

On The Edge With OPTM

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Optimum Performance Through Movement

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2000 – 2010: The Bone and Joint Decade

The World Health Organization and the United Nations have dedicated this decade to improving the musculo-skeletal health in the world. The World Bank of Global Burden of Disease Project found that musculo-skeletal disorders are the most common cause of severe long-term pain and disability accounting for more than 50% of all chronic conditions. In the U.S., there are over 5 million healthcare encounters for these disorders each day! Clearly, the numbers represent a problem of epidemic proportions.

An underlying disease process can confound the diagnosis and treatment of musculo-skeletal disorders. Cancer, infection, serious neurological disorders, metabolic and systemic diseases can present as somatic pain. This pain is what may be misleading. Also, treatment of an orthopedic disorder can be limited by, or exacerbate an underlying disease. For example, impaired glucose metabolism in diabetes will prolong healing time and contribute to disorders such as adhesive capsulitis. Additionally, when treating a person with diabetes and an orthopedic problem, we must be aware of the effect that exercise has on blood glucose levels to avoid dangerous consequences.

We have been trained to screen for the signs of medical disorders that are beyond our scope of

practice. We carefully interview and assess your patients to ensure they will receive the appropriate care. If we suspect that your patient has a medical condition responsible for their pain, we will communicate with you immediately and follow your instructions regarding their care. We determine a physical therapy diagnosis, not a medical diagnosis. We do not give advice regarding surgical or medical interventions. This is our standard policy. We are acutely aware of our scope of practice and are trained to recognize when a patient is not a candidate for our care.

Physical therapy is our field of expertise, and we know our limitations. We provide evidence based treatments, outcomes and suggestions for therapeutic interventions. The distinction between medical and physical therapy intervention is clear. You strive to give the best medical care to your patients and **OPTM Sports Therapy** should to be your choice for physical therapy.

