyphosis Lordosis and Hypermobility Joints.

SPORTS INJURIES

Acute trauma with rupture of tissues, healing causes scarring.

Risk of injury rises rapidly when exercise levels get close to maximum.

Initially NSAIDs (anti-inflammatories)
Ice Compression, Elevation of the injured part, and rest.

Then after a few days Physical Practitioners Massage and advise a Rehabilitation program.

Exercise at 30% of maximum is enough to prevent de-conditioning whilst avoiding further injury.

BACKACHE

Is due to muscle, ligament or nerve irritation from poor posture or repetitive strain as well as trauma.

Physical Practitioners can free stiff joints and remove spinal nerve irritation.

Doctors can inject steroid into the sacro-iliac ligaments.

Postural exercises can reduce nerve stretching.

A combination of twisting with bending movements can cause the back to become injured.

SCIATICA

Is irritation or compression of the nerve roots due to a disc bulge. You feel referred pain down one leg with numbness and weakness. CT or MRI scan shows the damaged discs. Physical Practitioners manipulate the spine to take the pressure off the nerve root. Some cases need surgery.

TREATMENTS

MANIPULATION / MOBILISATIONS

Clicking realigns the spine.

Breaks down facet joint scar tissue.

Frees up neural tissues.

SOFT TISSUE MASSAGE/STRETCHES

Breaks down soft tissue scarring.

Improves muscle function.

Improves circulation.

ELECTROTHERAPY / COLD LASER

Reduces local inflammation.

Reduces pain.

HOME EXERCISE PROGRAM

- Corrects posture
- Stretches scar tissue
- Realigns the spine
- Improves balance
- Strengthens muscles
- Improves core stability