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
Multimodal

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

✓ Mobilization
✓ Manipulation
✓ Hands-on Soft Tissue Work
✓ Mechanically-Assisted Soft Tissue Work
Multimodal

✓ Mobilization
✓ Manipulation
✓ Hands-on Soft Tissue Work
✓ Mechanically-Assisted Soft Tissue Work
✓ Adjunctive Procedures: Ultrasound, Low Level Laser
Multimodal

- Mobilization
- Manipulation
- Hands-on Soft Tissue Work
- Mechanically-Assisted Soft Tissue Work
- Adjunctive Procedures: Ultrasound, Low Level Laser
- Therapeutic Exercise
Multimodal

✓ Mobilization
✓ Manipulation
✓ Hands-on Soft Tissue Work
✓ Mechanically-Assisted Soft Tissue Work
✓ Adjunctive Procedures: Ultrasound, Low Level Laser
✓ Therapeutic Exercise
✓ Tape and Bracing
Multimodal

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- Manipulation
- Hands-on Soft Tissue Work
- Mechanically-Assisted Soft Tissue Work
- Adjunctive Procedures: Ultrasound, Low Level Laser
- Therapeutic Exercise
- Tape and Bracing
- Nutritional Guidance
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✓ 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
"Good news, Mrs. Huffleman! You get to be the first patient to try out our new automated adjustment table."
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-Distraction (decompression)
Flexion-Distraction (decompression)
Flexion-Distraction (decompression)
Exercise and Neuromuscular Techniques
Low Force Procedures
Pregnant Patients

- 9-months pregnant
Kinesiologic Tape
Soft Tissue

- Facilitated Stretching Techniques

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Brown University Medical School
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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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- Safety
- Musculoskeletal Conditions
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- "Back Pain Specialists"
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- Safety
- Musculoskeletal Conditions
- “Back Pain Specialists”
- 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