

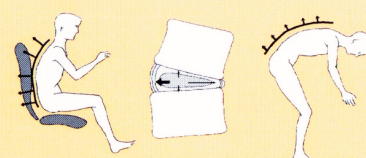
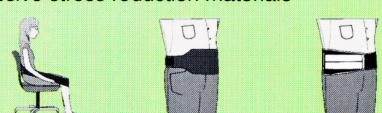
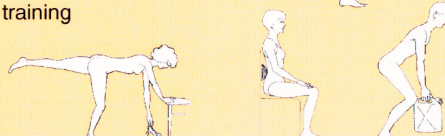

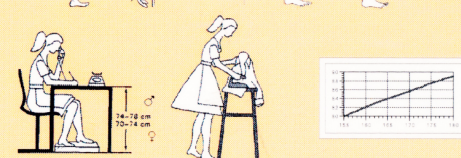
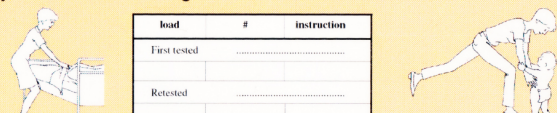
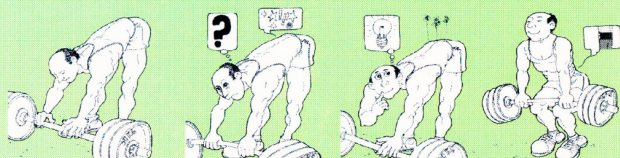
standardization of physical therapy treatment plans for musculo-skeletal pain syndromes

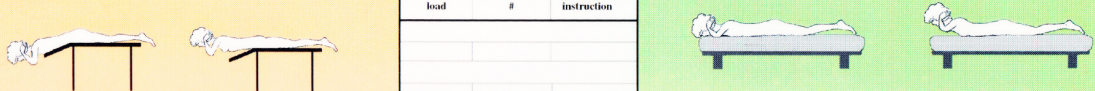

Jan b Eyskens, MSc PT, DO, Pr Ph, © 1992.


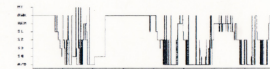
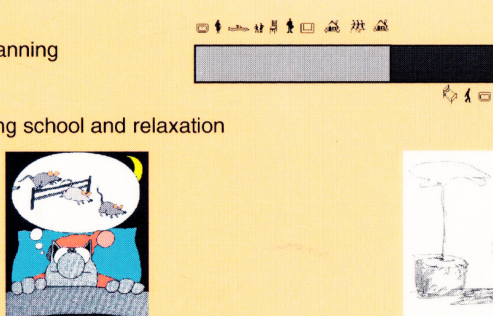
Musculo-skeletal pain patients that were referred to us are divided in 3 categories after clinimetry and physical stress anamnesis:

- 1 **S. D. M. S.** somatic disorders of the musculoskeletal system
- 2 **M. F. S.** myofascial pain syndrome
- 3 **F. M.** fibromyalgia.

A treatment schedule was developed for each category. The results differ markedly compared to those when treatment was based solely on the patient's complaints of pain. More research is needed regarding the frequency of recidivism and the follow-up results.

	The treatment at the physiotherapist's consists of:	The treatment at home, work, sports consists of:									
S	<ul style="list-style-type: none"> information education 	<ul style="list-style-type: none"> use of passive stress reduction materials 									
D	<ul style="list-style-type: none"> movement training 	<ul style="list-style-type: none"> active stress reduction techniques 									
M	<ul style="list-style-type: none"> ergonomics 	<ul style="list-style-type: none"> home therapy program re-integration in job, leisure and sports activities. 									
S	<ul style="list-style-type: none"> physical stress training <table border="1" style="display: inline-table; margin: 10px;"> <thead> <tr> <th>load</th> <th>#</th> <th>instruction</th> </tr> </thead> <tbody> <tr> <td>First tested</td> <td></td> <td></td> </tr> <tr> <td>Retested</td> <td></td> <td></td> </tr> </tbody> </table> 	load	#	instruction	First tested			Retested			
load	#	instruction									
First tested											
Retested											

M	<p>In addition to the previous category</p> <ul style="list-style-type: none"> 'intermittent cold with stretch' and muscle dry needling 	<ul style="list-style-type: none"> specific muscle stretch exercises 									
F	<ul style="list-style-type: none"> individual local muscle circulation training 	<ul style="list-style-type: none"> specific local muscle circulation training 									
S	<table border="1" style="display: inline-table; margin: 10px;"> <thead> <tr> <th>load</th> <th>#</th> <th>instruction</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> </tr> </tbody> </table> 	load	#	instruction							
load	#	instruction									

F	<p>The approach is multi-disciplinary: through clinical psychiatric record keeping (often including polysomnography) and psychological testing, the neuropsychiatrist helps to diagnose. Therapies offered are pharmacological and psychological.</p>  	
M	<p>In addition to the previous category</p> <ul style="list-style-type: none"> back-school day planning sleeping school and relaxation 	<ul style="list-style-type: none"> general functional and cardiovascular training the patient must continually and without deviation follow the physical and psychological guidelines. 