



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!

Functional Stability Re-training: Principles and Strategies for Managing Mechanical Dysfunction

Article by: MJ Comerford, B. Phty, MCSP, MAPA, S. L> Mottram, MSc

Several factors can lead to mechanical joint dysfunctions, such as “compensation for restrictions to keep function,” muscular over-fascilitation, “sustained passive postural positioning,” or trauma to normal restraining mechanisms. Achieving stability requires concurrent re-training of the local, and global stabilizers, and the global mobilizers.

Local stabilizers primary function is to “provide support, and joint protection” through full ROM, and in all directions of motion. Global stabilizers function to generate torque, isometrically hold, and eccentrically control rotation during functional activities. And, Global mobilizers “augment stability under high loads or strain, and are particularly efficient in the sagittal plane.”

Initially treatment begins with retraining in static/ neutral positions to ensure proper recruitment of the local stabilizers, i.e. multifidus, and transverse abdominus. According to Commerford, pt’s with LBP fail to adequately

Reviewer:

‘Physical Therapists for the Frederick Keys’

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