



Physical Therapy Update

The clinical staff at Frederick Sport and Spine Clinic regularly reviews articles, discusses the content and implements the information into our patient treatments. As a service to the local medical community, we are offering a summary of these articles to Physicians and Medical Practitioners. It is our intention to provide only the most pertinent info in these ½ page summaries. Further info is available at the clinic. Please take a moment to peruse the information below and contact us if you have any questions about the subject matter. Enjoy!

“Diagnosis and Treatment of Cervical Spine Clinical Instability”

Kenneth A. Olson, MSc, PT, OCS, FAAOMPT & Dustin Joder, PT

Clinical Instability for the lumbar spine is well documented in the literature. Typically resulting from trauma, or sustained postures; “the latter symptoms has been explained as the result of ligamentous creep. The same phenomenon occurs with cervical spine clinical instability.”

Clinically, pt’s will often demonstrate some form of aberrant motion; in other words, they will demonstrate poor neuromuscular control during active movements.

Reviewer: Lisa Perkins, PT, OCS, MTC

‘Physical Therapists for the Frederick Keys’

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