**General Treatment Protocol**

Assessment and Treatment Considerations across conditions

Reviewed by Team: 16/02/22

Updated: Thursday, 17 February 2022

## Time

Time allocation in mins

|  |  |  |
| --- | --- | --- |
|  | **Initial** | **Follow-up** |
| Subjective | 20 | 5 |
| Objective | 10 | 5 |
| Assessment discussion | 3 | 3 |
| Treatment | 10 | 10 |
| Re-Assessment | 2 | 2 |
| Exercise | 5 | 5 |
| Plan | 5 | 3 |
| Handover to front desk & notes | 5 | 2 |

# All Subjective Assessments

### All cases need to clear Red flags and Identify Yellow/Orange Flats

* Red Flags: Neurological, fracture, tumour, circulatory issues, infections or systemic diseases
  + nocturnal pain
  + Age >50
  + Bladder dysfunction
  + Hx Ca
  + Immune suppression
  + Saddle anaesthesia
  + Lower extremity neurological deficit
  + Weight loss, fever/chills, recent infections
  + VBI: 5x Ds, 3x Ns, 1xA
    - Diplopia, dizziness (vertigo, light-headedness, giddiness), drop attacks, dysarthria, dysphagia
    - Ataxia of gait
    - Nausea, numbness and nystagmus.
* Orange Flags: psychiatric mental health signs & High levels of stress, anxiety, PTSD, drug/alcohol abuse, addictions, depression
* Yellow flags
  + Beliefs, emotions, social situations

**Goal of Assessment:**

*Connect: Understand the person with the problem. Identify contributing factors. Treat the issues in the tissues.*

Identify:

* Structure at fault
* Pain mechanism at play (i.e. overload, inflammation, central)
* Uncontrolled movement pattern that is contributing

|  |  |  |
| --- | --- | --- |
|  | **Subjective** | **Objective** |
| **Structure at Fault** | * Body chart * Location & Depth of pain * Mechanism of injury | * Palpation * Joint mobilisations * Passive Integrity Tests * Special tests |
| **Pain Mechanism** | * Onset of pain/problem * Quality of pain * 24 hour pattern | * (mainly subjective) * Neural tests |
| **Uncontrolled Movement Pattern** | * Chronology of problem over lifespan * History of movement (hobbies etc) * Occupation and workstation setup | * Corrections * Taping * Manually unloading structure * Movement Variability Screen * Other movement screening |
| **Meaningful Baseline Tests** | * Validated outcome measures | * Meaningful Screening Tasks |

**Notes:**

**Uncontrolled Movement Patterns:** Use these tests explore the Connection between the pain generator and the activity that has created the pain experience. These tests help you describe to the client the ‘why’ and ‘how’ behind their problem.

**Meaningful Baseline Tests. To give you a baseline level of function. Aim to get this picture early in the rehab process.** Meaningful Screening Tests can then become your pre/post treatment tests and client self-checks.

# Treatment Goals & Techniques

*Connect the patient to the necessary information to empower them.*

|  |  |  |  |
| --- | --- | --- | --- |
| **Goals** | **Connect** | **Reach** | **Extend** |
| **Treat** | * Unload structure at fault * Provide pain/symptom relief based * Choose techniques based on the structure & the pain mechanism at fault * Identify and address basic contributing factors to address | * Focus on correcting the uncontrolled movement: Mobility and strength * Some symptom relief * Address the deeper uncontrolled movement (Drivers etc) | * Baseline test for performance * Assessment based on sporting and other goals |
| **Empower** | Address the pain/symptoms   * Provisional diagnosis * What is happening and why * Set-up basic time frame to complete this phase of treatment * Self-treatment exercises & strategies * Remove agg activities from life | Address contributing factors   * Exercise program to correct imbalances and uncontrolled movement * Identify specific goals * Lifestyle factors that impair health and healing | Get them better than their baseline and prevent recurrance   * Clarify how to use own “self checks” to monitor progress * Update HEP with goal sets/reps to achieve |
| **Signs to Progress** | * Reduction in symptoms * Improvement in range * Reduction in list * Starting to attempt the activities removed or reduced | * Return to baseline level of function (OM and meaningful screening tests) * Individual home program * Free trials to studio classes with no problem | * Return to sport * Return to performance * Wants “tune-up” 🡪 massage |