

The Sibley Report

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... the place to find valuable information to help make your job – and your life easier! If you have a topic idea or any other suggestions, please give our Editor - Angie Catenaro - a call. Sibley & Associates is a national disability management firm with a decade of experience, nearly 300 healthcare professionals and state-of-the-art technology.

The Trend Towards Active Treatment

Just as the insurance industry has dramatically changed in the past 10 years, so has the health care field. The advent of The Quebec Task Force in 1995 opened the eyes of many in the health care industry, causing therapists to question their treating practices, as well as their treating philosophies. Gone are the days when bed rest for a couple of weeks was advised. We are also witnessing a trend towards less use of passive modalities in clinics.

Ten years ago, passive modalities such as hot packs, ultrasound and TENS units were widely used by Physiotherapists and Chiropractors as adjunctive treatment to their manual techniques during a client's full course of treatment.

Conversely, the Quebec Task Force only recommends their use in the early acute phase of treatment and entirely dismisses their use for later stages of recovery. Actual treatment techniques may differ between therapists, however, a common element in every treatment should be active exercise. The Quebec Task Force makes repeated statements regarding the

need for controlled movement early on and that immobilization has little effect (in fact, often detrimental effects) in healthy adults.

Attached please find an overview of treatment principles that encourage active exercise that should be considered when reviewing your clients' rehabilitation plans.

For more information about this topic, please see the May 2003 issue of *Without Prejudice* for the article "Physiotherapy and Chiropractic Services – Results that Work!" written by Ian Elliot, a Registered Physiotherapist & Melanie Wintle, a Chiropractor/Certified Kinesiologist with Sibley & Associates Inc.

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