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Physical Therapy Review

Cross-friction massage

Cross-friction massage (CFM) is a deep massage directly to the soft tissues involved. It is usually done perpendicular to the direction of the soft-tissue fibers. CFM can be useful in encouraging the laying down of collagen fibers in the proper direction for healing of soft tissues. It can also aid in increasing blood flow, decreasing pain, and improving ROM. Technique progresses from light to deep pressure across the intended soft tissue. No lotions are used with this technique.

Neural glides

Neural gliding is the movement of neuromusculoskeletal tissue through an area that may be impinging on the tissue. Neural glides can be done with the patient in the same position as for neural tension testing. Gliding is done up to the point of symptom production and should move into symptomatic range. It may be beneficial to glide at any one or combination of the joints through which the nerve passes. Gliding can also be done on the uninvolved side. Use care when mobilizing neural tissue, as symptoms can be worsened with too much mobilization.

Edema massage

Edema massage is a very light-pressure massage to encourage edema drainage and movement of fluid surrounding tissues. It is usually done proximally to drain lymph nodes, moving distally and then proximally again to encourage drainage and the direction of flow.

Muscle energy techniques

Muscle energy techniques (METs) use a submaximal muscle contraction in a contract-relax sequence coupled with segmental stabilization to move a joint to a desired position (active joint mobilization). Treatment with METs is determined by joint dysfunction, particularly with accessory joint motion. Muscle energy usually moves in the direction opposite to the restricted joint motion so as to pull the joint back into a more functional position. MET is most typically used on the spine and pelvis but can be used for some peripheral joint dysfunctions.

Pain Management

Pain can be managed through the use of exercise for range of motion and functional mobility and the manual techniques described above. The use of modalities (see modalities chapter) for tissue healing, edema management, and pain management can also be useful in breaking the pain cycle. Often drug therapy as prescribed by the physician is used in combination with physical therapy.

Home Programs

In most cases of PT intervention it is necessary to educate the patient on things to do at home and as a part of daily living. This instruction can include the following:

- Posture/ergonomics
- Body mechanics
- Home exercise (how to progress)
- Activity modification (when to return to activity, what to avoid)
- Home pain management (heat, ice)
- Home mobilization (stretching, joint mobilization, ROM, soft-tissue mobilization)
- Safety with mobility (transfers, ambulation)

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