



# Effect of Physiotherapy on Pain Intensity and Disability in Patients with Chronic Low Back Pain: A Call for Patients' Awareness to Focus on Physiotherapy Treatment in Cameroon

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## Authors' contributions

This work was carried out in collaboration among all authors. Author HTG designed the study, collected the data, wrote and edited the manuscript. Author FCB designed the study and edited the manuscript. Author DLNM wrote and edited the manuscript. Author JRS did data analysis. Author DLN collected the data and edited the manuscript. Author PLSE collected the data collection and edited the manuscript. Author MD edited and proofread the manuscript. All authors read and approved the final manuscript.

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# Pain Disability And Physiotherapy

**Marie Donaghy, Maggie Nicol, Kate M.  
Davidson**



## **Pain Disability And Physiotherapy:**

**Pain, Disability and Physiotherapy** Simmonds,1997 Enormous strides have been made in pain research which have contributed to improved management of people with acute and chronic pain This special issue contains scholarly reviews and original research articles written in large part by an international cadre of researchers

**Physical Therapy Management of Patients with Spinal Pain** Deborah Stetts,Gray Carpenter,2024-06-01 In this rapidly changing health care environment a challenge today s physical therapist faces is finding evaluating and implementing current best evidence into practice an integral part of health care professional educational programs With that goal in mind Physical Therapy Management of Patients With Spinal Pain An Evidence Based Approach provides a comprehensive research based overview of the examination and physical therapy interventions of the spine Inside Physical Therapy Management of Patients With Spinal Pain Drs Deborah M Stetts and J Gray Carpenter evaluate the current evidence related to spinal pain and present it in a format that allows for an easy transition to the clinical environment By providing effective clinical interventions rather than relying on habits or tradition patients benefit from an increased likelihood of improved quality of life with the least potential of personal and financial risk Some features include Over 650 photographs images and tables Access to a supplemental video Website with new book purchase Best practice for evaluating and treating the lumbar spine thoracic spine and cervical spine Comprehensive coverage of the clinical presentation of spine related pathologies from evaluation to treatment Each chapter outlines the history physical examination physical therapy diagnosis evidence based management guidelines and case studies for each topic Case studies will challenge the reader s clinical reasoning skills with the use of current best evidence throughout the initial examination and subsequent treatment sessions Bonus Also included with Physical Therapy Management of Patients With Spinal Pain is access to a supplemental Website containing more than 375 video demonstrations corresponding to the tests and measures examination evaluation and intervention procedures covered within the text Physical Therapy Management of Patients With Spinal Pain An Evidence Based Approach is the go to reference text and accompanying Web site for the physical therapy students or clinicians who are reaching for best practice through providing the highest level of evidence informed care in the evaluation and management of patients with spinal pain

**Physical Therapy Management of Low Back Pain** Julia Chevan,Phyllis A. Clapis,2013 Physical Therapy Management of Low Back Pain A Case Based Approach provides a detailed review of the theory and practice of a variety of approaches to treating low back pain using a case based approach The important features of nine major orthopaedic physical therapy approaches are explained and practical application of each approach is demonstrated via a single patient case This controlled overview enables instructors and students to analyze compare and contrast the options in physical therapy treatment with detailed information on intervention Physical Therapy Management of Low Back Pain A Case Based Approach will give students a helpful reference point to better prepare for clinical work

**Tidy's Physiotherapy E-Book** Stuart

Porter,2008-04-01 The essential book to refer to whether you re just starting out or about to go on placement or need to look up something for an assessment the 14th edition of Tidy s Physiotherapy is up to date and ready to meet the needs of today s physiotherapy student Chapters are written by specialists who have come from a wide range of clinical and academic backgrounds Each chapter encourages you to problem solve and provides case studies to give the opportunity to consolidate learning and to give you confidence when you need to apply what you have learned For the first time a DVD ROM is included which contains sections on musculoskeletal tests massage and exercise and graphics which can be used for revision presentations and even teaching New techniques include core stability and muscle imbalance techniques keeping the student informed of current developments Hot topics covered including NHS structure the role of research and clinical governance Case studies included to help the student think about their reading in a real life context New text design with redrawn and updated illustrations means the book is easier to navigate Totally updated for today s physiotherapist High quality annotated art illustrations Case studies which provide further insights into the physiotherapists clinical reasoning Web links DVD containing videoclips and downloadable photographs Additional chapters on Care of the Ventilated Patient Cardiac and Pulmonary Rehabilitation Management of Tissue Healing and Repair Massage Electrotherapy Pain and Changing Relationships for Promoting Health Part of the Physiotherapy Essentials series core textbooks for both students and lecturers

**Handbook of Musculoskeletal Pain and Disability Disorders in the Workplace** Robert J. Gatchel,Izabela Z.

Schultz,2014-05-08 This book addresses the complexity of preventing diagnosing and treating musculoskeletal pain and disability disorders in the workplace Divided evenly between common occupational pain disorders conceptual and methodological issues and evidence based intervention methods this comprehensive reference presents current findings on prevalence causation and physical and psychological aspects common to these disorders Attention is given to working world concerns including insurance and compensation issues and AMA guidelines for disability evaluations Also specialized chapters offer lenses for understanding and administering the best approaches for treating specific pain disorders and explore what workplaces can do to accommodate affected employees and prevent injuries from occurring in the first place

**Evidence Based Physical Therapy** Linda Fettes,Julie Tilson,2012-05-05 The five steps of Evidence Based Practice EBP

provide the foundation for this book that supports student learning to find appraise and apply evidence to improve patient outcomes You will develop evidence based questions specific to your clinical decisions and conduct efficient and effective searches of print and online sources to identify the most relevant and highest quality research evidence Then you learn to rigorously appraise and interpret the research and combine the research with your clinical expertise and your patients values and goals *Pain in Practice* Hubert Van Griensven,Sarah Barker,Helen Galindo,2005-01-01 Using a single treatment model that can be applied to every patient this unique book is a valuable guide for assessing identifying and treating patients with acute and chronic pain in physical therapy practice It teaches clinicians how to quickly recognize pain patterns and deal with

pain using practical pain management techniques psychosocial interventions self help methods in combination with familiar musculoskeletal approaches massage exercise therapy TENS Underlying concepts of neurophysiology endocrine physiology and psychology are explained to convey a greater understanding of pain science and its links to everyday practice PAIN IN PRACTICE is a very readable user friendly book it approaches the subject of pain from different perspectives with the overriding theme being relevance to clinical reasoning and thus treatment of patients The book is well designed with the use of green shaded boxes to summarize or highlight important points there is good use of patient scenarios to facilitate the linking of theory to practice and the many diagrams and flow charts support the text well The British Pain Society Newsletter Spring 2006 Material is organized according to the hierarchy in the sensory nervous system from familiar to the increasingly complex causes of pain A single overarching clinical reasoning model is presented that integrates psychological neural and mechanical knowledge enabling therapists to assess and treat all patients using the same model The book s rational approach to analyzing pain syndromes discards overly simplistic notions of pain as a mechanical phenomenon A comprehensive review of outcome measures is provided which serves as a convenient reference guide for evaluation and clinical practice Text boxes highlight patient examples exercises and interesting background information Relevant neurophysiology is discussed in a way that translates the information into practical application Integrative approach to pain management empowers therapists to use familiar musculoskeletal methods in addition to psychosocial methods enabling them to choose the most appropriate techniques from both areas

**Mechanisms and Management of Pain for the Physical Therapist - E-BOOK** Kathleen A. Sluka, 2025-05-24 Deepen your knowledge of the mechanisms of pain and redefine your approach to pain management with this essential resource Mechanisms and Management of Pain for the Physical Therapist Third Edition is the only textbook that addresses the growing significance of rehabilitation and non pharmaceutical treatments in pain care Dr Kathleen Sluka leads a team of more than 20 international contributors in providing a practical evidence based framework for understanding pain mechanisms and management using a multidisciplinary approach Completely updated content covers the basics of pain neurobiology and reviews evidence on the mechanisms of action of physical therapy treatments as well as their clinical effectiveness in specific pain syndromes This edition features new chapters on chronic pain predictors psychological interventions and managing pain in special populations ensuring you are equipped with the latest advancements in the field Comprehensive coverage of physical therapy pain management with a review of the latest evidence and case studies Overview of the science of acute and chronic pain Interdisciplinary approach to pain management Focus on pain syndromes commonly seen in physical therapy practice including the underlying pathology and interdisciplinary management as well as the medicine psychology and physical therapy approaches *Handbook of Behavioral Health Disability Management* Pamela A. Warren, 2018-07-13 This authoritative handbook provides an up to date interdisciplinary understanding of behavioral health issues and their management within disability systems It examines today s complex

mismatches between providers pinpointing related obstacles to relevant diagnosis referrals and care while making a solid case for better coordination and collaboration between primary care physicians and a wide range of disability and mental health specialists Chapters review current findings on common job related mental health and psychosocial issues and guide readers through the tangle of insurance and legal concerns typically associated with disability cases This elegant framework models more effective case management leading to enhanced client satisfaction and functioning and improved individual and system outcomes Among the topics covered A critique of the behavioral health disability system Systemic caused iatrogenic behavioral health disability and contradiction between diagnostic systems Effective psychological evaluation and management of behavioral health concerns Behavioral health disability and occupational medicine concepts and practices Physical therapy treatment and the impact of behavioral health concerns A neuroplastic model of secondary contribution to behavioral health disability theory and implications With its practical solutions to large scale health care problems the Handbook of Behavioral Health Disability Management is necessary reading for health psychologists and professionals in rehabilitation psychotherapy and counseling occupational medicine and allied fields as well as other stakeholders involved in the disability process

*Grieve's Modern Musculoskeletal Physiotherapy E-Book* Deborah Falla, Jeremy Lewis, Christopher McCarthy, Chad E Cook, Michele Sterling, 2024-04-02 Originally edited by Gregory Grieve a founder of modern manual therapy the fifth edition of Grieve s Modern Musculoskeletal Physiotherapy continues to offer contemporary evidence models of diagnosis and practice that make this one of the most highly respected reference books for physiotherapists This edition has been fully updated to provide an overview of the latest science in a rapidly evolving field It includes detailed directions for research informed patient care for a range of musculoskeletal disorders as well as up to date information on the global burden research methodologies measurements and principles of assessment and management A new international editorial board with experience in both research and clinical practice bring a truly comprehensive perspective to this book meaning those practising musculoskeletal physiotherapy today will find it highly clinically relevant to their work Edited by an internationally recognised editorial board brings expertise in both research and clinical practice Fully updated with the latest published evidence Clear guidance on evidence based contemporary practice Management of conditions relating to both the vertebral column and peripheral joints Updated reviews on the science and practice of a wide range of treatment modalities Principles of effective communication screening clinical reasoning lifestyle considerations behavioural change and self management Summary boxes and clinical tips to support clinical assessment and management More than 300 figures and illustrations Global burden of musculoskeletal disorders including history epidemiology and new models of care A range of new research methodologies including N of 1 research designs systematic reviews and meta analyses population based cohort studies consensus research and response analyses in musculoskeletal research How to navigate the endless wave of information and assess different levels of evidence New measures New chapter on cost analyses and value based care Digital

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intervention in the practice of physiotherapy and occupational therapy addressing a range of clinical problems with contributions from professionals who are specialists in their field The book explains the psychological model and provides a rationale for applying CBT as a tool to strengthen physiotherapy and occupational therapy interventions Case studies are integral to this book highlighting the application of CBT outlining the strategies and illustrating the outcomes and boundaries of treatment case studies evidence based interdisciplinary approach contributed to by renowned specialists in the field

**Life Care Planning and Case Management Across the Lifespan** Tanya Rutherford-Owen, Mary Barros-Bailey, Roger O. Weed, 2023-11-23 Celebrating 25 years since its first publication the fifth edition of this best selling text is the most up to date and complete resource available on what a life care planner does how the life care planner does it and issues that affect the day to day role of a life care planner Now featuring new material on pediatric life care planning and case management including brachial plexus injuries and neurodevelopmental disorders this new edition provides guidance and planning for cases across the lifespan It begins with a series of chapters examining ten different professional specializations that often contribute to a life care plan before providing critical information for developing life care plans for individuals with different physical mental and cognitive conditions including spinal cord injury brain injury and chronic pain Uniquely comprehensive the book also includes chapters on the forensic and legal context of life care planning as well as equipment technology evidence based literature resources and special education special needs planning relevant to pediatric life care planning Also including chapters dedicated to life care planning methodology and life care planning research this is an essential resource for anyone practicing or studying life care planning or managing the needs of those requiring chronic medical care over the lifespan

**Evidence-Based Management of Low Back Pain - E-Book** Simon Dagenais, Scott Haldeman, 2011-01-31 Covering all commonly used interventions for acute and chronic low back pain conditions Evidence Based Management of Low Back Pain consolidates current scientific studies and research evidence into a single practical resource Its multidisciplinary approach covers a wide scope of treatments from manual therapies to medical interventions to surgery organizing interventions from least to most invasive Editors Simon Dagenais and Scott Haldeman along with expert contributors from a variety of clinical and academic institutions throughout the world focus on the best available scientific evidence summarizing the results from the strongest to the weakest types of studies No other book makes it so easy to compare the different interventions and treatment approaches giving you the tools to make better more informed clinical decisions A multidisciplinary approach covers treatments from manual therapies to medical interventions to surgery and many others in between An interdisciplinary approach enables health care providers to work together A logical easy to follow organization covers information by intervention type from least invasive to most invasive Integration of interventions provides information in a clinically useful way so it's easier to consider more than one type of treatment or intervention for low back pain and easier to see which methods should be tried first 155 illustrations include x rays photos and drawings



Tables and boxes summarize key information Evidence based content allows you to make clinical decisions based on the ranking the best available scientific studies from strongest to weakest Patient history and examination chapters help in assessing the patient s condition and in ruling out serious pathology before making decisions about specific interventions Experienced editors and contributors are proven authors researchers and teachers and practitioners well known in the areas of orthopedics pain management chiropractic physical therapy and behavioral medicine as well as complementary and alternative medicine the book s contributors include some of the leading clinical and research experts in the field of low back pain Coverage based on The Spine Journal special issue on low back pain ensures that topics are relevant and up to date A systematic review of interventions for low back pain includes these categories patient education exercise and rehabilitation medications manual therapy physical modalities complementary and alternative medicine behavioral modification injections minimally invasive procedures and surgery Surgical interventions include decompression fusion disc arthroplasty and dynamic stabilization Additional coverage includes patient education and multidisciplinary rehabilitation

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**Quick Reference Dictionary for Physical Therapy** Jennifer Bottomley,2024-06-01 Quick Reference Dictionary for Physical Therapy has been revised and updated into a Third Edition to include the latest information in the field of physical therapy This reference book designed specifically for the physical therapy and physical therapist assistant student and practitioner provides a magnitude of terms definitions guidelines and references essential to the field This Third Edition provides quick access to over 3400 words and their definitions that are encountered on a day to day basis 400 more than the previous edition There are also 41 appendices in this user friendly pocket sized reference where you can find information such as lists of general acronyms and abbreviations for words commonly used in physical therapy rehabilitation commonly used acronyms for evaluative tests and measures and definitions of impairment disability and handicap as established and accepted by the World Health Organization What is new

inside the Third Edition More than 100 new abbreviations and acronyms Updated Code of Ethics for the Physical Therapist A new Drug Prescribing and Elimination Abbreviations appendix Updates to suggested readings Quick Reference Dictionary for Physical Therapy Third Edition is the perfect pocket size affordable companion for school clinical affiliations and physical therapy practice      **Muscle Energy Techniques** Leon Chaitow, Ken Crenshaw, 2006-01-01 DVD ROM which includes the full text plus video clips of the author demonstrating many of the techniques      Bonica's Management of Pain Scott M. Fishman, 2012-03-29 Now in its Fourth Edition with a brand new editorial team Bonica's Management of Pain will be the leading textbook and clinical reference in the field of pain medicine An international group of the foremost experts provides comprehensive current clinically oriented coverage of the entire field The contributors describe contemporary clinical practice and summarize the evidence that guides clinical practice Major sections cover basic considerations economic political legal and ethical considerations evaluation of the patient with pain specific painful conditions methods for symptomatic control and provision of pain treatment in a variety of clinical settings

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