

Bed rest is a thing of the past Time to get active

To suggest topics, please call Angela Veri, National Director of Customer Relations.

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As we head into the spring, most of us feel more energetic; we have a bit more spring in our step. The more active we are, the better we feel and in turn, the more active we become. Activity promotes a positive energy cycle. This principle applies to your MVA clients. Long gone are the days when health professionals advised bed rest as the best remedy for the road to recovery. Today, across professions, there is agreement that active treatment is the way to go to promote maximum recovery.

In fact, treatment should begin as soon as possible post MVA, because early intervention helps reduce inflammation and pain in the acute phase of rehabilitation (between 3 days and 6 weeks). It also paves the way for the introduction of range of motion exercises. In addition to early intervention, it is important to make sure passive modalities and manipulation or mobilization techniques are not used in isolation:

- **Passive modalities:** may be appropriate during the acute stage to help improve the pain-free range of motion, and possibly reduce the need for pain medications, but should not make up the entire treatment regime. For example, if passive modalities like hot packs, ultrasound or TENS are necessary, it is important that they are combined with active treatment components.
- **Manipulation and mobilization techniques:** also should not be the sole intervention. These techniques help restore range of motion and facilitate normal functioning of the joints and – similar to passive modalities – they should be combined with active treatment components.

Getting active means prescribing a combination of:

- Range of motion exercises and stretches,
- Strengthening and functional retraining exercises, and
- Cardiovascular exercises.

An active treatment program that begins as early as possible post-MVA is the best way to get your clients *on the move* to recovery.

Please see the attachment for an overview of the components of an active treatment program.

Active treatment promotes maximum recovery

An active treatment program should include prescribed function. This means specific movements that the client can do in pain-free ranges to help improve blood flow, increase range of motion, and reduce the build up of scar tissue. The prescribed function should include a combination of range of motion exercises, strengthening and functional retraining exercises and cardiovascular exercises:

<p>Range of Motion Exercises</p>	<ul style="list-style-type: none"> • Focus on restoring motion by increasing flexibility and reducing muscle tension. • Increased range of motion leads to improved function, posture, and compliments strengthening exercises.
<p>Strengthening and Functional Retraining Exercises</p>	<ul style="list-style-type: none"> • Help reduce muscle deterioration caused by inactivity. • Help restore balance and function between muscle groups. • Help return to work when the prescribed exercises simulate work-related tasks.
<p>Cardiovascular Exercises</p>	<ul style="list-style-type: none"> • Improves overall health by improving lung health and endurance. • Enhances blood flow throughout the body that promotes healing.

For more information, please contact Sibley at 1-800-363-8900