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Musculoskeletal symptoms are very common and may arise from joints, bones, muscles, ligaments, tendons, or bursas (see Introduction to the Biology of the Musculoskeletal System). P...

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Exercise is definitely not a cure-all, but it can help some people with depression. Here's what you need to know.

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Diagnosis of Musculoskeletal Disorders - Merck Manuals Consumer Version

The musculoskeletal system comprises bones, muscles, joints, ligaments, tendons, and bursae (see Introduction to Biology of the Musculoskeletal System). Any of these components can...

Hoarding Disorder Treatment: Therapies and Medication

Hoarding symptoms can often be managed through psychotherapy, lifestyle changes, and/or medications. Learn more about available options. Heather M. Jones is a freelance writer with...

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An Overview of Physical Therapy Exercises

Physical therapy exercises may be painful at first, but it's worth it to help you regain strength after an injury. Laura Campedelli, PT, DPT, is a physical therapist with experienc...

Management of musculoskeletal disorders in physiotherapy

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11 Best Practice Recommendations in Musculoskeletal Pain

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Musculoskeletal Physiotherapy D

We recommend reading the 'Clinical Assessment Resource Package' prior to viewing any videos. Download the 'Clinical Assessment Resource Package' from: apeducation.com.au/videos/2015-video-vignettes.html Background for video vignette .
Diagnosis: Acute low back pain - Discogenic Context of assessment: Initial musculoskeletal assessment in outpatient setting
Table 7: Background information for musculoskeletal vignette DEMOGRAPHIC INFORMATION Setting Physiotherapy outpatient clinic Gender Male Patient age 30 - 40 Occupation Floor Tiler Patient Build Medium Main Presentation Acute exacerbation of low back pain Discogenic in nature CLINICAL HISTORY Reason for attending physiotherapy Acute episode of low back pain with intermittent posterolateral thigh pain History of presenting condition 5 days ago while laying tiles at work went to stand up after prolonged flexion and reported severe pain in the low back and buttocks bilaterally. Presented to ED and CT performed. Prescribed Mobic and Panadeine Forte for pain and referred to Physiotherapy for review. Investigations CT – L4-5 broad based disc protrusion without thecal sac compression Special Questions No bladder or bowel changes No saddle paraesthesia No unexplained weight loss Pain with cough or sneeze Sleep disturbed due to pain at night – difficult to get comfortable No THREADS No P+N or numbness Pain Behaviour Pain and stiffness worse in am Movement dependant otherwise Past Medical History HTN medication controlled, History depression Medications Coversyl HTN, Mobic and Tramal Current Pain, Panadol IM LBP, ciprimil Depression Social History Lives with wife and 2 children - son aged 10 and daughter aged 13 in 2-level house with 13 internal stairs. Occupation Self-employed floor tiler and is involved in mainly manual duties. Functional History Independent with all daily activities, active occupation but sed entary lifestyle. Not currently involved in any regular exercise and exercise tolerance is able to walk greater than 45 minutes. Patient Goals Reduce pain and return to normal function Return to work

Your Physiotherapy Musculoskeletal Outpatient Appointment (SUBTITLES)

Description

Musculoskeletal Physiotherapy L

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Physical Therapy - Musculoskeletal Rehabilitation

Why Physical Therapy is an Elite Solution for Musculoskeletal Pain

Drew Contreras DPT, SCS shares why all physical therapists need to get involved in providing non-pharmacological pain management solutions to fight back against opioid abuse.

Overview of the Musculoskeletal System, Animation

(USMLE topics) Bone tissue, bone remodeling, synovial joint, muscle tissue, common musculoskeletal disorders. This video is available for instant download licensing here:

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Voice by: Ashley Fleming ©Alila Medical Media. All rights reserved. Support us on Patreon and get early access to videos and free image downloads: patreon.com/AlilaMedicalMedia All images/videos by Alila Medical Media are for information purposes ONLY and are NOT intended to replace professional medical advice, diagnosis or treatment. Always seek the advice of a qualified healthcare provider with any questions you may have regarding a medical condition. The musculoskeletal system provides mechanical support for the body, protects internal organs and permits movement. It is composed of bones, cartilage, skeletal muscles, joints, and connective tissues such as tendons and ligaments. Bones also serve as the body's main mineral reservoir, they store calcium and phosphate and release them according to the body's needs. Red bone marrow is the body's production center for blood cells. The central nervous system controls body movements by stimulating skeletal muscles to contract. Contraction of skeletal muscles moves bones, which act as levers. Bones articulate with each other through joints. Cartilage provides padding for the ends of bones within joints. Muscles are connected to bones by tendons, while bones are held together by ligaments. Bones are classified according to their shapes and corresponding functions: long bones are responsible for most body movements; short bones provide some limited motion; while flat bones and irregular bones are mainly protective and supportive. The bone tissue, or osseous tissue, is composed of bone cells and a characteristic extracellular matrix. Bone matrix is made of an organic component, mainly collagen, and an inorganic component of minerals, mainly calcium. Collagen gives bones flexibility while calcium provides stiffness. Without calcium, bones would be soft and bend easily. On the other hand, without collagen, bones would be brittle like chalk. Bones renew and remodel throughout a person's life in a process known as bone remodeling. Bone remodeling serves to re-shape bones to adjust to changing mechanical needs and to repair everyday micro-damages as well as fractures following injuries. This process also underlies the mechanism by which the constant levels of plasma calcium and phosphate are maintained. Bone remodeling is performed by 2 types of cells: osteoclasts, which dissolve bone matrix, and osteoblasts, which deposit new matrix around themselves to form new bone tissue. Bone remodeling is under control of complex signaling pathways. Major regulators include parathyroid hormone, vitamin D, growth hormones, glucocorticoids, thyroid hormones, estrogen, testosterone. The most common bone disease is osteoporosis, or porous bone, in which bones lose mass and weaken, increasing risks of fractures. Osteoporosis is commonly due to old age and some other unavoidable factors, but can also develop from hormone imbalances, deficiencies in calcium, vitamin D or proteins, and sedentary lifestyles. The most common and also most movable type of joint is synovial joint. The bones of a synovial joint are separated by a cavity containing synovial fluid, which serves as lubricant. Together, the fluid and the cartilage that lines the bone surfaces make the movements at synovial joints almost friction-free. There are also small fibrous sacs containing synovial fluid, called bursae, located between muscles, or between a tendon and a bone. Bursae cushion muscle movements and help tendons slide smoothly over the joints. The most common disease of joints is arthritis. There are 2 main types of arthritis: - Osteoarthritis, or degenerative joint disease, is the "wear and tear" condition of the joint, commonly due to old age. Osteoarthritis is characterized by loss of cartilage, bone spurring and no major inflammation. - Rheumatoid arthritis is a result of joint inflammation, with immune cells and inflammatory chemicals causing damage to the joint. It's not clear how rheumatoid arthritis starts but genetic predisposition together with infection of the joint are likely to be among the causes. Muscular tissue consists of specialized muscle cells, called muscle fibers, which are bundled into fascicles. Muscle fibers, fascicles and whole muscles are wrapped in layers of connective tissue, which provides support and protection. These connective tissue coverings are continuous with the tendon that connects to a nearby bone. Fascicle arrangement determines the strength of a muscle and the direction it pulls. Most common muscle disorders are caused by injury or overuse, and include sprains, strains, cramps, and tendinitis.

Physical therapy for Orthopedic, Sports, Spine, Musculoskeletal conditions - Reno, Sparks

The Physical Therapy team at Spine Nevada and Swift Physical Therapy has experience in treating spine as well as musculoskeletal and neurological conditions, orthopedic and sports injuries, vestibular and balance disorders, women's health conditions and pre / post-therapy for spine and joint surgeries. The physical therapists collaborate with providers of Spine Nevada and Swift Urgent Clinic to help each patient find pain relief and return to more active lifestyles. Telemedicine visits and In-office physical therapy visits are available. Call 775-348-8800 or visit spinenevada.com/telemed today.