**Treatment Guidelines for INITIAL ASSESSMENT**

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| **STAGE** | **AIMs & OBJECTIVES** | **TREATMENT** | **~~HOME EXERCISE~~**  **COMPONENTS of SESSION** | **KEY POINTS**  **(see attachments)** | **OUTCOME OF SESSION** |
| 1 | 1. Determine cause for symptoms 2. Provide objective and measurable baseline for posture now 3. Ability to provide evidence of change over time | Session 1: Initial Assessment  Complete Posture screen during Initial Assessment. | Initial assessment includes:   1. Complete client history & story 2. Perform Posture Screen assessment 3. Observe gait 4. Assess during movement task using PhysiYoga Initial Assesment form 5. Perform relevant clinical tests as indicated by steps 1-4. 6. Treatment as indicated 7. Education/advice and session summary to client 8. Plan for next session/s | Introduce and discuss initial assessment process (see Initial Assessment Discussion sheet):   1. Goal of today’s session 2. Why we do it 3. What we do (Introduce ConnectTherapy) 4. Data security 5. Consent | 1. Name the condition 2. Basic education & Advice regarding condition 3. Initial overview of timelines 4. Discuss adjustments to posture and ADL’s required relevant to client in context of assessment findings. 5. Plan for delivery of Treatment Pathway to formalize & revise education, advice and treatment sessions required on next session |
|  | **CRITERIA TO PROGRESS** | * **Improvement in Symptoms/presenting problem** * **End of initial treatment period time-frame (i.e. third party time frame)** * **With Movement Variability Screen** | | | |

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| 2 | Identify how client’s static and dynamic posture is directly related to their specific problem | Approx session 4-6   * Depending on Client’s initial treatment plan * Deciding on this action must be discussed with the client on the previous session   Pre-book this as a longer assessment time with the client to address these objectives. | Prior to Session   1. Discuss clients progress 🡪 next step 2. Or lack of progress 🡪 possible underlying issues that need to be identified   During session, use ConnectTherapy Method to find the Driver:   1. Correct the region you suspect is the cause 2. Determine impact on other regions 3. Record your findings and follow the reasoning of the Drivers Diagnostic Chart (DDC). | Discuss key components of the session (See sheet on describing DDC process):   1. What is ConnectTherapy 2. Use of Corrections 3. What to expect; better/worse/same | 1. Determine Driver Profile 2. Summarize for client how the Driver is causing the symptoms – give verbal plan of Treatment Pathway 2 3. Devise new Treatment Pathway (Deliver now or prepare for next session) 4. Determine if you the therapist need some help with technical skills to complete DDC (book time with senior clinician to discuss). |
| **CRITERIA TO**  **PROGRESS** | | 1. **Improvement** 🡪 **Transition to classes (complete Movement Variability Screen)** 2. **Non-response or inadequate response to treatment despite optimal care being given 🡪 book co-consult with senior therapist** | | | |