

Improving Patient Compliance

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OPTP Newsletter

The Conservative Care Specialists

With today's busy schedules many patients are in need of a simple to follow rehabilitation program to use at home. This allows them to continue improvement between therapy visits, shows correct movements and exercises, and gives them a tool to take control of their progress. In order to use a patient booklet you have to find one that is appropriate for your patients. One common area for improvement is stabilization and rehabilitation exercises. Dr. Michael Schneider, Dr. Donald Murphy and Rick Jemmett, PT have recently published booklets that will encourage your patients' compliance.

Schneider

Dr. Schneider's key purpose for his booklets is to provide patients with concise, visual representations of the key principles of rehabilitative exercises and spinal stabilization concepts. The three booklets are *Preventing Low Back Pain & Injury* which discusses proper posture during common movements, *Neck and Shoulder Rehabilitative Exercises* addresses exercises for the neck and shoulder and *Low Back Rehabilitative Exercises* addresses exercises to improve the low back.



The booklets encourage patient compliance by making each page visual. This is done by having large pictures that get the idea across without reading. Also the verbiage is very concise which allows the patient to do the exercises or movements efficiently. Each booklet was kept to twenty pages or less which allows for the core essential exercises and postural reeducation information.

Murphy

The focus of Dr. Murphy's booklets are to provide cervical and lumbar stabilization exercises that are designed to improve the stability mechanisms of the spine and help the patient return to optimum health and stability. He does this by providing two booklets titled *Lumbar Spinal Stabilization Floor Exercises* and *Cervical Spinal Stabilization Exercises*.

Each booklet is setup with images of every exercise, but it also provides room for notes for the health care professional to make a customized program. Murphy has provided a place for instruction in the back of the booklet as well as the Table of Contents where you can assign exercises for a specific individual. Furthermore, the booklets are short in length yet offer a simple but informative resource.



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Jemmett

Spinal Stabilization: The New Science of Back Pain is a comprehensive, evidence-based resource separated into therapeutic and sport conditioning sections. Book 1 details the Australian segmental stabilization model for low back pain patients. Book 2 lays out an Integrative Training program for athletes. The book provides clinicians with a single resource for a wide variety of patients. Key points,

clear technique descriptions and helpful summary sections will help your patients maintain good compliance following discharge.

The exercises are presented in progressive levels, allowing patients to progress properly after mastering each exercise. These exercise levels go from early beginner to 'olympic', motivating your patients to strive toward their goals.

Each of these patient resources contain a different focus, but all have been effective tools for increasing patient compliance. Improve your patients success rate by providing them with patient resources.

References:

1. Murphy, D. & Ierna, G. (2003) Cervical Spinal Stabilization Exercises.
2. Murphy, D., Liebenson, C., Ierna, G. (2001) Lumbar Spinal Stabilization Floor Exercises.
3. Jemmett, R. (2003) Spinal Stabilization: The New Science of Back Pain.
4. Schneider, M. & Farrell, P. (2003) Low Back Rehabilitative Exercises.
5. Schneider, M. & Farrell, P. (2003) Preventing Low Back Pain & Injury.
6. Schneider, M. & Farrell, P. (2003) Neck and Shoulder Rehabilitative Exercises.

