

The Arizona Quarterly Spine

The Arizona Quarterly Spine is a quarterly publication designed to provide you information about SpineScottsdale Physical Therapy and other spine and physical therapy related news and information.



A Note from Shane

As a physical therapist who specializes in spine disorders, it's important for me to review the evidence based spine research to provide your patients with the most recent spine assessment and rehabilitation strategies. I recently attended the 12th International Conference in Mechanical Diagnosis and Therapy presented by The McKenzie Institute International to learn from world renowned speakers and researchers who provided their views on anatomy, pathology, epidemiology, and pathways necessary for the improvement of patient care. I would like to share with you this information in this edition of **The Arizona Quarterly Spine!**



In this issue

- **Highlights from the 12th International Conference in Mechanical Diagnosis and Therapy**





The primary objective of this conference was to present new concepts and challenge current practices in the field of musculoskeletal medicine. The following are highlights from the conference:

- 1. What is the best approach to improve patient outcomes in physical therapy: Tissue specific Diagnosis or Classification systems:** The limitations of tissue specific diagnosis in the spine has resulted in the development of classification systems in an attempt to subgroup patients who share similar clinical characteristics. This approach attempts to match a specific intervention to the patients signs and symptoms. Recent research from randomized control studies and observational studies suggests that classification methods that guide treatment improve patient outcomes.
- 2. What are the most important psychosocial factors that serve as an obstacle in the recovery of low back pain?** Psychosocial factors or yellow flags have been shown to be important in the development of chronicity of LBP and future disability. Drawing on high quality, prospective epidemiological research, the most important psychosocial obstacles to address that serve as an obstacle in the recovery in low back pain include: Depression and time to recover.
- 3. Does it Matter How We Sit?:** Due to the reported link with LBP and poor sitting posture, several studies recently undertaken investigated the effects of different sitting postures (upright sitting, slouched sitting, sitting on unstable surface) on trunk muscle activation and spinal-pelvic curvature in pain-free individuals and LBP patients. Significant differences in muscle activation patterns occurred between these two populations. These current findings highlight the importance of evaluating sitting posture in patients with LBP and the importance of postural training specificity.
- 4. Do Low Back Muscles Actually Stabilize the Spine?:** Due to their proposed attachment sites on vertebral segments and fibre direction, several trunk muscles in the clinical literature have been proposed to act as important stabilizers of the lumbar spine. Anatomical research findings of the following muscles conflicts with the clinical literature and does not confirm their postulated roles in lumbopelvic stabilization: Multifidi, Quadratus Lumborum, Piriformis, and Transversus Abdominus.
- 5. Do the anterior or posterior neck muscles provide more stability for patients with neck pain?** In the treatment of neck pain, there has been an emphasis on the muscles of the anterior cervical spine (i.e. deep cervical flexors). However, anatomical research findings demonstrate that the posterior cervical muscles (i.e. semispinalis and cervical multifidi) provide more stability given their multi-level attachment and cross-sectional area.



Using the Internet

SpineScottsdale is now using the internet to connect with the community. We are on Facebook, Twitter, Posterous, and Yelp! You can learn more about these internet sites below...



Facebook: Are you a fan?

Perhaps you have heard of this social networking site that is gaining popularity...FACEBOOK. Well, SpineScottsdale has decided to be a part of the trend. You can find a link at our website, www.spinescottsdale.com, to become a fan. You can post comments, view pictures, read articles, and tell your friends.



Twitter: Providing your patients tips on how to keep your spine healthy

Every day, millions of people use Twitter to create, discover and share ideas with others. Now, SpineScottsdale is turning to Twitter as an effective way to provide your patients and members of the community tips on how to keep your spine healthy.

You can find a link to our Twitter page at: www.spinescottsdale.com



Posterous: Evidence-based blog designed for health care professionals

Too busy to keep up with all the spine related research? I will be posting a weekly blog discussing the most recent evidence-based material on spine related issues. You can view this blog by going to: www.spinescottsdale.posterous.com



Yelp: The purpose of YELP is to connect people with great local businesses.

1. Yelp was founded in 2004 to help people find great local businesses.
2. As of May 2010, more than 32 million people visited Yelp in the past 30 days.
3. Yelpers have written over 11 million local reviews.
4. Your patients will be able to review SpineScottsdale Physical Therapy at www.yelp.com





Moving in the Right Direction

What your patients saying?

The following comments were provided on our Patient Satisfaction Survey:

“I came to SpineScottsdale unable to play baseball because of my back pain. I am playing baseball better than ever with no pain at all. Shane is full of knowledge and is extremely helpful”

-Jake

“The warmth, professionalism, and care I received at SpineScottsdale was beyond my expectations.”

-Karen

“I’ve been struggling with back pain for more than 10 years, and this the first treatment that has been successful. Shane is very knowledgeable, personable, and professional. Thank you Shane.”

-Andrew

“Shane is fantastic. Not only did he correct my immediate problem of lower back pain, he has taught me how to be proactive in maintaining “back health”. I highly recommend him!”

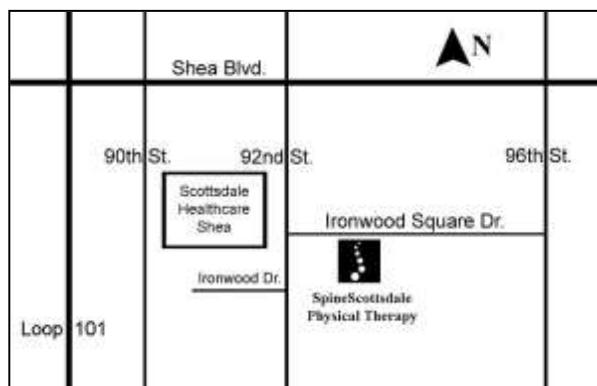
-Denise

“My experience at SpineScottsdale has been excellent and the first physical therapy that has made a difference! Shane is knowledgeable, professional, and caring.”

-Jo

“After years of lower back pain, I was on my way of being completely pain free after the first two sessions! I now have the tools to use myself at home to remain pain free! I’m able to once again do things I love to do! Many, many thanks to Shane!

-Marijean



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