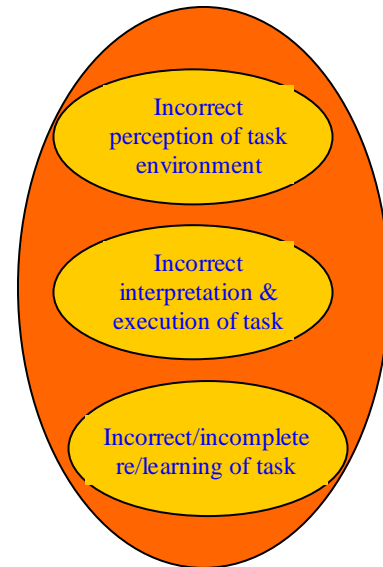


Why treatment strategies sometimes fail.

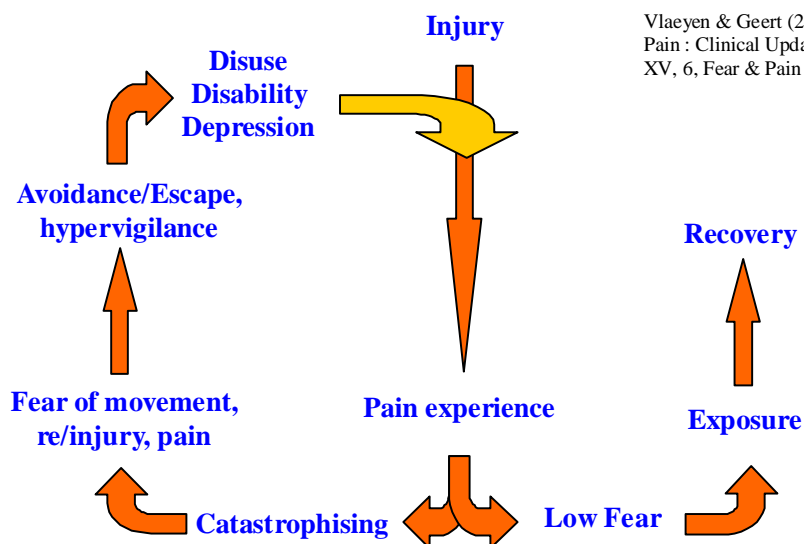
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In most cases musculoskeletal disorders resolve within 6 weeks. Where greater structural damage has occurred, the resolution of impairment and improvement in disability can take 6-12 months. However, in some cases, dysfunction becomes prolonged causing suffering and reduced vitality.

Reasons for failure of resolution are numerous. However, generally they can be classified as simple or complex. **Simple problems** are localized dysfunction which wasn't managed correctly in the acute phase resulting in disuse impairment and de-conditioning. Such de-conditioning can take on multiple dimensions. Where a simple ankle sprain leads to atrophy of the leg muscles, reduced cardiovascular fitness, increased weight, neurological-immune-cognitive impairment and even metabolic syndrome. **Complex problems** arise where multiple structures in various locations have been injured in scenarios of major trauma such as car accidents, skydiving, gun shot wounds, etc. Again, the secondary issues of trauma involving whole body function are the consequence of prolonged recovery. In both cases active involvement by the client in the rehabilitation process are paramount. **Moreover, the role of the physiotherapist is to reduce impairment and introduce exercise appropriate for the time line of recovery.**



In some cases neuro-cognitive issues, arising from 'fear-avoidance' behaviour, occur. This is frequently due to altered sensory information processing. In such cases the client is given the appropriate amount of information to load the body to make it stronger. It is paramount to understand that the intensity and duration of pain is usually not commiserate with 'tissue damage'. In fact 'the pain' now has become the pathology.



Vlaeyen & Geert (2007)
Pain : Clinical Updates,
XV, 6, Fear & Pain