



teachers meeting OMPT
25th-26th November 2010
Zaragoza - Spain

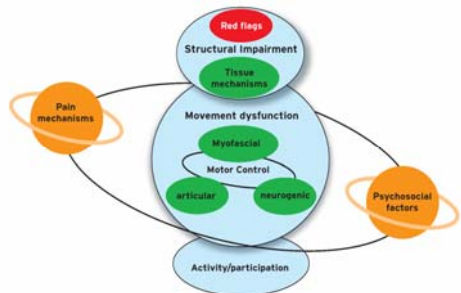




Postgraduate training musculoskeletal physiotherapy

Ghent University
Belgium

A Didactical Approach for Musculoskeletal Physiotherapy: The Planetary Model



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Clinical reasoning process

How to learn our students

The thinking and decision making process

In a didactical and efficiency model

By clinical case presentations

Properties for a clinical model

Complete: contains all relevant patient characteristics for clinical reasoning in MT

Conform ICF

Focus on the core business of MT

Up-to-date

Independent of MT – concepts

Captivating and simple visual presentation

International Classification of Functioning

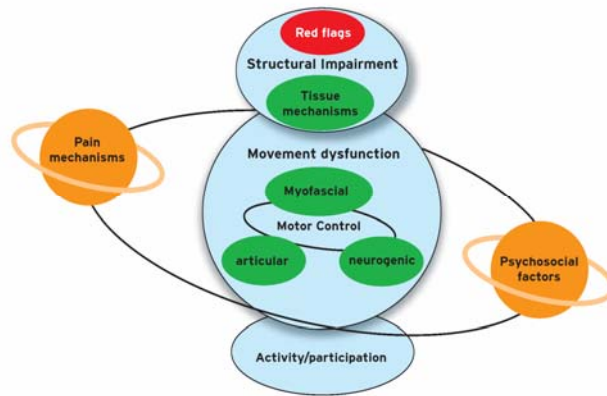
The consequences of any health problem for individual functioning can be seen as three dimensional

Impairment

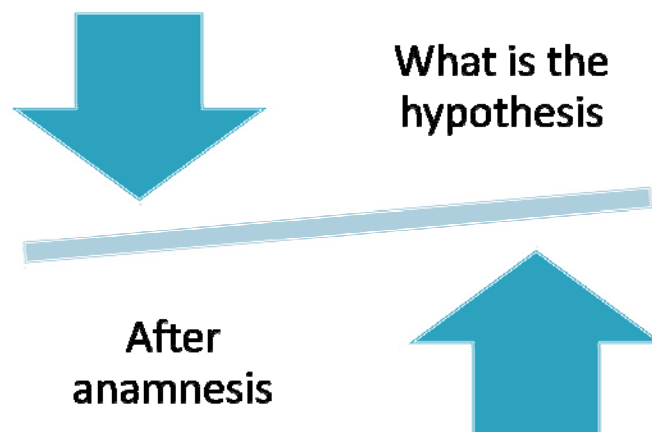
Activity

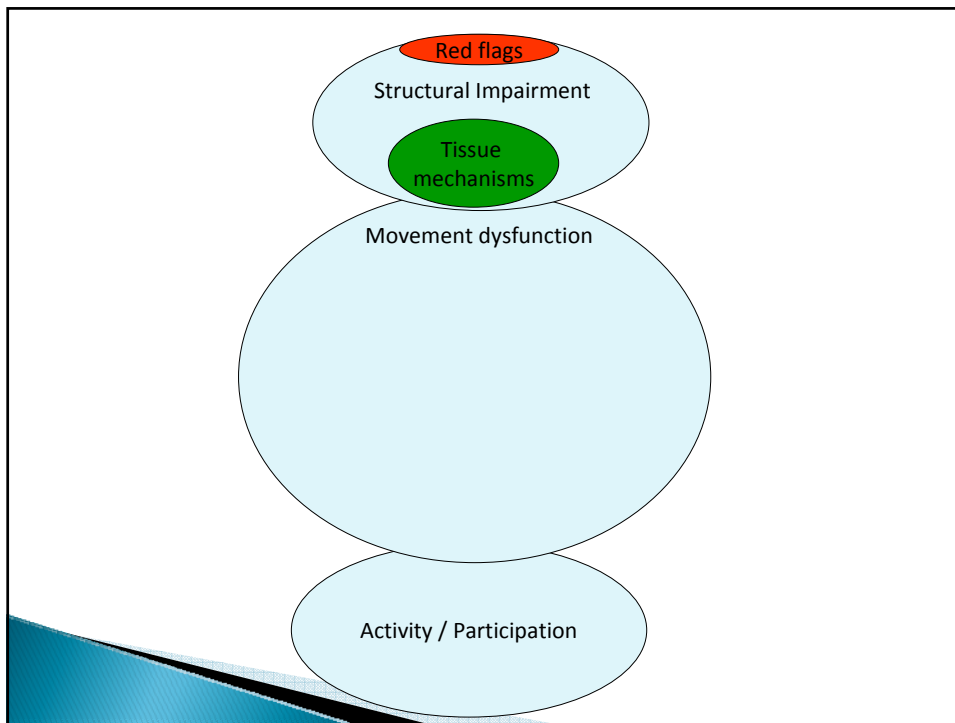
Participation

The Planetary Model



Expectations for the student:





Structural Impairment

Expectations for the student

- To give an overview of all possible involved anatomical structures (differential diagnosis)
- Arguments for the most probable involved structure(s)
- Determine the clinical importance related to the dominant pain mechanism

“Red flags” and contra-indications for MT

Expectations for the student:

Collect all “red flag” information through anamnesis, medical imaging, medical examinations

Exclude contra-indications for MT after clinical examination especially in the absence of medical data

Tissue mechanisms

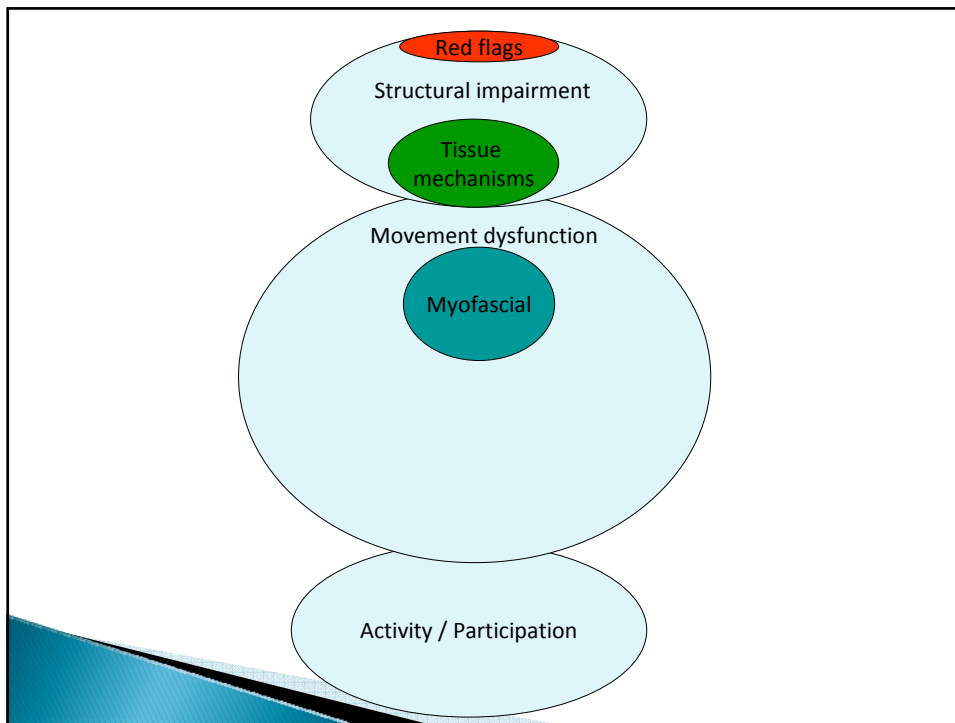
Expectations for the student:

Actuality?

Load bearing capacity?

Stage of tissue recovery?

Does the clinical presentation corresponds with the expected stage of tissue recovery?



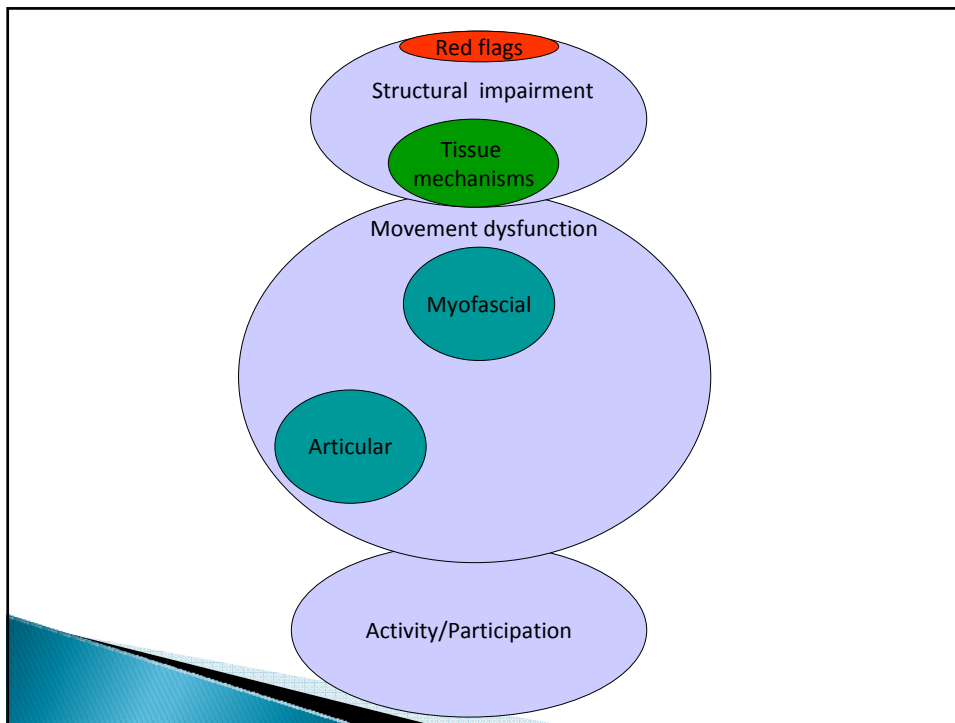
Movement dysfunction

Myofascial

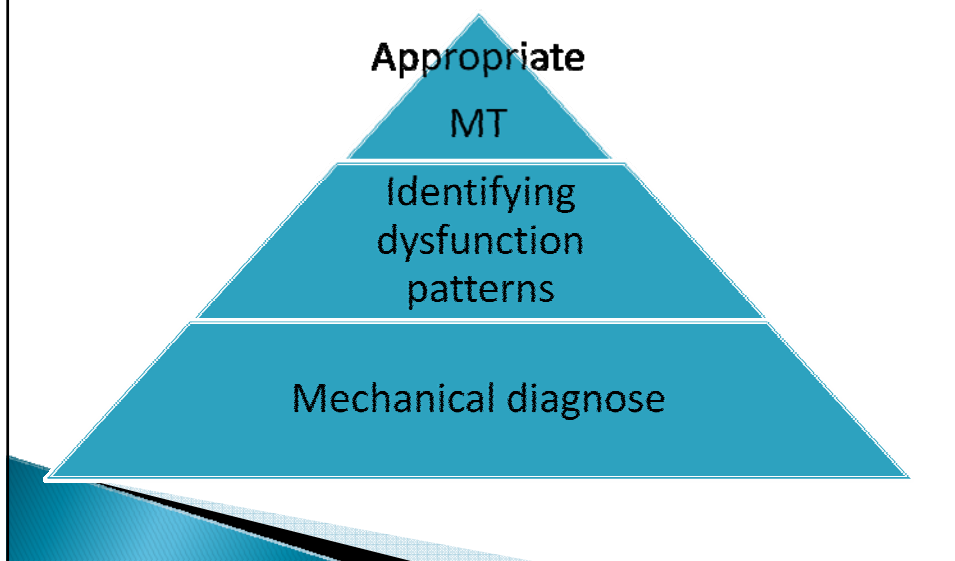
Expectations for the student:

Determine muscle imbalance

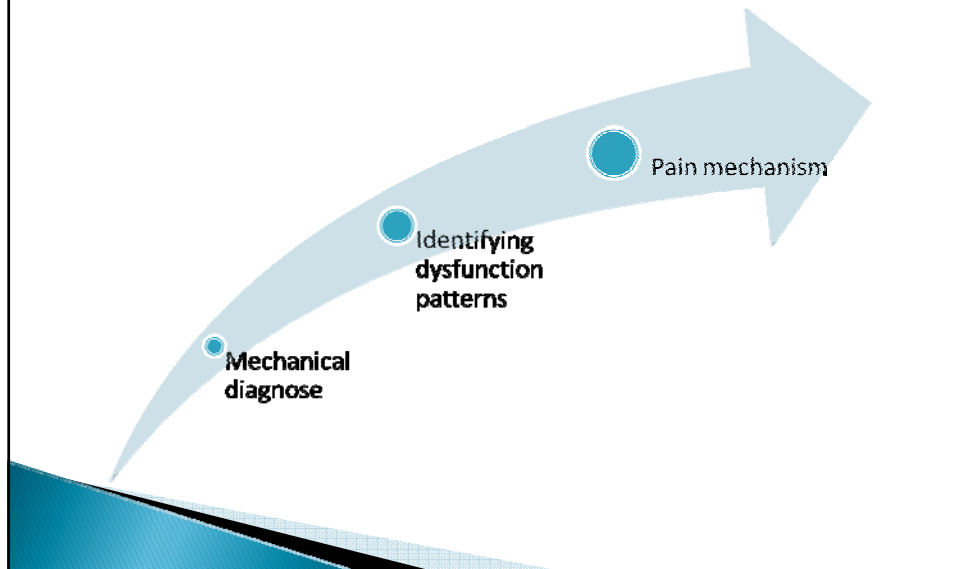
Active and latent triggerpoints



Pathway for articular dysfunction



In case of an articular dysfunction Expectations for the student



Mechanical diagnose The student should recognize



Dysfunction patterns suitable for the application of HVT techniques

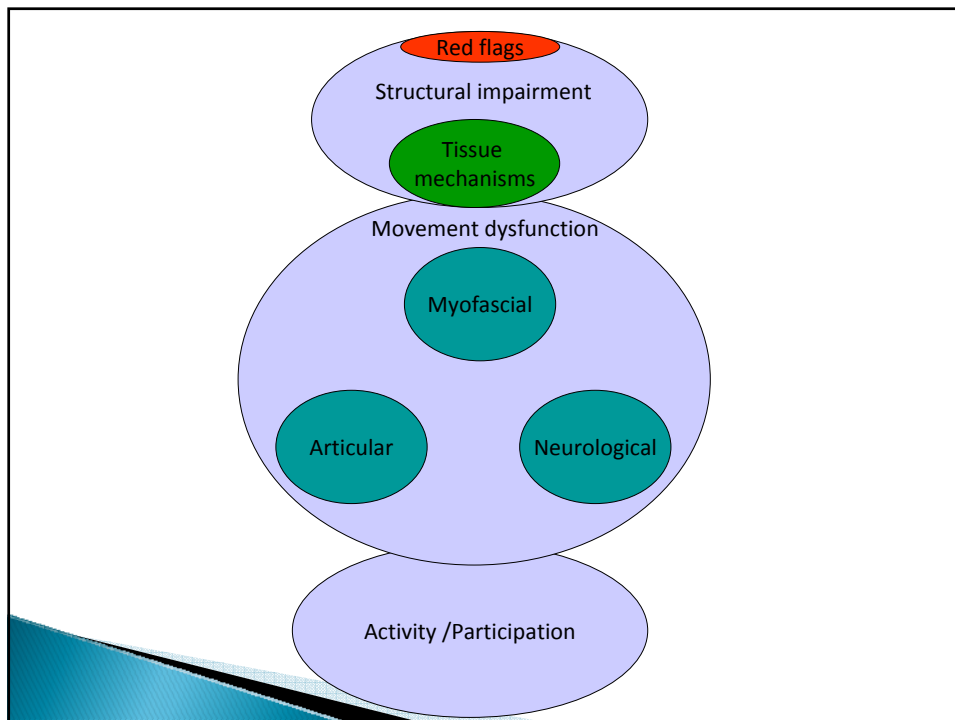
Pain mechanism: mechanical nociceptive pain (cfr. history)

Technique choice:

Traction
Translatory
Gapping
techniques

Opening or
Closing
Facet dysfunction

Facet dysfunction
combined with
neural tissue



Neurological

Expectations for the student

Interpretation of neurological provocation and function testing

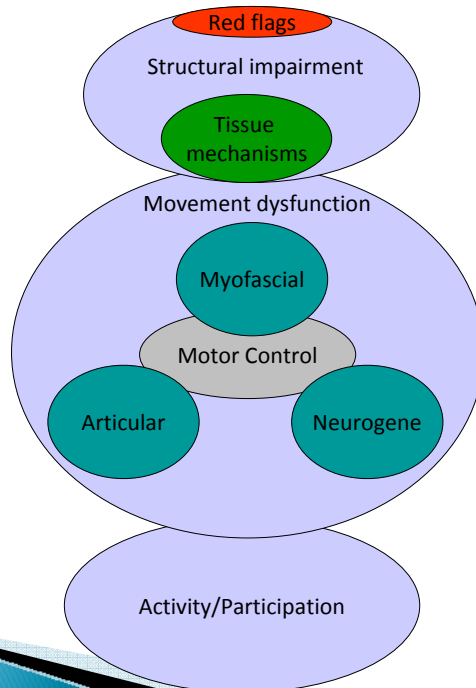
Mechanosensitivity and/or stenosis?

Recognising dysfunction patterns: opening or closing dysfunction/ sliding or tensioning dysfunction

Nociceptive or neuropathic pain?

Mechanically irritated, inflammatory, ischemic?

Pain cause: treatable with MT?



Motor Control

Expectations for the student

Recognition of:

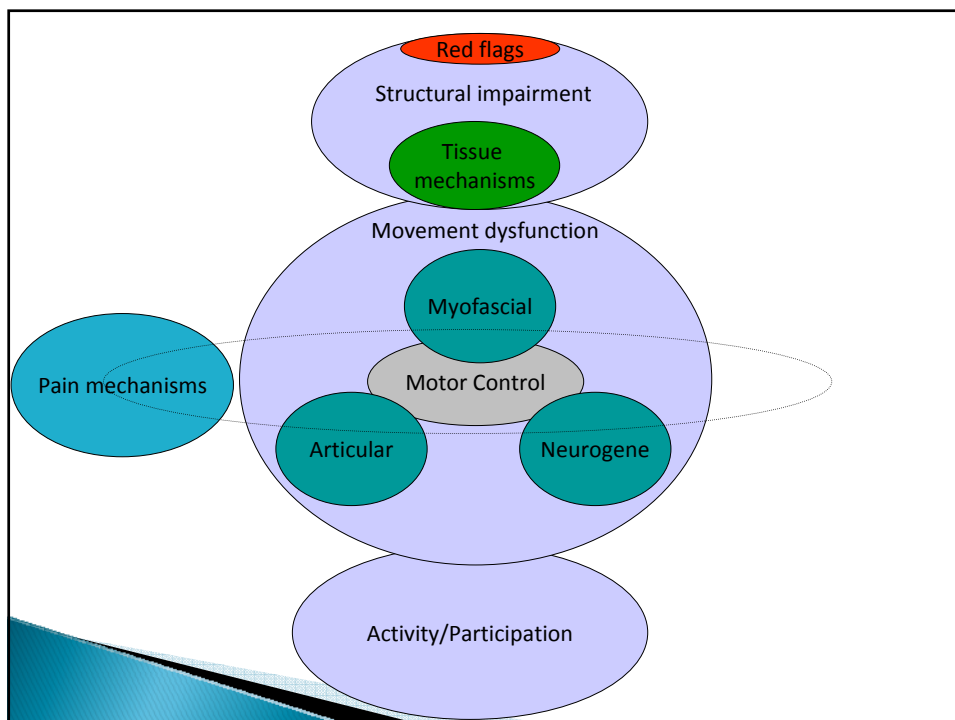
Adaptive en maladaptive postures and movement patterns

Give and restriction

Control impairment

Muscle impairment: local – global

Syndromes: flexion –extension – multidirectional patterns



Pain mechanisms

Expectations for the student: argue

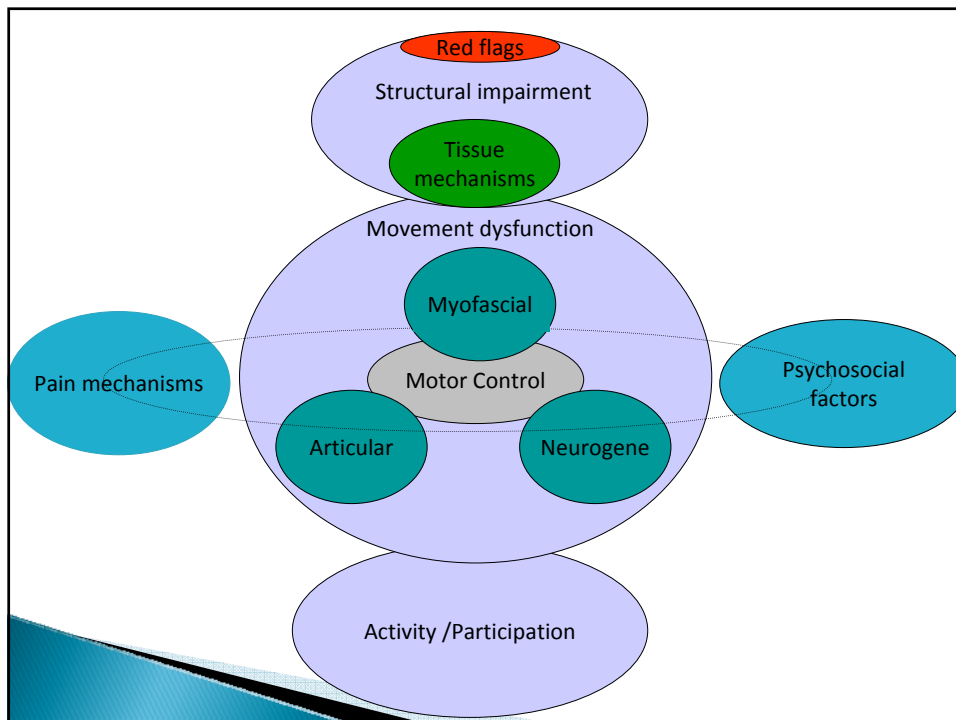
Dominant pain mechanism: input/processing/output

Input: nociceptive or neuropathic

inflammatory/mechanical/ischaemic

Processing: relation to psychosocial component

Output: motor system/autonomous NS/neuro-endocrine / immune system

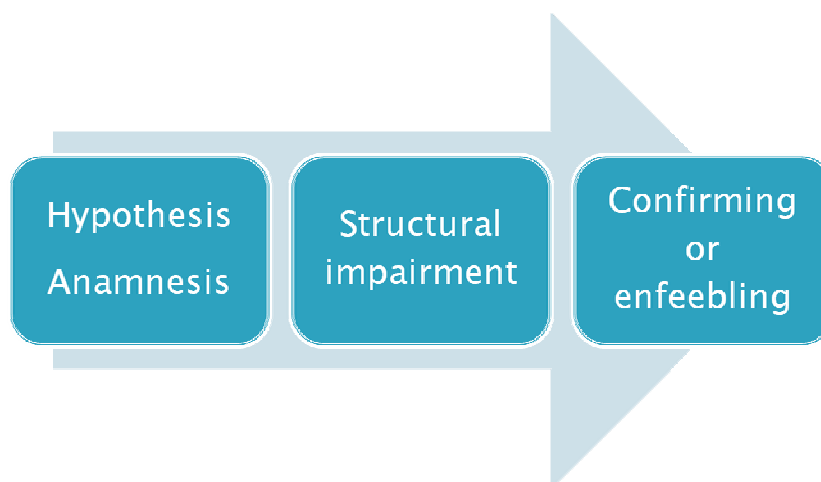


Psychosocial factors

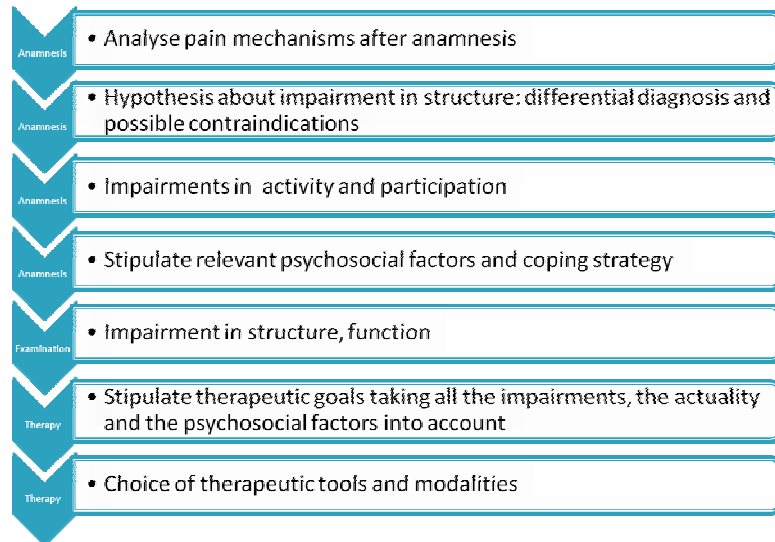
Expectations for the student: determine relevant PS factors related to the condition

Attitudes and beliefs	<input type="text"/>
Behaviour	<input type="text"/>
Compensations	<input type="text"/>
Diagnosis	<input type="text"/>
Emotions	<input type="text"/>
Family	<input type="text"/>
Work	<input type="text"/>

Expectations for the student



Clinical Case Presentation:



Acknowledgements

With special thanks to:

Danneels L.; Beernaert A., De Corte K., Descheemaeker F.; Vanthillo B.;
Van Tiggelen D. & Cagnie B.

"A didactical Approach for musculoskeletal Physiotherapy: The Planetary Model" accepted for publication in the *"Journal of Musculoskeletal Pain"*



Thanks for your attention

