



New Life News

New Life Physical Therapy Services 602 East Albert Street~Suite 6 Portage, WI 53901 Phone (608) 742-9356 Fax (608) 742-9358

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Back Pain

Rehabilitation Following First Time Lumbar Disc Surgery: A Systematic Review within the Framework of the Cochrane Collaboration

This study was a systematic review of randomized controlled trials. The objective of this study was to evaluate the effectiveness and risk of re-injury with intensive exercise programs following first time lumbar disc surgery.

A total of thirteen studies were reviewed by two independent reviewers. They used a four level rating system of scientific evidence to summarize the results.

The results showed there is strong evidence that intensive exercise programs improve functional status and allow workers to return to work faster than do mild exercise programs. None of the investigated treatments were harmful with regard to reherniation or reoperation.

This review of studies concluded that there is no evidence that patients need to have their activities restricted after first time lumbar disc surgery. There is strong evidence for intensive exercise programs; they lead to better outcomes without increase risk of re-injury.

(Rehabilitation Following First-Time Lumbar Disk Surgery: A Systematic Review within the Framework of the Cochrane Collaboration. JG Ostelo RW, W De Vet HC, Waddell G, Kerckhoffs MR, Leffers P and Van Tulder M. *Spine* 28(3):209-18, 2003 February 1.)

The Effect of Brochure Use versus Therapist Teaching on Performing Therapeutic Exercise and on Change in Impairment Status

The purpose of this study was to determine the effectiveness of learning exercises via a brochure versus being instructed by a skilled physical therapist. This study used a total of 87 subjects who had neck or back pain, and split them into two groups. The first group (n=47) was instructed by a skilled physical therapist in the exercise program. Whereas, the brochure group (n=40) received their instructions only from one of three handouts.

Follow-up examination of the two groups included assessment of muscle status and grading of the quality of the exercises performed. Pain intensity was also reported on a visual analogue scale.

The results showed that the patients instructed by a physical therapist performed their exercises better than the brochure group. A correlation was found between proper form with exercises and a decrease in pain. The brochure group only performed their exercises correctly half of the time.

(Friedrich M, Cermak T, Maderbacher P. The Effect of Brochure versus Therapist Teaching on Patients Performing Therapeutic Exercises and on Changes in Impairment Status. *Phys Ther.* 1996; 1082-1088)



Matthew J. VanderKooi PT, MS, COMT

Matt is the proud owner of New Life Physical Therapy Services, LLC. He has been working with inpatients and outpatients of the Portage area for the last seven years. During the past six years, Matt has become a *Certified Orthopedic Manipulative Physical Therapist*. This allows Matt to evaluate the necessity of adding a spinal or peripheral manipulation to a patient's functionally based physical therapy treatment plan. In today's world of time and insurance constraints, Matt has learned the ability to obtain maximum patient benefit from a minimum investment of time and resources.

Brian M. Doolan, MPT, CSCS

In December 2002, Brian graduated from the UW-Madison with his Master of Physical Therapy degree. During his time at UW-Madison, Brian also received his *Certified Strength and Conditioning Specialist* certificate (CSCS). This allows Brian to assist his patients, young and old, to return to full function via a complete whole body exercise program.

In addition to his CSCS certificate, Brian has started down the road to becoming a Certified Orthopedic Manipulative Physical Therapist. Brian looks forward to using his knowledge to help your patients return to their normal lives.