

# *Clinical Rehab Specialists:* *providing quality individualized* *physical therapy care*

5 Courthouse Lane  
Chelmsford, MA  
Phone:  
978-726-8310

## Excerpt of Relevant Current Literature

### **Physical Therapy Cost efficient for Managing Osteoarthritis (excerpted from U of Otago)**

**Self-Limiting** manual physiotherapy or regular exercise programmes make a significant difference for people with painful osteoarthritis in the knee and hip joints, and are cost-effective. The randomised clinical trial



involved 207 patients over one year and used three protocols of treatment provided by physiotherapists in addition to usual care by their GP. One group was given seven manual physiotherapy sessions, in addition to usual care, for 40-50

minutes over nine weeks, followed by two boosters after a further seven weeks. The second group involved a programme of exercise both in the clinic and at home, while the third group was treated with a combination of manual and exercise therapy. A control group received only usual care from their GP or other health providers. Lead researcher Associate Professor Haxby Abbott of the Centre for Musculoskeletal Outcomes Research says that the results show that individually supervised exercise therapy or manual therapy provided by a physiotherapist, in addition to usual care, improve pain and physical function for at least one year. "A further study, published this

week in the international journal Osteoarthritis and Cartilage, looked at the economics of the additional treatment in this trial. It found that both additional exercise therapy and manual therapy are more cost effective for the health system and for individuals than just applying usual care management to osteoarthritis. "Exercise therapy provided the best cost-effectiveness from a health system perspective, its strengths, there is no clear best choice for everyone. What's clear is that either is better than usual care only."

The researchers conclude at present there is quite low use of non-surgical and non-drug therapies for osteoarthritis in primary care, and these studies

### Our clinic offers:

- > **Functional Movement Screen (FMS®)**
- > **Selective Functional Movement Assessment (SFMA®)**
- > **Analysis of movement disorders/ biomechanical dysfunction (running, jumping, lifting, etc.)**
- > **Functional management of Orthopedic and Neurological disorders**

### We currently accept the following Insurance Carriers:

- ◆ Medicare
- ◆ MassHealth
- ◆ Blue Cross/Blue Shield MA
- ◆ Cigna
- ◆ Tufts
- ◆ HPHC
- ◆ United Healthcare
- ◆ M.V.A.
- ◆ Workers' Compensation

point to a way of preventing or delaying pain and disability at significant cost effectiveness for society and the health system. “These results suggest that GPs should refer patients with hip or knee arthritis for individually supervised exercise or manual therapy provided by a physiotherapist, in addition to continuing to provide usual care.” The researchers say the Management of Osteoarthritis trial demonstrates for the first time the value of individually prescribed and supervised programmes involving manual care or exercise in relieving symptoms of hip or knee osteoarthritis. The exercise programme involved stationary cycling, muscle strengthening, stretching and balance and agility exercises both in the clinic and at home.

**Our certified clinical specialists take pride in providing:**

- **high patient satisfaction and quality care.**
- **proven treatment techniques and achieve positive outcomes.**
- **cost-effective treatment that will help the patient achieve improved quality of life.**

**Specialized Services Offered at Clinical Rehab Specialists**

- ◆ **Functional Movement Screening:** includes evaluation of symmetry of movement for ambulation, squatting, lunging, balance, stepping over objects, overhead mobility, etc. We also provide break-out analysis when movement dysfunction is observed to better identify and remediate causes of movement dysfunction.
- ◆ **Maintenance care for chronic neurological and orthopedic conditions**
- ◆ **Step-down programming after acute rehabilitation is completed**
- ◆ **Geriatric specialized care** (specialty certification from the American Physical Therapy Association)
- ◆ **Orthopedic specialized care** (specialty certification from the American Physical Therapy Association)
- ◆ **Management of complex medical conditions** (cardiopulmonary, diabetes, progressive conditions, disease management)