

Tim Phillips PT, DPT, MTC

Presentation Chronic pain

Situation: 35 y/o mother of 3 with multiple issues with fatigue, myalgia, headaches and trouble sleeping. Has tried antidepressants and opioids in past. Not interested in taking any medications, but might be open if need be.

Background: Married x14 years. 3 boys ages 12, 12, and 10. Steadily worsening, as her children have grown older. 3 children with ADHD. Spends most of the day in lounge chair or in bed due to fatigue and myalgia. Unable to keep up housework. Is stay at home mom. Able to get kids to soccer practice. Admits pain is worse when kids are acting up. Scored 26 on American Rheumatology Fibromyalgia pain score.

Assessment: Many symptoms of central pain syndrome or fibromyalgia.

Recommendation: Need help in motivating her. How do I get her more active and focus on function and not pain. What can I do to help her sleep?.

Intermediate Presentation Chronic Pain

Situation: Phone call followed by office visit. Increased pain in arms, legs and back.

Background: Demands on her time increased as now travel soccer team for two of the three boys.

Assessment: Still difficulty in setting limits and maintaining stretching and exercise routine.

Recommendation: Need closer follow-up on behavior modification strategies. Perhaps referral to PT/ psychologist who can help her work through her requirements and how she can prioritize and maintain her control over all of the busyness of her life.

After reviewing the case, discuss as a group the following:

1. Scripting to support the value of physical therapy.
 - a. What examples can be used to describe what to expect of the physical therapist?
 - b. How will you order PT and communicate expectations to the physical therapist?
 - c. What will be key information to include on the order?
2. What barriers have you seen, or do you anticipate to patient responses to ordering PT?
3. How do you nuance messages to:
 - a. The patient that says PT didn't work before – why try again?
 - b. The patient that try's PT and says it didn't work?
4. The patient who is angry and refuses PT