

Principles of Physical Therapy

How it Works



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Physical Therapy

- Provide service to patients with an impairment, disability, or disease which limits their functional baseline
- Prevent onset or impairment
- Restoration of Function
- Promotes overall fitness / wellness

Examination

- History
- Systems Review
- Tests and Measures
 - Pain, posture
 - Assistive devices, home management
 - Range of motion, Joint integrity, strength, reflex integrity
 - Gait, balance, neuromotor development



The knees are the first thing to go.

Evaluation

- Physical Therapist synthesizes information obtained in examination
 - Determines Diagnosis
- Sets Rehab Goals
 - Impairment level goal
 - Functional goal
- Determines Prognosis and Frequency of Care required to reach goal

Case Example:

57 yo F with right rotator cuff impingement syndrome

- Occupation: Laundromat employee, single mother of 2, right handed
- Patient's Goal: decrease pain and return to full function at work (lifting 25#), be able to care for young children independently
- PT Goals/Treatment: Improve shoulder active ROM by 20 degrees, decrease pain to <3/10 with modalities/manual techniques, improve Strength in shoulder girdle to grossly >4+/5 and demonstrate proper lifting tech. 100% time to complete job tasks in 3 weeks.
- Expectation of Patient in Therapy Services
 - Compliance with attendance and recommendations
 - Engagement in therapy
 - Upon discharge, patient will continue to follow recommendations established during plan of care

Intervention

- Manual Therapy
- Therapeutic Exercise
- Therapeutic Activity
- Neuromuscular Re-training
- Functional Retraining
- Modalities (US, E-Stim, Tens, biofeedback, etc.)
- Assistive Devices, prosthetic device and equipment
- Patient instruction in self care and home

Outcomes and Discharge

- Outcome Measures
 - Modified Oswestry Questionnaire
 - AM-PAC Score
 - 6-Minute Walk test
- Re-Examination
 - Determine if predicted outcomes
 - Modify if necessary
- Discharge Planning
 - Process of discontinuing episode of care based on Goal achievement and expected outcomes

Support Personnel

- Physical Therapist Assistants
 - Licensed professional
 - Graduate of PTA associate degree program
 - Provides large scope of Physical Therapy services
- Physical Therapy Aides
 - Non-licensed, specially trained under the direction of a PT
 - Provides direct and non-direct patient care

Thank you!

American Physical Therapy Association (APTA),
Guide to Physical Therapist Practice., 1999; 1-1,-1-11.

