

Multimodal Chiropractic Approach to Musculoskeletal Injury

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Chiropractic – Profession

- Back and Neck Pain
- Headaches
- Radicular or Referred Pain-Paresthesias
- Extremity Joint Problems
- Tunnel-Entrapment Syndromes
- Sports Injury
- Work Injury
- Functional Disorders

Multimodal

✓ Mobilization

Multimodal

- ✓ Mobilization
- ✓ Manipulation

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- ✓ Mobilization
- ✓ Manipulation
- ✓ Hands-on Soft Tissue Work

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- ✓ Hands-on Soft Tissue Work
- ✓ Mechanically-Assisted Soft Tissue Work

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- ✓ Adjunctive Procedures: Ultrasound, Low Level Laser

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- ✓ Tape and Bracing

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- ✓ Tape and Bracing
- ✓ Nutritional Guidance

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- ✓ Therapeutic Exercise
- ✓ Tape and Bracing
- ✓ Nutritional Guidance
- ✓ Ergonomic Advice

Expanding How We Think About Treating Patients

- Match the Right Model of Care
to the Patient

Patho-Anatomic Model

Dysfunction,

Disc Lesion,

Boo-Boo,

etc, etc...

Pain-Sensitive Structures:

- Muscles

Pain-Sensitive Structures:

- Muscles
 - Tendons

Pain-Sensitive Structures:

- Muscles
 - Tendons
 - Ligaments

Pain-Sensitive Structures:

- Muscles
 - Tendons
 - Ligaments
 - Discs

Pain-Sensitive Structures:

- Muscles
 - Tendons
 - Ligaments
 - Discs
 - Periosteum

Pain-Sensitive Structures:

- Muscles
 - Tendons
 - Ligaments
 - Discs
 - Periosteum
- Fascia

Functional-Kinetic Model

- Kinetic Chain Dysfunction
- Faulty Muscle Patterns
- Weakness
- Instability



BioPsychoSocial

- Self Care
 - Coping
- Realistic Expectations
 - Mental Health
 - Social Environment



Treatment Options



"Good news, Mrs. Huffleman! You get to be the first patient to try out our new automated adjustment table."

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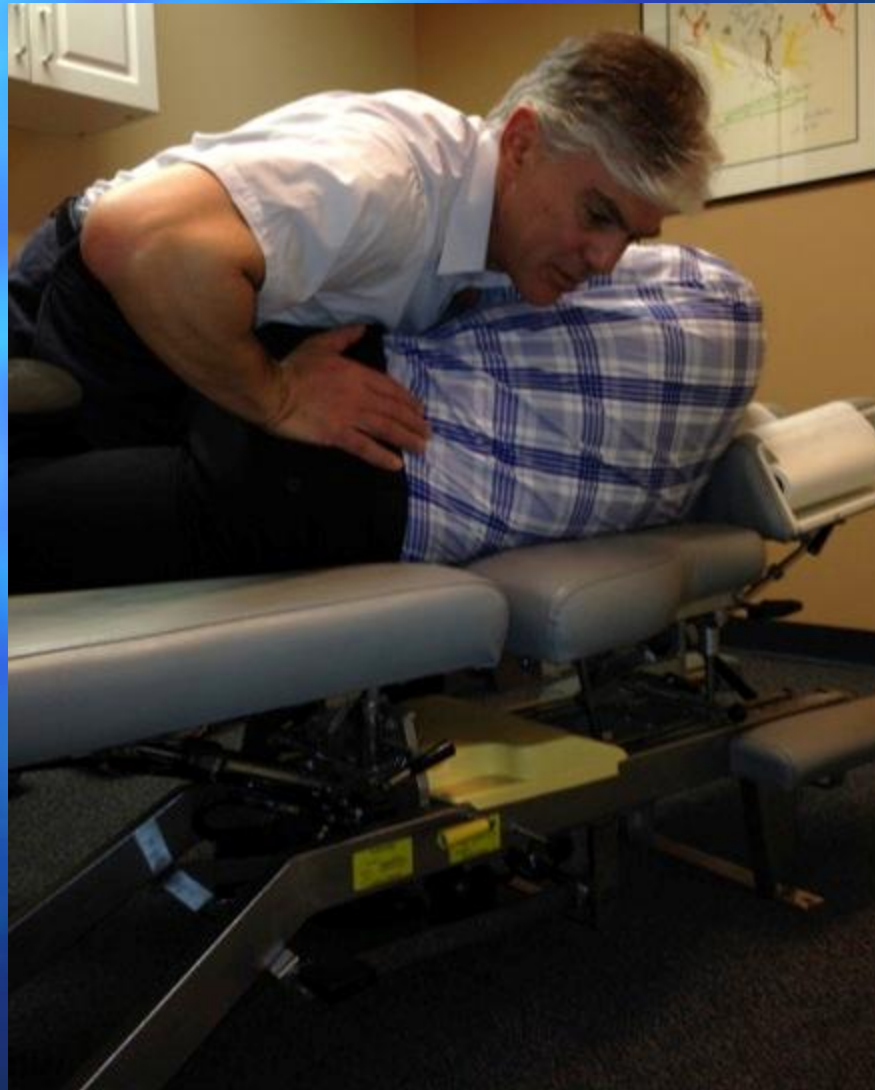
THE PAIN STARTS IN MY HUSBAND'S LOWER BACK,
THEN IT TRAVELS UP HIS SPINE TO HIS NECK,
THEN IT COMES OUT HIS MOUTH AND INTO MY EARS.
AND THAT'S WHY I GET THESE HEADACHES.



High Velocity Manipulation



High Velocity Manipulation



High Velocity Manipulation



High Velocity Manipulation



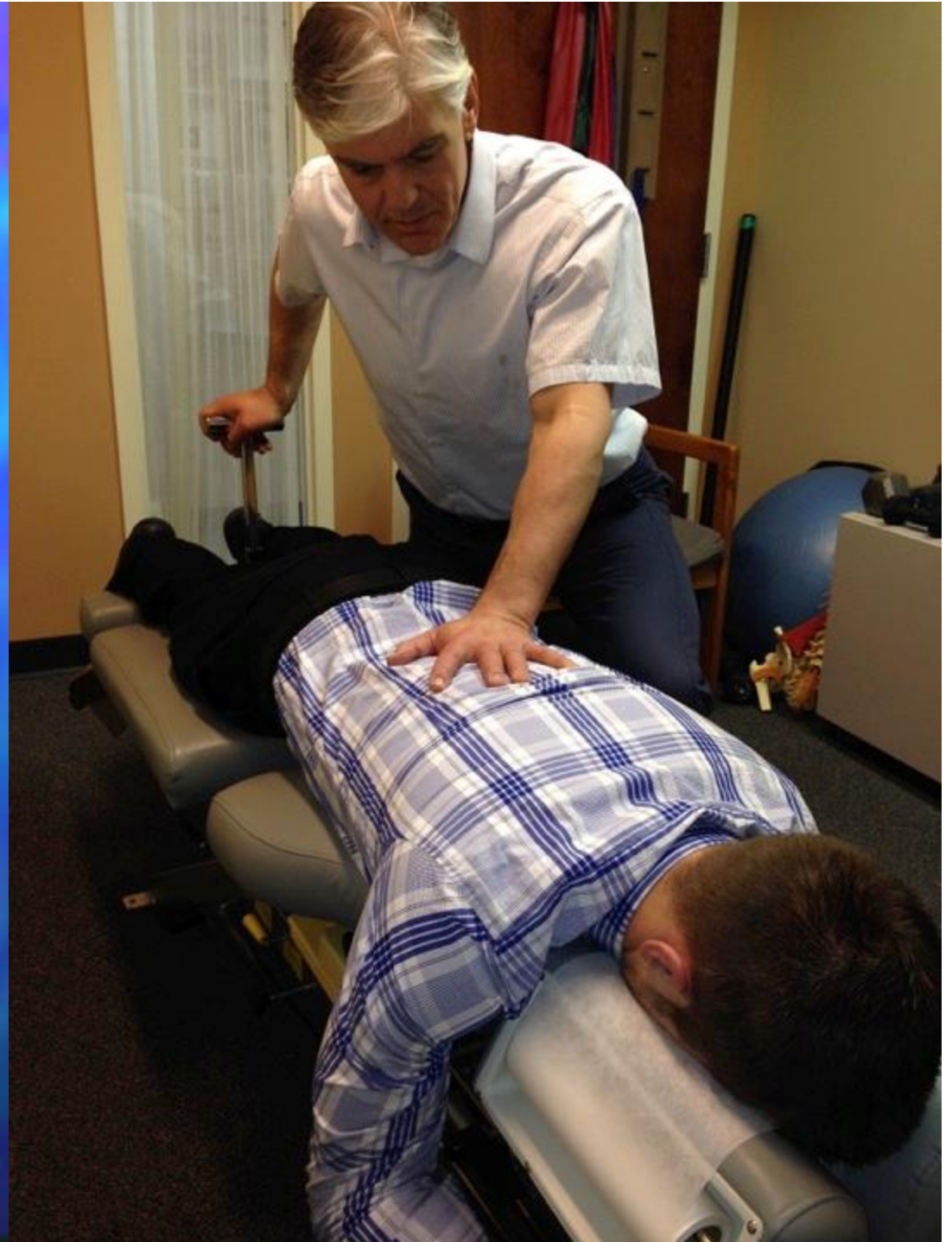
Flexion-Distrraction (decompression)



Flexion-Distrraction (decompression)



Flexion- Distraction (decompression)



Exercise and Neuromuscular Techniques



Exercise and Neuromuscular Techniques



Low Force Procedures



Pregnant Patients

- 9-months pregnant



Kinesiology Tape



Soft Tissue

- Facilitated Stretching Techniques

Donald R. Murphy, DC, DACAN
Clinical Assistant Professor
Brown University Medical School
Providence, RI USA
www.rispinecenter.com



Soft Tissue Procedures

- Graston Technique



Soft Tissue Procedures

- Manual Myofascial Release Techniques



Active Myofascial Release



Graston Technique™ for Soft Tissue



FAKTR™ Technique for Soft Tissue



FAKTR™ Technique for Soft Tissue



Physiotherapy Modalities

- Ultrasound
 - Electric Stimulation
 - Ice/Heat
-
- Outdated?
 - Evidence ?
 - Validity?
 - Effective?



Knowing what to expect...

- Safety

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- Musculoskeletal Conditions

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- “Back Pain Specialists”

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- Evidence-Based/Outcomes-Based

Knowing what to expect...

- Safety
- Musculoskeletal Conditions
- “Back Pain Specialists”
- Evidence-Based/Outcomes-Based
- Find a DC Whose Skills You Trust