

# Patient Management

**Nicole McManus, MSPT, OMT, FAAOMPT**

Regional Clinical Excellence Director

New England



*Knowledge in Action*

# What is the Goal?

- Empower patients to **partner** with clinician
- Empower patients to take an **active role** in their recovery process
- Improve the overall **patient experience**



# I'm not an expert yet, so where do I start?

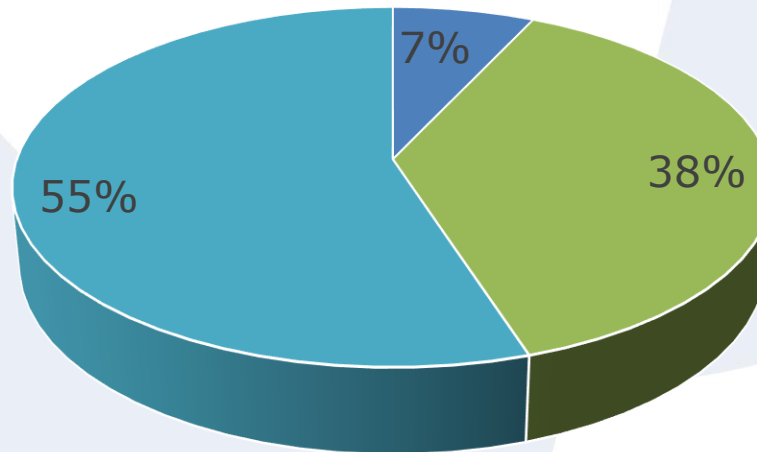


# Ah-Ha! Start with Communication!



# How much do our patients “hear”?

- The words we say
- The tone we use
- Our body language



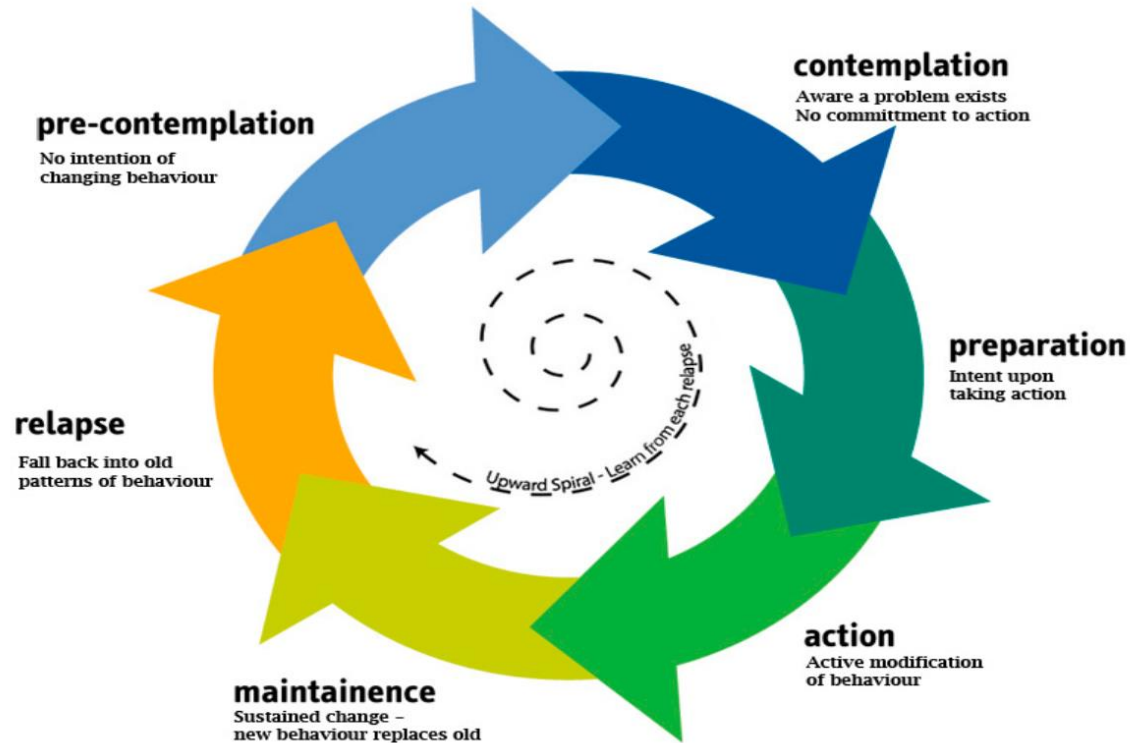
# Ok, now what?



# Create a Partner

- Use your **Knowledge** to explain the problem.
- This creates **Acceptance** by the patient
- Understanding the Why, creates **Motivation** for the patient **to Change**

# Meet your patients where they are... Where are they anyway?



**Transtheoretical Model of Change**  
Prochaska & DiClemente



# Using the BPS Model

- 🕒 Biomedical info
  - Prioritize aspects of their presentation
- 🕒 Psychological
  - How is the issue affecting them as a whole
- 🕒 Social
  - How will you need to support them
- 🕒 Meet the Patient Where the Patient Is

**When it comes to patient care, having an understanding of what's “below the surface” can lead to better outcomes.**



# What do we know about Back Pain?



<https://us.physitrack.com/exercises/2449134>



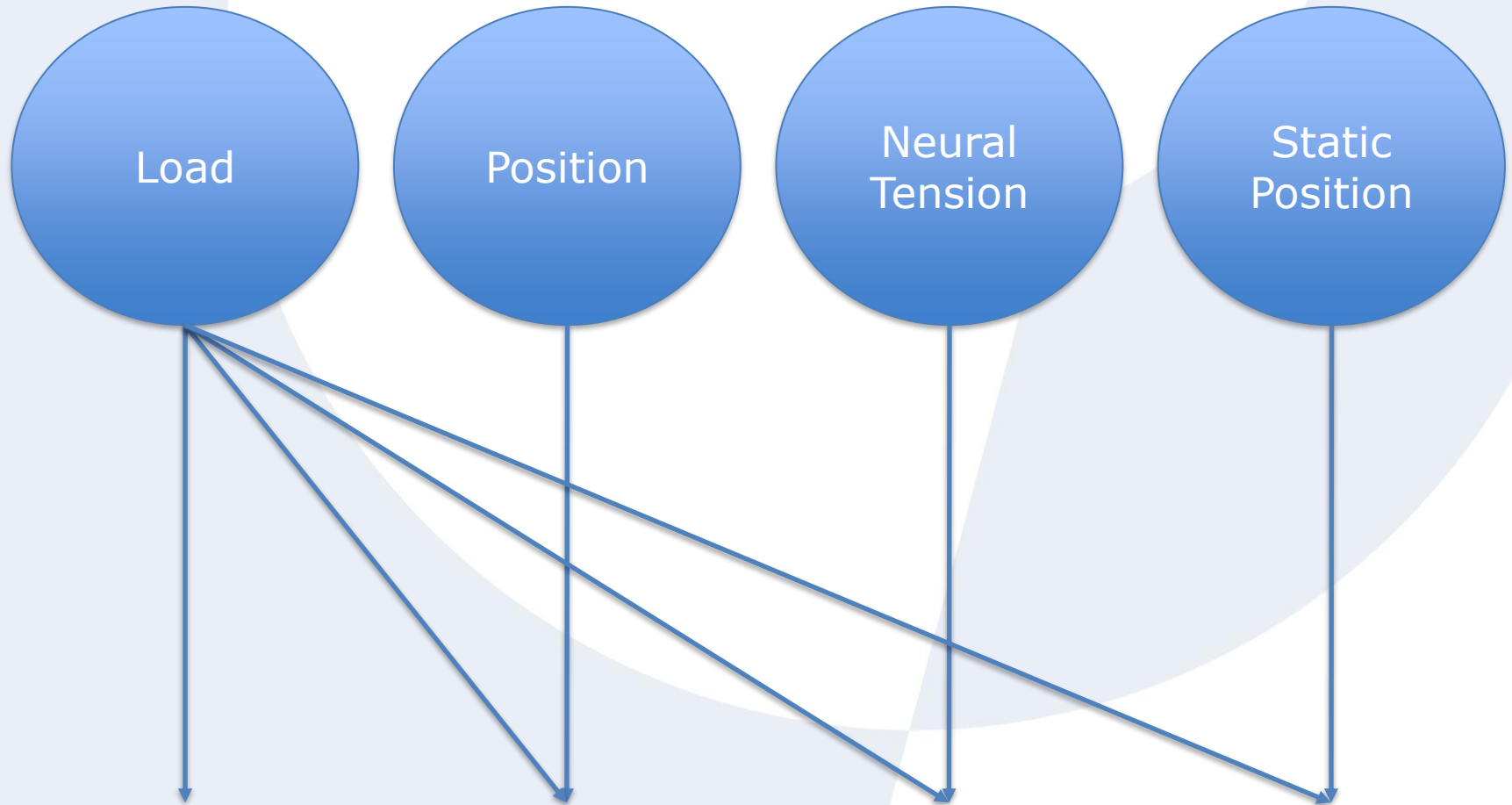
# Common Misconceptions about:

- Fitness
- Strength
- Flexibility
- Age
- Weight gain
- MRI results

# Subjective History

- **Aggravating Factors** are like Food allergies/sensitivities
  - Figure out what makes them hurt
  - Remove the allergen!
- **Problem List:** Functional activities that provoke pain
  - MAPS: Movements, Activities, Positions, Situations
  - Match their subjective complaints with patterns of functional deficits

# Mechanical Stressors



# Aggravating Factors

Load	Position	Neural Tension	Static Position
Sitting/driving	Ext Sensitive: Standing	Prolonged sitting	Prolonged Positions
Forward Bending	Ext Sensitive: walking	Long sitting	Sedentary activity
Lifting/ carrying	Ext Sensitive: transfers after sitting	Driving	Static work
PM pain	Ext Sensitive: getting OOB	Yoga/ HS stretching	Sleeping
Transfers	Flex Sensitive: fwd bend with transfers	Sitting on stool/edge of chair	
Reaching	Flex Sensitive: bending		
Lifting legs	Flex Sensitive: Sitting		

# Relieving Factors

Load	Position	Neural Tension	Static Position
Laying down	Ext S: sitting	Not stretching	Movement
Reclining	Ext S: fwd lean	Avoid Long sitting	Exercising
Earlier part of day	Ext S: bending over	Fetal position	Self manipulation
Leaning on things, unloading	Ext S: sidelying or 90-90 position	Car seat closer to steering wheel	Deep tissue massage, foam roll
Hanging	Flex S: Standing		Stretching
Walking	Flex S: walking		Sitting
Moving Robotically	Flex S: Bkwd Bend		Swaying in standing
Keep levers short	Flex S: Supine/Prone lying		Lumbar corset, spanx



# Prioritize Patient Management

- Go after their “Problem List” first
- Correct whatever you can that may influence their pain

Develop exercise and manual therapy prescription to match

# Managing Position Bias

## Flexion Bias

- Post Pelvic tilt, sitting, fwd bend with support (tripod)

## Extension Bias

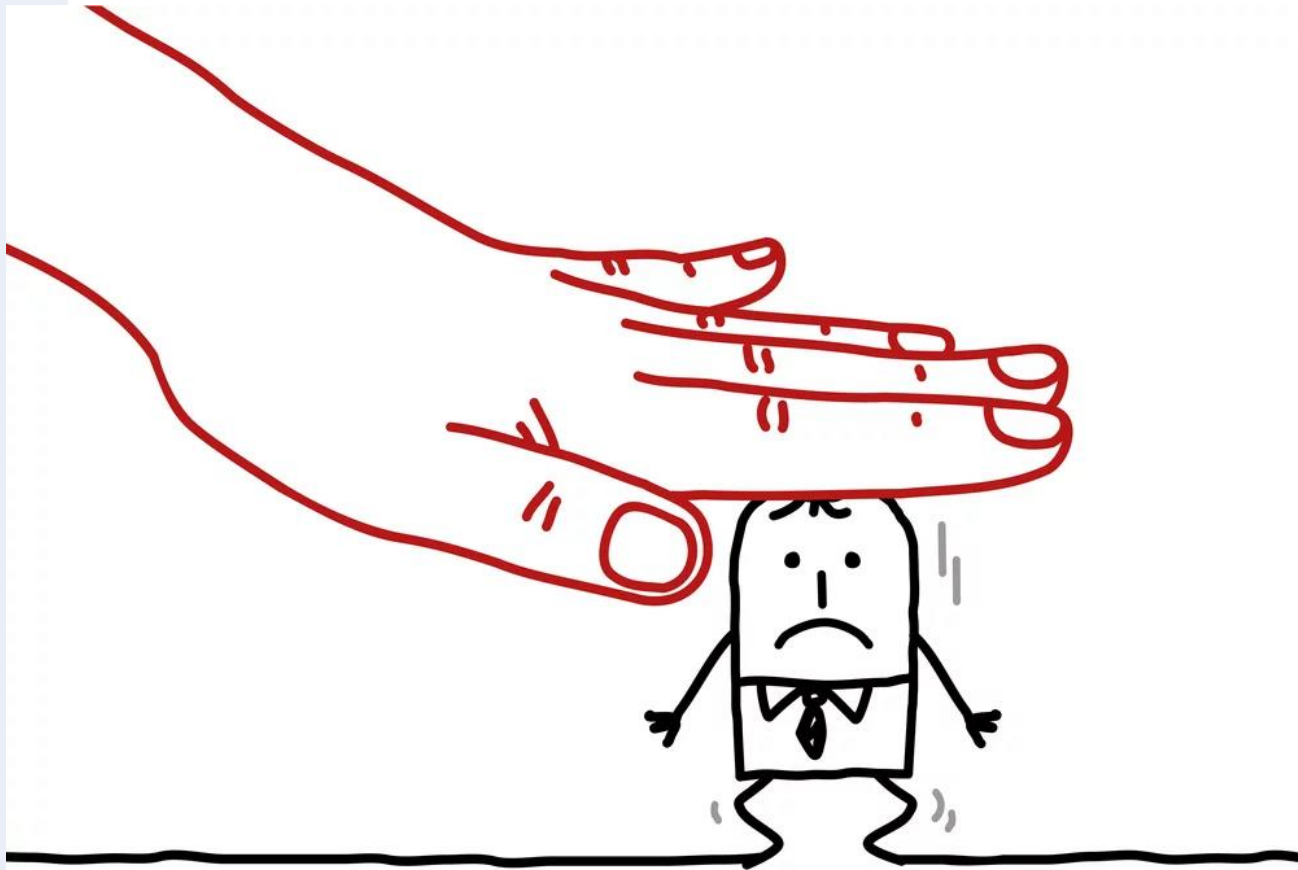
- Ant Pelvic Tilt, standing, bkwd bending



# Simple sleeping fix!

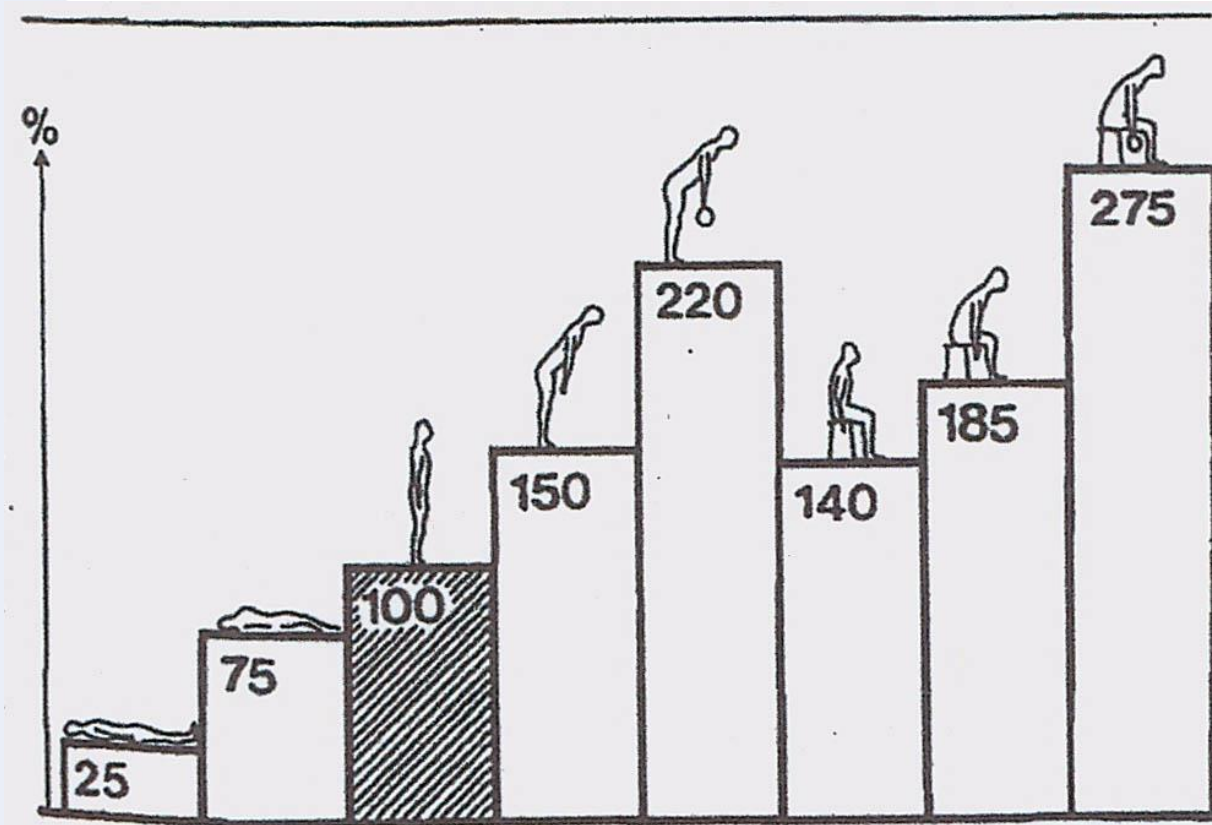


# Managing Load Sensitivity



# What is Load Sensitivity?

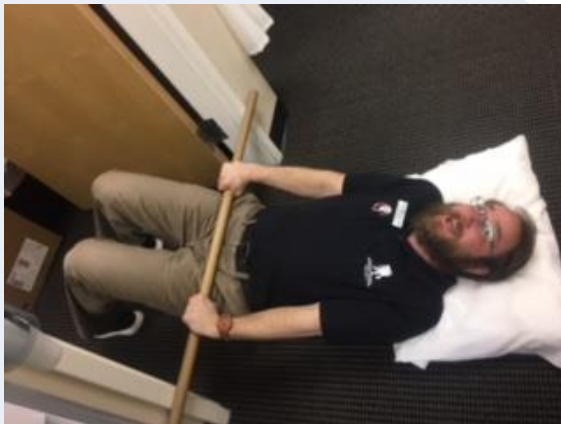
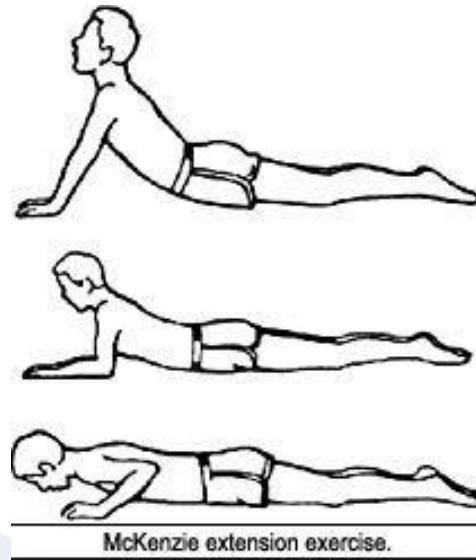
- Positions that increase intradiscal pressure



- Nachemson AL.(1976).Disc Pressure Measurements. *Spine*. 1981 Jan-Feb;6(1):93-7.

# Unloading & Centralization Strategies

- Subjectively, patient c/o **pain with loaded** positions/ activities
  - Teach ways to reduce axial loading independently with **traction**
  - Teach **repeated extension** starting in prone and moving to standing



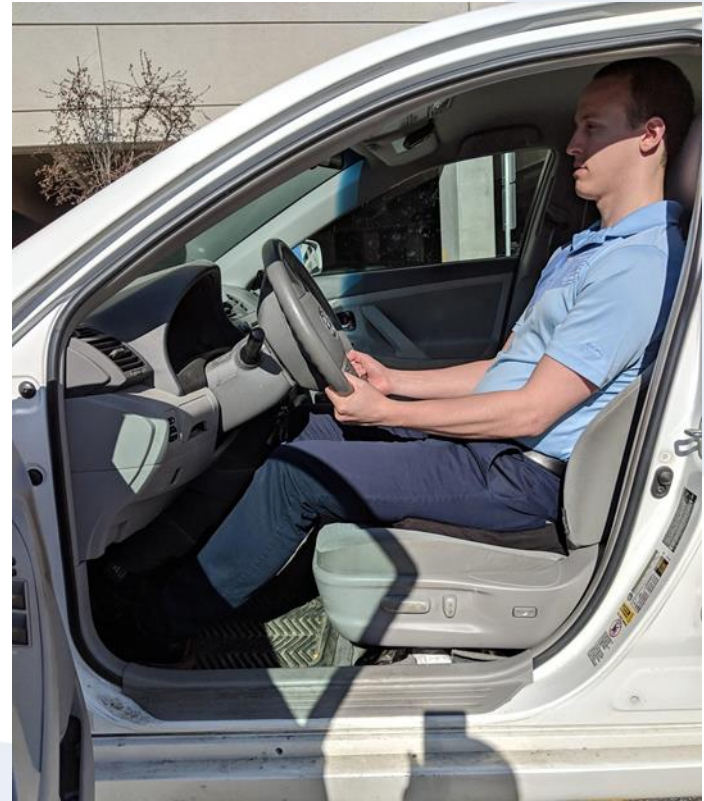


# Load and Neural Tension Sensitivity

- If (+) Slump, irritable with SLR
  - Ask patient to avoid long sitting, HS stretching done globally
  - Educate how to modify positions in car, on couch, at work, etc. to reduce tension/load irritability



# Simple fix for the car!





# Management strategies for activity, position and load modification

## ● Provide real life strategies to address their problem list

- Transfers in/out of bed, chair, car
- Getting showered, dressed
- Static Forward bending activities
- Static sitting, standing
- Driving
- Lifting, carrying
- Working (sedentary or active)
- House and yard work
- Sleeping



# Some Fun Videos (find them on Physitrack)

Sit to stand Flexion Bias

<https://us.physitrack.com/exercises/2449145>

Sit to stand Extension Bias

<https://us.physitrack.com/exercises/2435006>

Car seat Adjustment to reduce load/NT

<https://us.physitrack.com/exercises/2449137>

Counterwork/Tripod

<https://us.physitrack.com/exercises/2449141>

Log roll

<https://us.physitrack.com/exercises/2435009>

Sitting correction

<https://us.physitrack.com/exercises/2449138>

Cell Phone use

<https://us.physitrack.com/exercises/2449134>

# A Match Made in Heaven

Patient's  
Clinical  
Presentation



Specific  
Management  
Strategies

# Circle back to the patient experience

- The patient will remember that you helped them **FEEL** better.
- The patient will remember being part of a good support network
- The patient will remember that you helped give them back control over their recovery

THANKS  
FOR  
BEING  
AWESOME