

### **PRESIDENT'S MESSAGE**

*John E. Garzione, PT, DPT, DAAPM*

Plans for CSM 2008 are finalized and this meeting appears to again be a fascinating mix of educational and social activities. The Pain Management SIG's program entitled "Physiology and Current Medical and Rehabilitative Management of Complex Regional Pain Syndrome" is a program that I am looking forward to attending. Looking back to our activities over the past year, the SIG is becoming more active and I hope more member friendly. All members should have received quarterly email blasts of some interesting articles that may be helpful to your practice remembering that with every study we read, it is just one study. If you have not received this blast, and are a member, please let me know and I will get you on the list. If you are not a member of the SIG, why not join?

Looking at Physical Therapy related publications, it occurred to me, that many of our members are interviewed and featured in these articles. I take great pride in knowing that our members are called upon to share their treatment strategies and thoughts with the rest of the profession. Interestingly enough, a majority of these articles have to do with treatments with electrotherapy. Sharing ideas, no matter how far fetched they may be, helps to stimulate thought and discussion.

Recently, I did a literature review on the use of physical modalities for pain conditions. The results were so mixed regarding whether these treatments are helpful or not, it is impossible to draw sound conclusions. The big problems, I see, is that: (1) research uses animals that have different soft tissue properties than humans so the results may not be transferable, (2) there are so many different components to soft tissue pain; one treatment technique may not be able to significantly change the dysfunction studied, (3) there is poor reporting as to the application of the modality, (4) random dosage and random parameters for the studied modalities are used, (5) failure to address the cause and chronicity of human soft tissue lesions studied and, (6) low methodological quality of trials. It is still premature to abandon the use of electrical therapeutic modalities due to the paucity of positive evidence because the published studies leave us with more unanswered questions. During this search for the "holy grail" of treatments, it becomes more and more evident that the multimodality approach is more effective than any single modality including mobilization and exercise.

I hope that everyone had a safe, healthy, and joyful holiday season.

*See you in Nashville,  
John*