

PAIN MANAGEMENT

SPECIAL INTEREST GROUP

President's Message

Time has a sure way of moving on and getting away from me. It is hard to believe that CSM will be coming up soon. This year's PMSIG programming will be on Wednesday, January 23, 2013. The first session will be from 8:00 a.m. to 10:00 a.m. titled, "Taijiquan in Rehabilitation: Ancient Tradition, Modern Evidence." This lecture will discuss the use of Taijiquan (also known as Tai Chi Chuan) as a rehabilitation modality with research evidence of its effects on pain, disability, self-efficacy, strength, balance, density, and cardiovascular effects. The discussion will include principles that can be incorporated into a rehabilitation plan with a focus on the management of pain conditions. The presenter will be Michael Costello from the Orthopedic Physical Therapy Residency Program, Cayuga Medical Center, Ithaca, NY.

The second presentation will be from 11:00 a.m. to 12:00 p.m. titled, "Essential Pain Knowledge for Physical Therapists: Recommendations from the International Association for the Study of Pain." This session will provide an overview regarding the role of the physical therapy management based on the recommendations from the International Association for the Study of Pain including members of the IASP curriculum task force. Content topics will include the nature of pain, pain assessment and measurement, management, and clinical conditions with innovative strategies for patient and student education. The presenters will be Marie Hoeger Bement from Marquette University and Mary Beth Geiser from the University of Iowa.

The PMSIG Business Meeting will be immediately after the presentations from 12:00 to 1:00 p.m.

CORRECTION TO OP PMSIG NEWSLETTER. The article written by Carolyn McManus contained an error. The end of the article #6 of Clinical Implications of SIH should read "Physical therapists providing standard physical therapy treatment combined with a psychosocial intervention to patients with subacute low back pain (not chronic) was shown to reduce risk factors for pain and disability, reduce the use of the health care system, reduce the use of pain medications, and improve return-to-work outcomes.

UNUSUAL REQUEST. Like many of you, some unusual requests stand out in my mind. This past spring, I received a call from a lady who wished to have laser treatment to acupuncture points to help her stop smoking. She had been evaluated by a chiropractor, located 75 miles away from her home, who agreed to treat her with laser to acupuncture points and provide her with supplements to decrease her smoking cravings for a mere \$8,000. She informed me that she was 69 years old and smoked 1 to 2 packs of cigarettes per day since she was 21 years old. She had COPD, CAD, as well as chronic arthritis in her hips and knees. I informed her that this treatment did not really fall within the scope of my State's Practice Act, except as a possible wellness program, but I would be willing to try laser for smoking cessation to get a feel for its efficacy. I agreed to see her two times per week for 4 weeks at no cost as I wanted to further my knowledge of uses for laser treatment. There was no cost to her as I wanted to remove the "green poultice" effect from the

HAVE YOU EVER THOUGHT ABOUT ADDING CANINE REHABILITATION TO YOUR PHYSICAL THERAPY SKILLS?



The physical therapists in our classes tell us that working with four-legged companions is both fun and rewarding.

Explore opportunities in this exciting field at the Canine Rehabilitation Institute.

Take advantage of our:

- World-renowned faculty
- Certification programs for physical therapy and veterinary professionals
- Small classes and hands-on learning
- Continuing education

"I am a changed PT since taking the CRI course. It was an experience that I will use every day in practice and will always remember!"
Nancy Keyasko, MPT, CCRT, Stone Ridge, New York



LEARN FROM THE BEST IN THE BUSINESS.
www.caninerehabinstitute.com

project. (For those of you who have less gray hair than I, the green poultice effect simply is the more money (green poultice) you apply to a treatment, the more a person may believe that the treatment helps.) My state has practice without referral for 12 visits, so I was within legal practice limits.

Her treatment plan was to stimulate bilateral auricular points (Lung 2, Shen Men, Autonomic Point, Liver, and C. Kidney) and 2 points on each wrist (Tim Mee and Lung 7) with a 904 Nm infrared laser. Treatment time on each point was based on the vaso autonomic response of the Radial Artery at the wrist. After the second treatment, her cravings for cigarettes were reduced to 10 cigarettes per day. Cravings continued to be reduced until she quit completely by the 7th treatment and she has remained tobacco free for the past 6 months. I love it when a plan comes together.

*Hope to see you at CSM. Have a wonderful Holiday Season,
John*

President: John E. Garziona, PT, DPT, DAAPM (2011-2014)

Vice President: Marie Hoeger Bement, PT, PhD (2011-2015)

Nominating Committee: To be elected

Research Chair: Joel Bialosky, PT, PhD (2011-2014)

IMAGING

SPECIAL INTEREST GROUP

IMAGING EDUCATION ACTIVITY FOR 2012

Membership: The ISIG continues to grow with 166 members. Three nominees were recruited to serve as members of the Nominating Committee.

ISIG area of Section Web site: ISIG Directory and ISIG listing are up on the Section Web site.

Resource for imaging in physical therapy: Worked with APTA staff on language for practice guidance and responded to frequent member inquiries on imaging and physical therapist practice.

Curriculum guidance for imaging in PT education: Steering committee of Drs. Bill Boissonnault, Wayne Smith, and Douglas M. White have been working on a survey to submit to PT education programs pertaining to imaging content addressed within curricula. Survey is developed and has been sent out for responses. Interim report will be presented at CSM 2013.

Research Committee: Dr. Paul Beattie has been appointed chair of the newly formed Research Committee. Look for future updates as this committee gets up and running.

CSM 2013: Two imaging programs are planned for CSM in San Diego: "Using the 'Diagnostic Image' Tool in Your Tool Box – Clinically Relevant Radiology," and "Evidence-based Practice of Musculoskeletal Imaging in Orthopaedic Physical Therapy: Hips."

American Institute of Ultrasound in Medicine (AIUM): Douglas M. White has continued to represent the APTA to the AIUM for the development of Point-of-Care US Guidelines. These guidelines are still in draft form. Hopefully they will be published over the next year.

DO YOU HAVE INTERESTING IMAGING INFORMATION TO SHARE?

Please consider contributing to the newsletter. Items of interest around imaging in PT practice, education, and research are welcome. Send your ideas to dr.white@miltonortho.com.

WE ARE GROWING! JOIN US!

The NEW Orthopaedic Section Imaging Special Interest Group (ISIG) is growing! We are excited that so many individuals have joined our new SIG in such a short period of time. Please join the Imaging SIG by visiting the ISIG section of the Orthopaedic Section Web site.

Imaging Special Interest Group Officers

President

Douglas M. White, DPT, OCS
(follow at: @Douglas_M_White)

Vice President

Deydre Teyhen, PT, PhD, OCS

Nominating Committee

Judy Woehrl, PT, PhD, OCS Chair
James Elliott, PT, PhD
Wayne Smith, DPT, SCSS

The most significant breakthrough in PT this decade is on the inside back cover. →



ECCENTRON  **BTE**
harness negative resistance for better outcomes



Quality Continuing Education That Also Fits Your Lifestyle

6-Monograph Courses Currently Available

ISC 22.3, Foot and Ankle

ISC 22.1, Education and Intervention for Musculoskeletal Injuries: a Biomechanics Approach

ISC 21.1, Cervical and Thoracic Pain: Evidence for Effectiveness of Physical Therapy

ISC 20.2, Joint Arthroplasty: Advances in Surgical Management and Rehabilitation

ISC 20.1, Orthopaedic Implications for Patients With Diabetes

ISC 19.3, Orthopaedic Issues and Treatment Strategies for the Pediatric Patient

ISC 19.2, The Female Athlete Triad

ISC 19.1, Update on Anterior Cruciate Ligament Injuries

For more information or to register, visit www.orthopt.org