

Patient Educational Curriculum for Musculoskeletal Therapy



Recovery

TREATMENTS 1-3

GOAL: Recuperate and begin healing process

FOCUS: Understanding the injury/disease process and interventions towards treatment

Repair

TREATMENTS 4-6

GOAL: Ease back to functional baseline

FOCUS: Repairing underlying injury/disease process through active and passive movement

Strengthen

TREATMENTS 7-9

GOAL: Remodel tissue and restore strength

FOCUS: Strengthening through mobility and strength training exercises

Function

TREATMENTS 10-11

GOAL: Restore function

FOCUS: Recovering maximum function and associated activities of daily living

Sustainment

TREATMENT 12

GOAL: Sustain outcomes long-term

FOCUS: Techniques that can be employed by the patient to sustain improvement to date

KEY EDUCATIONAL CONSIDERATIONS

- Discuss injury/disease process considerations in therapy
 - Explore underlying pathology that may limit or impede therapy
 - Overview patient's role in understanding injury/disease process
 - If relevant, resources to further understand injury/disease process
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- Overview patient's role in the repair phase of therapy
 - Explain techniques to aid in repair process, e.g. active mobility, postural corrections, or stretching (self-guided or partner-assisted)
 - If available, hydrotherapy or sauna therapy or other modalities to increase circulation and promote healing
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- Overview patient's role in the strengthen phase of therapy
 - Explain techniques that could aid the strengthening process, e.g. range of motion, core stability training, resistance or strength training (as appropriate for the patient's ability)
 - Ergonomic and postural education
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- Overview patient's role in functional recovery phase of therapy
 - Explain techniques that could aid in functional restoration, e.g. specific return-to-activity training or progressive walking program
 - Education on non-pharmacological pain relief options
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- Discuss progress made to date and benefits of continued therapy
 - Reinforce techniques taught in therapy to continue the process of strengthening and functional recovery
 - Patient specific home exercise program