

Advanced Physical Therapy Education Institute

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APTEI™ Report (Sample Pages)

For A More Effective Physical Therapy Direct Patient Care

Winter 2010 *Number 46 * A report written and edited by: **Dr. Bahram Jam**, DScPT, MPhy (Manip), BScPT, Cred. MDT, FCAMPT

Acupuncture, Dry Needling & Evidence-Based PT!

APTEI is proud to present its first **Physical Therapy focused Acupuncture & Dry Needling (ADN) Certification courses**. The primary focus of APTEI has been evidence-based practice among PTs across Canada ...so as of 2010 where do we stand on ADN?

A 2009 systematic review¹ of acupuncture for pain found that “there was no difference between inserting needles into ‘true’ acupuncture on traditional acupuncture points versus ‘placebo’ points not associated with any TCM acupuncture points or meridians.” ...and so the debate and controversy continues. Meanwhile a 2010 systematic review² concludes, “The accumulating evidence from recent reviews suggests that acupuncture is **more than a placebo** for commonly occurring chronic pain conditions.”

1. Madsen, M et al. "Acupuncture treatment for pain: systematic review of randomised clinical trials with acupuncture, placebo acupuncture, and no acupuncture groups". BMJ 2009. 338: a3115
2. Hopton A, MacPherson H. Acupuncture for chronic pain: is acupuncture more than an effective placebo? A systematic review of pooled data from meta-analyses. Pain Pract. 2010 Mar-Apr;10(2):94-102. Epub 2010 Jan 8.

Questions, Answers and Interesting Clinical Concepts in this Issue

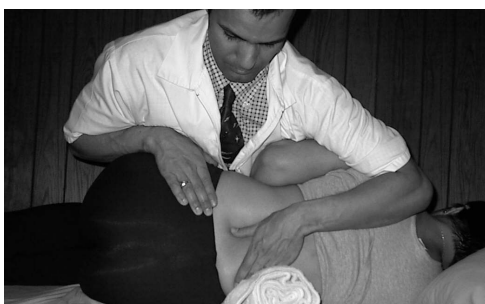
- ✓ McKenzie based PT vs. Chiropractic Manipulation ...The Most Recent RCT
- ✓ Cholesterol Meds, Muscular /Neural Pain & Memory Loss! ...Inform Patients!
- ✓ **Heat or Cold** for Acute Strains? Finally an answer after an Emergency Dept. Study
- ✓ Is there Evidence to Support IFC? A 2010 systematic review
- ✓ Risk Factors for **Chronic** Carpal Tunnel Syndrome
- ✓ Risk Factors for the onset of Non-specific Neck Pain: **Bad News for PTs!**
- ✓ Strengthening Exercises **Beneficial for Multiple Sclerosis (MS)!**
- ✓ **An Even Better Patellar Taping** Technique!

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McKenzie PT vs. Chiro Manips The Most Recent RCT

Reference: Petersen et al The effect of the McKenzie method as compared with that of manipulation for patients with clinical signs of disc-related persistent low back pain. A Randomized controlled trial. 7th Interdisciplinary World Congress on Low Back & Pelvic Pain. November 2010, Los Angeles, USA

This was a relatively large 2010 RCT looking at finally answering the question, which is more effective for patients with disc-related persistent low back pain, the McKenzie approach provided by physiotherapists or spinal manipulations provided by Chiropractors? And here are the results in a nutshell...



Result #1: The Physiotherapy group had statistically significantly greater improvements pain and functional scores as compared to the chiropractic group at 2-month and 1-year follow up!

BUT...

Result #2: The difference in pain scores may not be clinically important, as it was on average only 1.5 on the VAS to the advantage of the Physiotherapy group.

Result #3: The numbers needed to treat (NNT) with the Physio group was 7.

Translation: For every 7 patients, 1 (one) would have success with the McKenzie method who would not have achieved this response with manipulation.

Clinical Relevance: If I personally had a 6-month-old discogenic back pain, I'd choose the McKenzie approach in case I am the 7th patient!

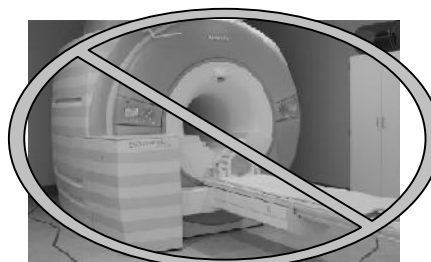
The **5-Day Advanced Lumbo-pelvic Course** clearly reviews several potential management options for acute & persistent LBP including spinal manipulation, mobilizations, motor control training and cognitive factors.

Acute Back Pain? Say NO to MRI!!

Reference: Webster BS and Cifuentes M. Relationship of early magnetic resonance imaging for work-related acute low back pain with disability and medical utilization outcomes. Journal of Occupational & Environmental Medicine. 8-25-2010; 52(9):900-907.

For this 2010 study, over 3000 work related low back injury cases were followed-up for 2 years in which they concluded that of the patients who had early MRI, the MRI was neither essential nor medically indicated in the MAJORITY of the cases.

Most importantly, after controlling for covariates, **the cases that had early MRI and simultaneously had little clinical reason to undergo early MRI, were more likely to have worse outcomes.**



What can we learn again and again from these studies? The iatrogenic effects of early MRI are:

- i) Worse disability
- ii) Increased medical costs
- iii) Increased surgery rates

I am so passionate about this topic that my book "**The Pain Truth ...and Nothing But!**" is meant to reverse the fears that is instilled into patients after their **needless MRI and useless x-rays!**

The Pain Truth Book & Audio CD is available on www.aptei.com/shop or simply fax in your request.