



# New Life News

October 2003

New Life Physical Therapy Services, LLC  
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## Cervical Pain and Treatment

### Low Cost Therapy for Neck Pain

A recent Study out of the Netherlands has shown that patients treated for neck pain with manual therapy, provided by a manually trained physical therapist, displayed quicker recovery times and far fewer costs. The manual therapy was dispensed in the form of spinal mobilizations. The total cost at a one year follow up were \$402 for manual physical therapy, \$1297 for therapeutic exercises and \$1379 for the general practitioner care. This new research supports the cost-effectiveness of cervical mobilizations done by a skilled manual physical therapist.

(Korthalsde Bos I et al., *Cost effectiveness of physiotherapy, manual therapy and general practitioner care for neck pain: Economic evaluation alongside a randomized controlled trial.* BMJ, 2003; 326:911.)

### Results of Early Mobilization of Acute Whiplash Injuries

Acute whiplash syndrome is due to a rapid movement of the head, arising from acceleration/deceleration forces. Causes of whiplash are many including; MVA, blows to the face or body, falls onto the shoulder and pulls or thrust on the arm.

The purpose of this study was to determine the effectiveness of early mobilization verses the use of a soft cervical collar for neck pain after a whiplash injury. Initial reports of pain and disability between the groups were not significant. However, after six weeks of therapy verses the use of a soft collar, there was a significant difference in pain and disability between the groups.

This study concluded that early mobilization of the cervical spine should be recommended as the new standard therapy in the management of acute whiplash injuries.

(Schnabel M, Vassiliou, Schmidt T, Basler HD, Gotzen L, Junge A, Kaluza. *Results of Early Mobilizations of Acute Whiplash Injuries.* Schmerz, 2002 Feb; 16(1): 15-21.)



**Meet the therapists at  
New Life Physical Therapy!**

#### **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.