Back To Chiropractic CE Seminars

History Only ~ 2 Hours

Welcome to Back To Chiropractic Online CE exams:

This course counts toward your California Board of Chiropractic Examiners CE.
(also accepted in other states, check our website or with your Chiropractic State Board)

The California Board requires that you complete all of your CE hours BEFORE the end of your Birthday month. We recommend that you send your chiropractic license renewal form and fee in early to avoid any issues.

Exam Process: Please read all instructions before starting!

1. You must register/pay first. If you haven't, please return to: backtochiropractic.net
2. Open a new window or a new internet tab & drag it so it's side-by-side next to this page.
3. On the new window or new tab you just opened, go to: backtochiropractic.net website.
4. Go directly to the Online section. DON'T register again.
5. Click on the Exam for the course you want to take. No passwords needed.
6. Follow the Exam instructions.
7. Upon passing the exam you'll be able to immediately download your certificate, and it'll also be emailed to you. If you don't pass, you can repeat the exam at no charge.

Please retain the certificate for 4 years.
If you get audited and lose your records, I'll have a copy.

I'm always a phone call away... 707.972.0047 or email: marcusstrutzdc@gmail.com

Marcus Strutz, DC
Back To Chiropractic CE Seminars

History Only 2 Hours of CE

About the author:

Marcus Strutz, DC

Life Chiropractic College West Graduate
June 1996, Summa Cum Laude

Professor Life Chiropractic College West, 1997-2002

- **Physiotherapy Rehab** (authored course manual)
- **Physiotherapy Modalities** (authored course manual)
- **X-Ray Physics** (authored course manual)
- **Philosophy I**
- **Philosophy V - Practice Management**
- **Microbiology Lab**
- **Spinal Biomechanics**
- **Systemic Physiology Lab**

- **Private Practice, 2000-present Mendocino/Ft Bragg, CA**
- **CE Seminars, 2002-present:**
  Technique, Wellness (Pt Ed), Physiotherapy,
  History Taking & Physical Examination Procedures
- **Ghost Writer Practice Management, 2007-present**
- **National Board Review Instructor, 1999-2000**
  Dr. Irene Gold & Dr. John Donofrio
- **Middle School Teacher Math & Science, 1989-1993**
- **Racquetball Club Pro & Weight Trainer**
  Walnut Creek, 1982-1987
- **Father: Amuel Strutz DC Palmer Grad 1961**

The Goal

The basic goal of the history and exam is to identify abnormal findings.

1. The symptoms revealed by the patient during the history and the exam.
2. The signs observed by the chiropractor during the history and exam.

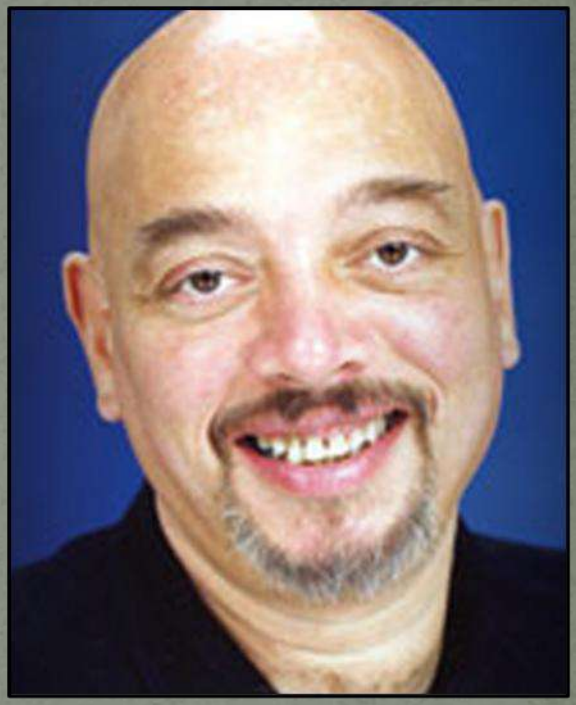
Activity ~ What Do You See?

List the common pain conditions that you see in the head & neck region.

Then list the unusual conditions that you have seen that should be in the "Back Of Your Mind"

Exceed Standard of Care

When taking a history and exam be sure you are at a minimum with-in the standard of care or exceed that! Always think: "take one more step", thank you Dr. Donofrio!!



No Short Cuts

As we become more experienced it is easy to skip the history or the exam or have it "overly" focused or minimized. This is when DCs miss critical bits of information. Perform a complete history & exam as dictated by each individual patient.

Cash DCs or Subluxation Based DCs

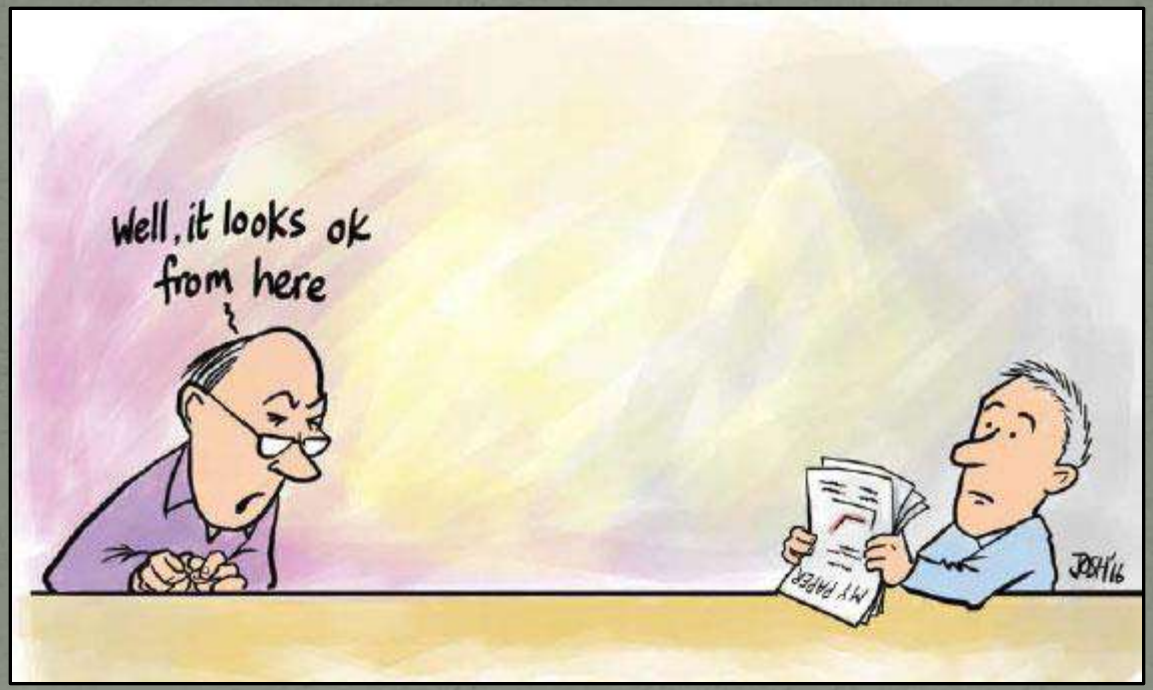
Make sure you have taken a proper history exam and document it in the patient's file. There is a minimum standard of care that you must provide.

Don’t Jump to Conclusions

The whole idea of performing the history and exam is to take that information and then come up with a diagnosis and prognosis. All too often a chiropractor skips much of the history and exam and assumes they know what’s wrong with out gathering all the necessary information to make the correct decisions.

Peer Review

Visit with another chiropractor and share your history and exam procedures.



Activity ~ What Do You See?

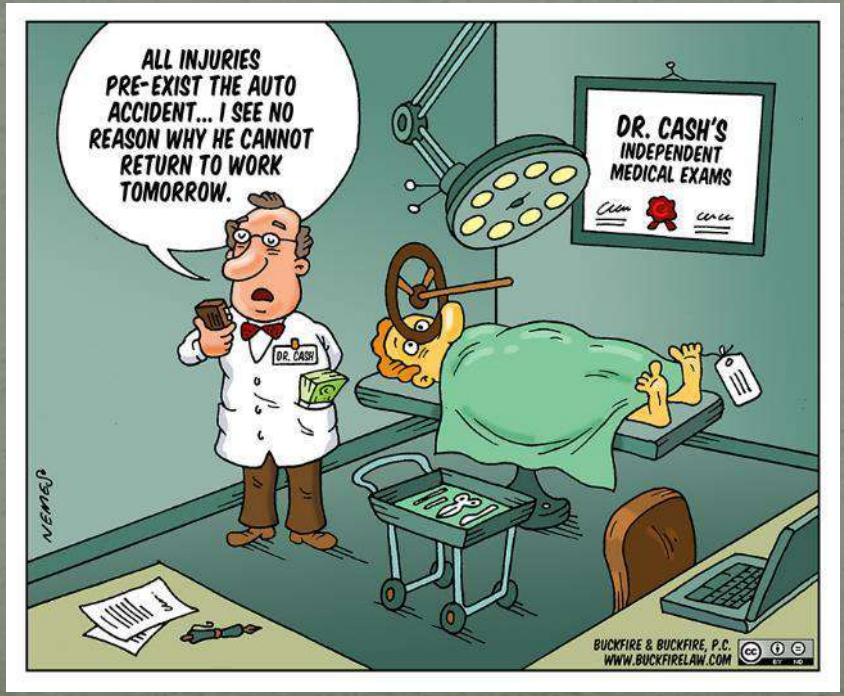
List the common pain conditions that you see in the shoulder region.

Then list the unusual conditions that you have seen that should be in the "Back Of Your Mind"

Why The History & Exam?

There are SO MANY REASONS for an excellent, well documented comprehensive or focused Hx & Exam.

The following slides will serve as a review.



Hx on their Chiropractic experience?

Ask the patient if they have been to a chiropractor before. If so ask them about their experience, good or bad, what did they like and what did they not like?

Why did they leave the last chiropractor?

Ask the patient if they're willing to try a different style of chiropractic, different than they may have experienced in the past.

Hx on their Chiropractic experience?

If they have not been to a chiropractor, ask them about what they have heard and if they have any questions or concerns about chiropractic care.

Look for a Reason NOT to Adjust?

It's easy to find a reason to adjust, but the real goal should be to find a reason NOT to adjust the patient. Once the patient is cleared of any and all contraindications then the DC can be confident that an adjustment is safe and beneficial.

Activity

List Reasons NOT to Adjust

Activity

List Reasons NOT to Adjust

- Damaged tissue, break or tear
- Patient scared
- Excessive inflammation
- Excessive pain

Adjusting at Seminars

To adjust a DC always needs to properly:

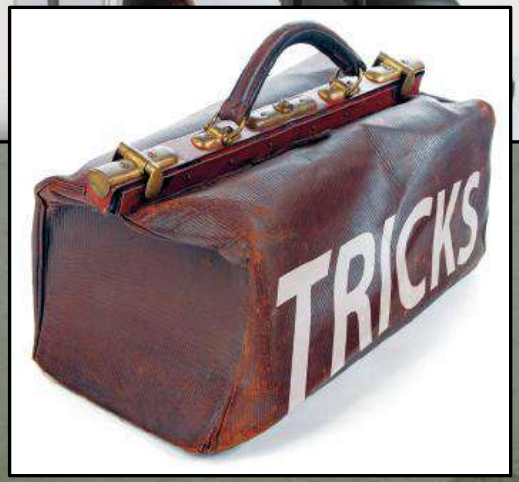
*document patient information
*take a history
*perform an exam
*acquire written & verbal consent

In light of the fact that an instructor for another company just injured an attending DC during a demonstration, and based on the legal advice from NCMIC, all technique will be demonstration of set-up only, with no dynamic thrust.

For DCs attending the seminar our legal advice is to also follow the above guidelines.

Determine What Technique

Not every patient responds well to the same technique. Have multiple techniques in your chiropractic "bag of tricks".



Hx on their adjusting experience?

Have they been adjusted before?
If so do they have a preference for a certain style of adjusting?
Do they have any questions or concerns about a chiropractic adjustment?
Ask the patient if they're interested in and or OK with a different style of adjusting.

Hx on their adjusting experience

If they have not been adjusted before, ask them if they have any questions and/or concerns.

Always invite them to watch you adjust another patient before they get their first adjustment.

Special Studies

The history and exam are important as the practitioner needs to figure out if they need to order any special studies. Does the chiropractor need to take X-rays, yes or no, request any special studies, ie labs, MRI, bone scan etc.?

Referral or Co-manage

The history and exam will tell you if a referral is necessary or if this is a case that will require co-management with another health care practitioner.

Activity

List Reasons When To Refer

How many visits until you refer?

Activity

List Reasons When To Refer

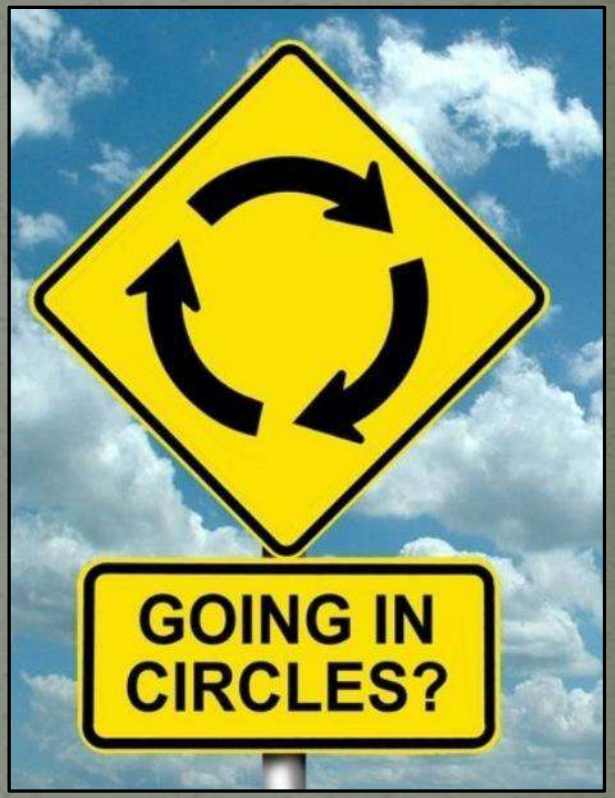
- DC: different technique
- PT: rehab for post surgery
- MD: prescription needs
- Orthopedist: surgery
- Neurologist
- Oncologist
- General Practitioner
- Nutritionist
- Labs
- Special studies: X-ray, bone scan, MRI

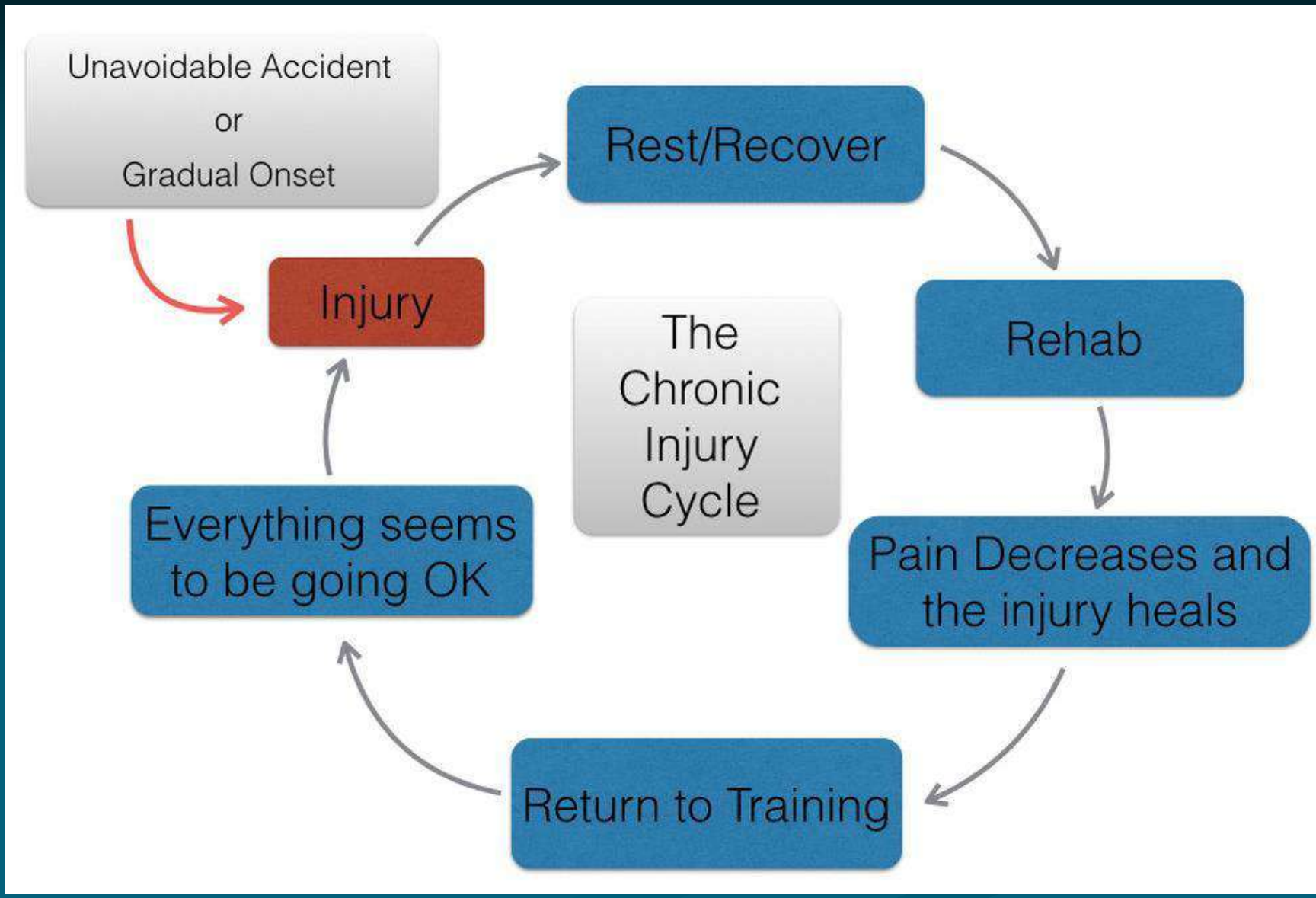
Document a Starting Point

The history & exam provides as a guide for a starting point for the case. From there it is important to document improvements and or decline in the patient's status. If the patient is showing decline, then a reassessment and re-eval are needed and a possible referral.

Injury Cycle

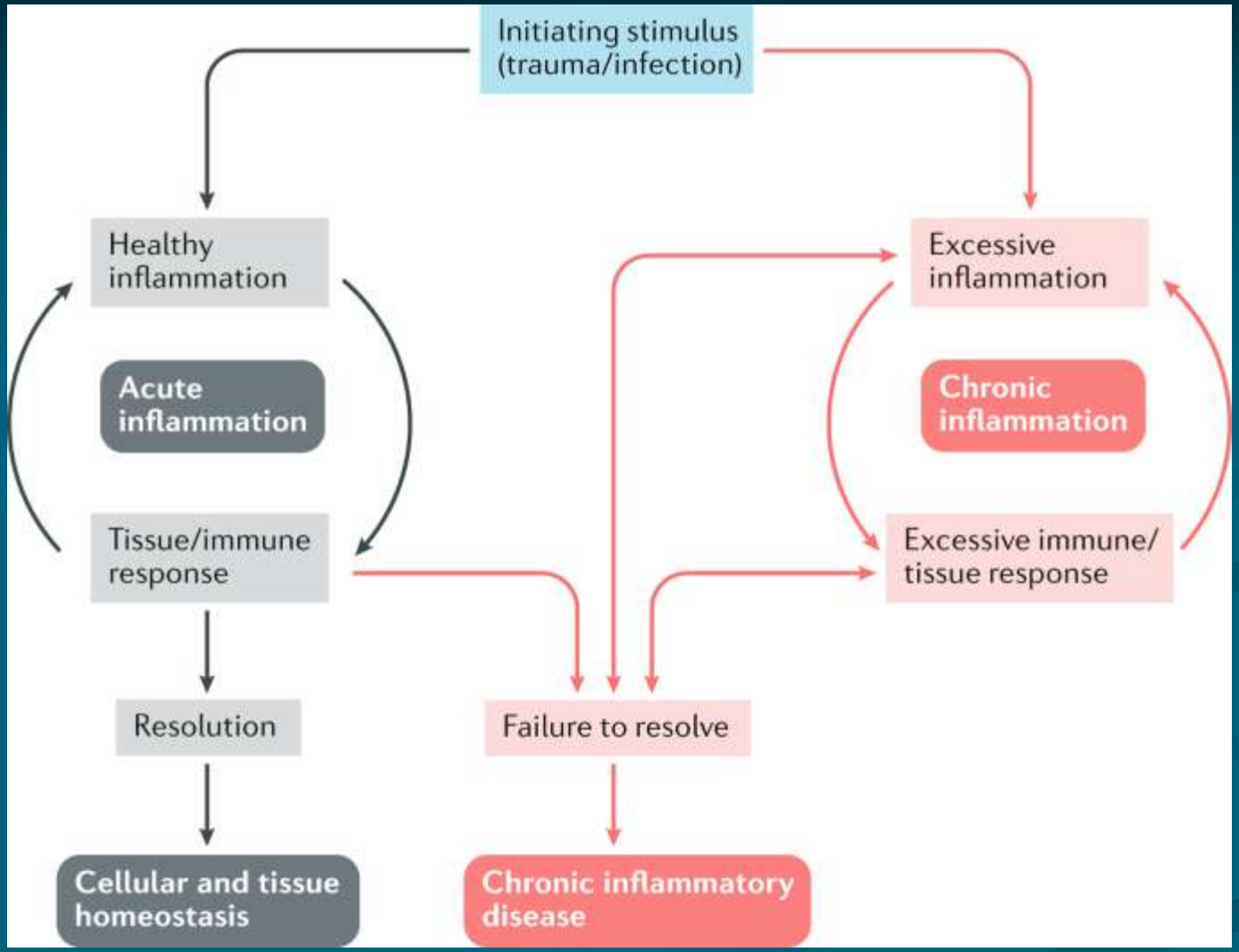
After completing the history and exam,
we should have a good idea of where the patient is in the injury cycle.
This is an important thing to discuss with the patient to help them understand the healing process their body will be going through.




Unavoidable Accident
or
Gradual Onset
Injury
Rest/Recover
Rehab
Pain Decreases and the injury heals
Return to Training
Everything seems to be going OK
The Chronic Injury Cycle

Stages of Healing

An important part of a proper history and exam is to determine where they are in the stages of healing. We can then point out to the patient their starting point and the stages we have to go through to recover from the injury. This helps the patient understand that chiropractic care is not a one visit phenomenon, rather it is a specialized form of rehab that includes chiropractic adjustments.


Initiating stimulus (trauma/infection)
Healthy inflammation
Acute inflammation
Tissue/immune response
Resolution
Cellular and tissue homeostasis
Excessive inflammation
Chronic inflammation
Excessive immune/ tissue response
Failure to resolve
Chronic inflammatory disease

Stages of Tissue Healing

Inflammation:
Swelling, Pain, Muscle spasm, ⇓ motion, ⇓ function

Stage 1: Acute 0-72 hours:

*Inflammation; chemical mediators released
*Edema: restricts motion, ⇑ pain, fibrosis
*Motion restricted due to: pain, spasm, edema
*Muscle spasms due to: pain
*Causes of pain: ischemia, chemical mediators, mechanical deformation
*Ice: vasoconstriction, ⇓ pain, muscle relaxer, slows cellular metabolism

Stage 1 Goals:

⇓ pain, slow & control swelling

Care:

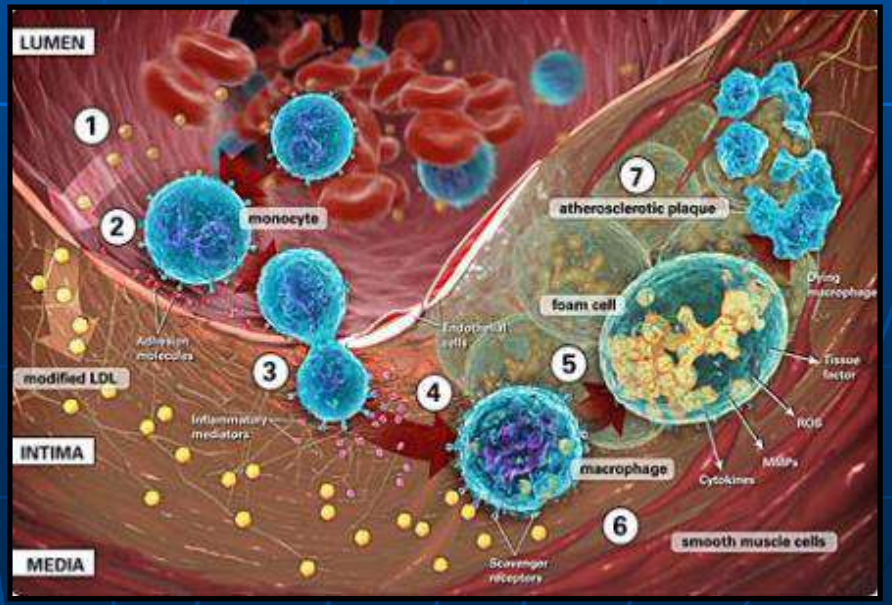
- Rest & support
- Ice to ⇓ swelling, pain & muscle spasm
- Adjust when safe

Inflammation & Pain:

Does the patient think these are good or bad things?

Remember the acute inflammatory process is what helps heal the tissue. If we could remove all the inflammatory chemicals the tissue would NOT heal. Have pt pinch themselves then release. Severity of pain does not always correlate with severity of injury.

Ex. Calf cramp, paper cut, bumping your elbow.



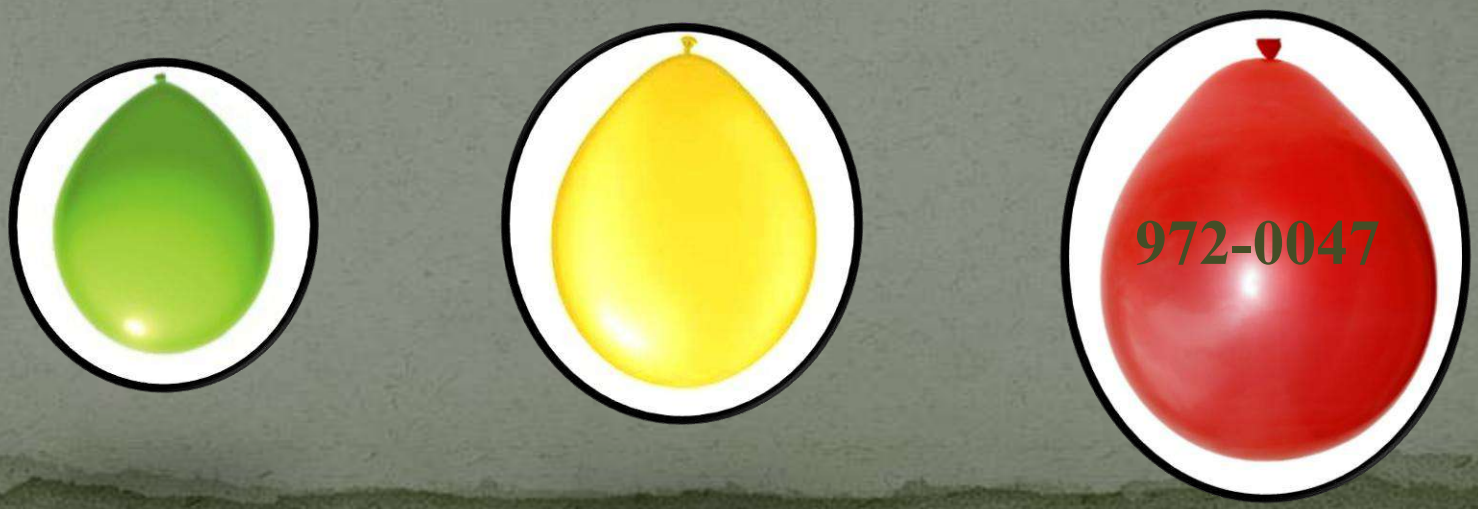
Pt Ed: Water Balloons & Chemical Build-up

Explain to the pt that cells are mostly water and that it is chemical build-up that ultimately causes the pain.

Green: Tissue is normal, relaxed & no swelling.

Yellow: Inflammation has gathered gradually due to constant overuse, but not enough to cause pain. This is where maintenance care comes in, to prevent excess chemical build-up.

Red: Excess build-up of chemicals. Inflammation is so bad that it causes pain. Put your phone number on the balloon, because that is when they call.



In The Back Of My Mind

Patient Education: Sprained Ankle & Inflammation

Patients often have a hard time understanding a sprained low back or neck, so use a sprained ankle as an example.

In The Back Of My Mind

Anti-inflammatories?

Typically a patient will say that the drugs helped at first and then did not , after about 3 days. No coincidence that this experience coincides with the stages of healing. Remember these drugs will decrease inflammation and decrease fluid flow/circulation to the injury site. During the acute stage these would actually help as it would slow fluid flow. Into the passive stage (72 hours to 3 weeks) we want to increase fluid flow and these drugs will actually impede the flow. Taking these long term will slow the healing process as we want inflammatory exudate to exit the tissue and have new fluids enter.

In The Back Of My Mind

Of course I did not forget about the side effects of anti-inflammatories and gut bleeding:

50% of pts taking NSAIDs have sustained damage to their small intestine. Journal of Gastroenterology, 2009

"The routine use of aspirin for the primary prevention of vascular events in people with asymptomatic disease cannot be supported." JAMA, 2010

"There are no side effects of pharmaceutical drugs, only unwanted direct effects."

In The Back Of My Mind

Inflammation Protocols

Protect Rest Ice Compress Elevate

Exercise: Limited, motion within limits of pain (unless leads to further inflammation).

Lifestyle/Ergonomics: Rest, maintain comfortable position, do not "freeze" rest of body.

Diet/Nutrition:
Vitamin B-Complex- Tissue repair (3x daily).

Vitamin C with bioflavonoids- Tissue repair & ⇓ inflammation (3000-6000 mg daily).

Essential Fatty Acids- Evening primrose oil, flaxseed oil & fish oils ⇓ inflammation.

Grape seed extract- Antioxidant.

Zinc- Tissue repair & ⇓ inflammation (50 mg daily).

Superoxide dismutase (SOD)- Free radical scavenger, ⇓ infection & inflammation.

Alfalfa- source of minerals.
Bilberry- contains flavonoids that ⇓ inflammation.
Aloe vera, Arnica, Boswellia, Bromelain, Cat's Claw, Curcumin (turmeric), Echinacea, Ginger Root Extract, Goldenseal, Pau d'arco, Red Clover, White Willow Bark Extract & Yucca- all help ⇓ inflammation.

Stage 2: Passive congestion 3 days-3 weeks:

Goals:

Remove fluid, ⇑ motion, ⇓ pain

* ⇑ vascular flow; exudate tends to remain in soft tissue.

*Facet cartilage & disc nutrition: Improve motion

⇑ circulation of synovial fluid and nutrients,

fluid flows into the disc and waste products can flow out.

Care:

- Adjust & soft tissue work
- Motion exercises
- Ergonomic advice

Stage 3: Repair Day 5 to 3-6 weeks:

*Scar Tissue Formation

*⇓ motion leads to: ⇑ scar tissue, chronic shortening and stiffening of soft tissue, ⇑ risk for degeneration of bone

*⇑ motion: improves alignment of connective tissue to support joint mechanics and function

Stage 3 Goals:

Restore normal motion, speed healing & ⇓ pain

Care:

- Adjust & soft tissue work
- Motion exercises
- Ergonomic advice

Stage 4: Remodel:

starts in 3-6 wks, takes 3-52 wks to never depending on the severity of the injury.

Goals:

Motion: Maintain & improve
Flexibility: Maintain & improve
Functionality: Maintain & improve
Chronic pain: ⇓ & ⇓ risk of exacerbation
Degeneration: ⇓ risk

Care:

- Adjust & soft tissue work
- Motion exercises
- Ergonomic advice

Goals of Care:

1. Pain relief
2. Restore function
3. Reduce risk of exacerbation
4. Reduce risk of degeneration

Again a disconnect with the pt may occur!

- How long does it take for pain relief?
- How long does it take for tissues to heal?
- How long does it take to restore function?

If the pt does not understand the questions above then they will be confused and not understand a care plan that goes beyond pain relief.

Activity ~ What Do You See?

List the common pain conditions that you see in the elbow region.

Then list the unusual conditions that you have seen that should be in the "Back Of Your Mind"

The Review of Systems (ROS)

An inventory of the body systems obtained through a series of questions in order to identify signs and/or symptoms which the patient may be experiencing.

Constitutional symptoms
(i.e. fever, weight loss, vital signs)
Eyes
Ears, nose, mouth, throat
Cardiovascular
Respiratory
Gastrointestinal
Genitourinary
Musculoskeletal
Integumentary
Neurological
Psychiatric
Endocrine
Hematologic/Lymphatic
Allergic/Immunologic

Review of Systems

Review of Systems

Genitourinary	Do you experience burning or stinging on passing urine?
	Does the urine smell or look different? Have you ever seen blood in the urine?
	Do you need to pass frequent, small volumes of urine?
	Is there a delay in starting the stream? Does it dribble at the end?
	Have you noticed any discharge from the genitals?
	Are you passing more urine? How many times do you get up to pass urine at night?
	Do you have trouble with obtaining or maintaining an erection?
	Do you have any rashes, lumps or bumps around your genitals?
	Have you ever lost control of your bladder?
	Have you had any change in your menstrual cycle?
MSK	Do you have any painful, stiff or swollen joints? When so?
	Do you have any skin rashes?
	Do you have neck or back pain?
	Do you have a dry mouth or eyes?
	Do your fingers become painful or change colour in the cold?
	Have you ever broken a bone with only a trivial injury?
Endocrine	Do your hands ever tremble?
	Do you prefer hot or cold weather?
	Have you had any recent weight loss or gain?
	Are you unusually thirsty or passing more urine?
	Are you troubled by fatigue or insomnia?
	Have you ever had diabetes or a thyroid problem?
HEENT	Do you have any lumps in the neck?
	Do you have any problems or pain swallowing?
	Have you had any change in voice or hoarseness?
	Have you had any discharge or blood from the ears or nose?
	Do you have any pain, itching or discharge from the eyes?
	Do you have double or blurred vision?
	Any sudden loss of sight?

Cardiovascular	Do you ever experience chest/neck/arm pain or pressure?
	Do you get short of breath? When?
	How far can you walk on the flat? What stops you?
	Can you sleep flat? How many pillows do you lay on?
	Do you wake up short of breath? How long after you fall asleep?
	Do you ever experience palpitations?
	Do your ankles ever swell?
Resp	Do you have a cough or wheeze?
	Do you ever cough up phlegm or blood?
	Do you ever have fevers or night sweats?
	Do you snore or stop breathing during the night?
Gastrointestinal	Do you have indigestion, heartburn or difficulty swallowing?
	Do you feel unusally full after a meal?
	Have you had any change in the colour, consistency or frequency of your bowel motions? Have you ever passed blood, mucus or tarry and offensive smelling stools?
	Have you unintentionally lost weight recently?
	Do you have any abdominal pain or bloating
	Have you had any nausea or vomiting? Have you ever vomited blood or coffee ground material?
	Have you ever had yellow skin/eyes/jaundice?
Haematological Immune	Do you ever have fevers, chills, shakes or night sweats?
	Have you lost weight recently. Was it intentional?
	Have you noticed any new or growing lumps or bumps?
	Do you have any abnormal bleeding or bruising?
	Have you ever had a blood clot on the legs or the lungs?
	Have you ever had cancer?
Neurological	Do you get headaches?
	Have you ever had fits, faints or funny turns?
	Do you have memory problems?
	Do you get dizzy, woozy or lose your balance?
	Do you have hearing problems or ringing in the ears?
	Do you have any eye or vision problems?
	Have you ever had weakness or clumsiness in the arms or legs?
	Do you feel sad, depressed or have problems with your 'nerves?

General
___Fatigue
___Weight change
___Fever
___Chills
___Night sweats

Genitourinary
___Urinary frequency
___Urine urgency
___Pain on urination
___Frequent urination at night
___Blood in urine
___Hx of kidney stones
___Flank pain
___STD hx
___Genital lesions
___Testicular mass or pain
___Decreased libido
___Loss of orgasms
___Erectile dysfunction
___Acute renal failure

Pulmonary
___Shortness of breath
___Cough
___Sputum production
___Chest pain or tightness
___Coughing blood
___Asthma
___Bronchitis
___Emphysema
___Pneumonia hx
___TB hx
___Positive/Negative PPD hx
___Smoking hx
___Sleep study
___CPAP
___APAP
___BiPAP
___Nightmares
___Night terrors
___Parasomnia

Cardiovascular
___Chest pain
___Palpitations
___Tachycardia
___ Shortness of breath at night
___Swollen ankles
___Leg cramps
___Phlebitis
___Hypertension
___Rheumatic heart disease hx
___Family hx of heart disease
___Stress test
___Echocardiogram
___Angiography
___Stent placement
___Congestive heart failure
___Cardiac ablation
___Fainting
___Paroxysmal nocturnal dyspnea

Musculoskeletal
___Joint pain
___Joint stiffness
___Joint swelling
___Muscle cramps
___Muscle wasting
___Muscle pain
___Hx of fractures
___Fibromyalgia
___Gout
___Lyme disease

HEENT
___Hearing loss
___Vertigo
___Bloody nose
___Hoarseness or voice change
___Ear pain
___Ear infection hx
___Sinus/Nasal infection or discharge
___Decreased auditory acuity
___Tinnitus
___Decreased visual acuity
___Dry mouth

Endocrine
___Hot or cold Intolerance
___Thyroid problems
___Neck Irradiation hx

Gastrointestinal
___Nausea
___Vomiting
___Vomiting blood
___Black tarry stools
___Pain on swallowing
___Heartburn
___Abdominal pain
___Abdominal swelling
___Jaundice
___Hepatitis hx
___Blood in stools
___Diarrhea
___Constipation
___Hernia
___Hemorrhoids
___Peptic ulcer disease
___Gallbladder disease
___Pancreatitis
___GI surgery
___Esophagogastroduodenoscopy
___Colonoscopy
___Hepatic ultrasound

Skin
___Mole
___Other lesion
___Pruritus
___Rash
___Bruises
___Contusions
___Lacerations
___Burns
___Skin cancer hx

Allergic/Immunologic
___Hay fever
___Lupus

Hx = History

Neurological
___Headache
___Migraines
___Unsteady while walking
___Incoordination
___Sense of spinning
___Gait problems
___Falls
___Loss of consciousness
___Seizures
___Head injuries
___Skull fracture
___Focal weakness
___Focal sensory change
___Stroke hx
___Chronic pain
___Brain imagining
___EEGs
___Coma
___Encephalitis
___Chronic fatigue syndrome

Hematopoietic
___Excessive bleeding
___Anemia
___Family history disorder
___Swollen lymph nodes

Gynecological
___Menopause
___Onset of menstruation
___Last menstrual period
___Description of last menstrual period
___Vaginal discharge or bleeding
___Pelvic pain
___Sexual dysfunction
___Breast mass
___Breast discharge
___Last breast exam
___Last mammogram
___Pregnancy hx
___Eclampsia/Pre-eclampsia
___Post-partum depression

Review of Systems

Check Any That Apply

Do you have any of these ***OVERALL CONDITIONS?***		*Are you having problems with* ***EARS, NOSE, OR THROAT?***		*Are you having any* ***HEART-RELATED ISSUES?***	
Unable to transfer	☐	Cold/Flu	☐	Heart attack	☐
Unable to walk without assistance	☐	Loose teeth or wear dentures	☐	Heart murmur	☐
Unable to lie flat	☐	Earaches	☐	Pacemaker	☐
Use supplemental oxygen	☐	Hearing loss	☐	Palpitations/fluttering	☐
Other special needs (note below)	☐	Ringing in the ears	☐	High blood pressure	☐
Headaches	☐	Sinus problems	☐	Rapid heart rate	☐
Fatigue	☐	Nasal congestion	☐	Irregular heart rhythm	☐
Weakness	☐	Sore throat	☐	Chest pain or pressure	☐
Insomnia	☐	Hoarseness	☐	Shortness of breath	☐
Weight gain/loss	☐	Vertigo	☐	Swelling hands, feet, ankles	☐
Pregnant or possibly pregnant	☐	Recurrent nose bleeds	☐		
Night sweats	☐	Difficulty swallowing	☐		
Nursing a child	☐		☐		

Are you having any ***RESPIRATORY PROBLEMS?***		*Are you having any* ***INTESTINAL PROBLEMS?***		*Are you having any* ***GENITAL/URINARY PROBLEMS?***	
Coughing Blood	☐	Blood in Stools	☐	Prostate problems	☐
Chronic Cough	☐	Stomach Pain	☐	Frequent urination	☐
Shortness of Breath	☐	Black Tarry Stools	☐	Blood in urine	☐
Asthma	☐	Constipation	☐	Pain with urination	☐
Bronchitis	☐	Decreased Appetite	☐	Urinary discharge	☐
Emphysema	☐	Diarrhea	☐	Genital sores	☐
Pneumonia	☐	Food Intolerance	☐	Abnormal menstruation	☐
Tuberculosis	☐	Heartburn	☐		
		Jaundice	☐		
		Nausea	☐		
		Vomiting	☐		

Are you having any ***SKIN PROBLEMS?***		*Are you having any* ***ENDOCRINE PROBLEMS?***		*Are you having any* ***NEUROLOGIC PROBLEMS?***	
Skin rash	☐	Enlarged glands in neck	☐	Dementia	☐
Abnormal lesions	☐	Bulging eyes	☐	Involuntary movements	☐
Hives	☐	Heat or cold intolerance	☐	Balance problems	☐
Sores	☐	Increased thirst	☐	Vertigo	☐
	☐	Increased urination	☐	Fainting	☐
				Memory problems	☐
				Numbness of extremities	☐
				Seizures	☐
				Tingling	☐
				Tremors	☐

Are you having any ***MENTAL HEALTH PROBLEMS?***		*Are you having any* ***MUSCULOSKELETAL PROBLEMS?***		*Are you having any* ***HEMATOLOGIC PROBLEMS?***	
Depression	☐	Joint pain/stiffness/redness	☐	Enlarged lymph nodes	☐
Nervousness	☐	Back pain	☐	Tender lymph nodes	☐
Tension/Irritability	☐	Muscle pain	☐	Easy bleeding or bruising	☐
Excessively elevated mood	☐	Muscle wasting	☐	Blood transfusion	☐
Hallucinations	☐	Easily broken bones	☐		

COMMENTS: _____

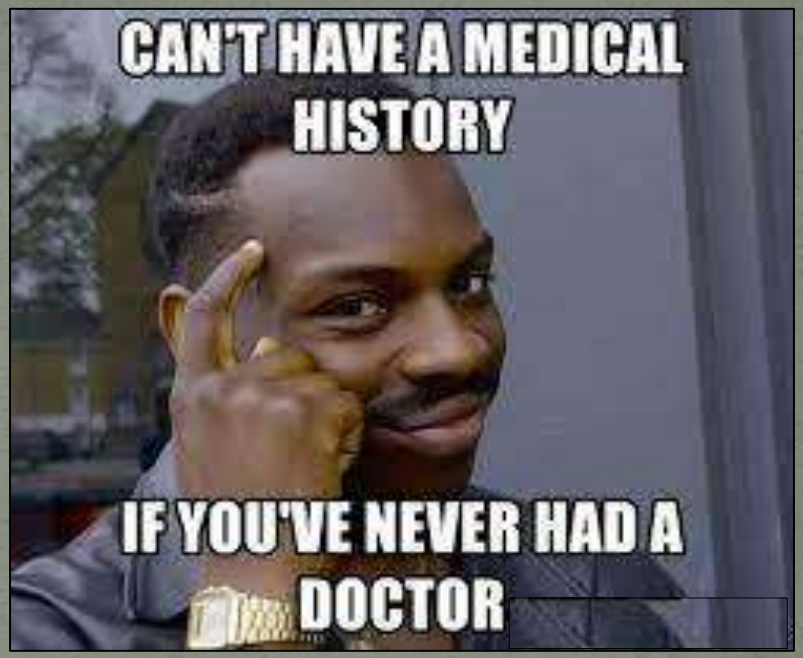
NAME: _____ **DOB:** _____ **SIGNATURE:** _____

Social History:

- Marital status and/or living arrangements
- Social class, race and religion
- Level of education
- Use of drugs, alcohol or tobacco
- Sexual history
- Life events
- Exercise habits (cardio, weights, stretching)
- Dietary habits
- Sleep patterns
- Water consumption
- Relaxation, recreational and hobby activities
- Other relevant social factors

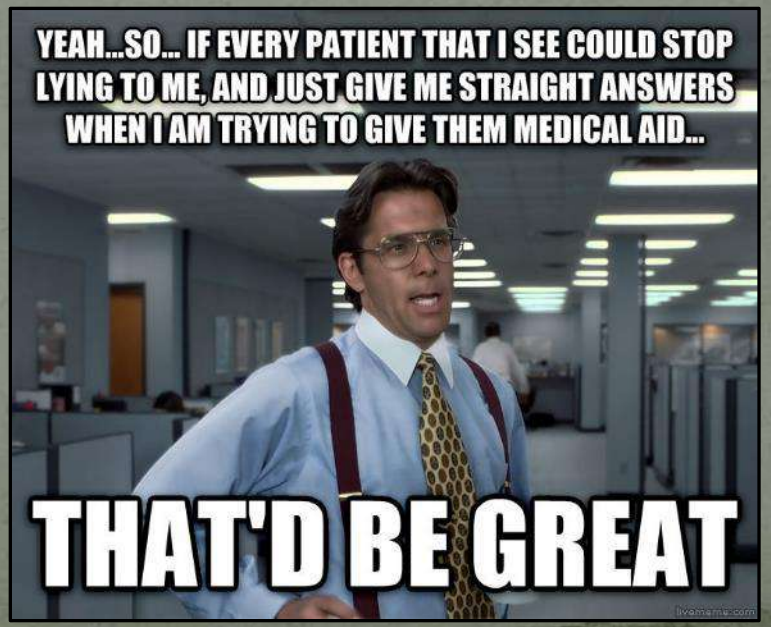
Past History:

- Past illnesses
- Operations
- Hospitalizations
- Injuries
- Childhood illnesses
- Medication history
- Allergies
- Adult/childhood immunizations
- Treatments



Family History

- Family history: age and health of siblings, parents, grandparents
- Medical events
- Hereditary diseases:
  cancer, cardiovascular, psychological, autoimmune diseases, orthopedic, neurological



Occupational History:

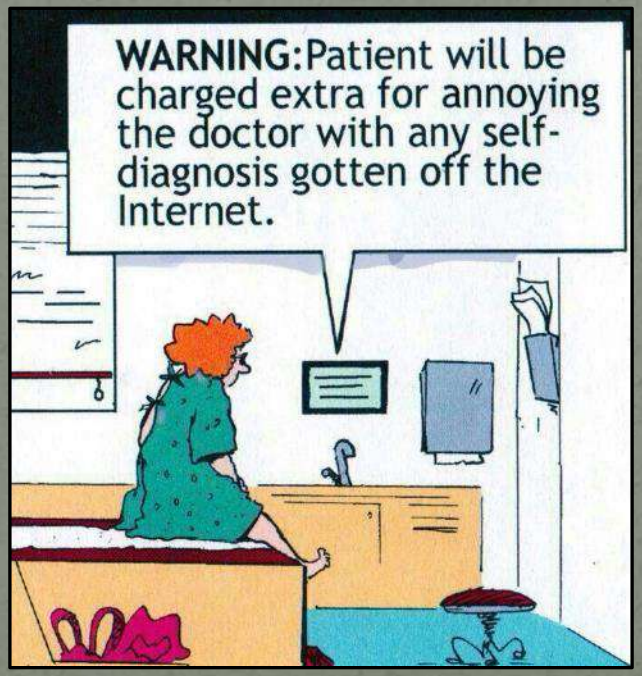
- Job title
- Description of task/duties
- Employer and nature of the industry
- Duration of employment in each job
- Hours of work, including overtime and shift work
- Exposure to occupation hazards
- Provision use of personal protective equipment
- Sickness absence, especially for work related diseases or injury

Establish a Diagnosis

One of the primary reasons for a history and exam is to establish a working diagnosis. This of course is important when you're billing insurance so you can submit the proper codes and also important to establish a starting point in the patient's records.

Diagnosis? Be Careful

Once the DC has a diagnosis, often they will focus only on the diagnosis & not treat all the secondary issues.



Determine a Prognosis

The history and exam will allow you to establish a proper prognosis.

It is important for the patient to know that the chiropractor has established a goal in terms of duration of care.

If at any point during care it appears as if the prognosis was inaccurate, then a reassessment, reevaluation and maybe a referral would all be potentially necessary.

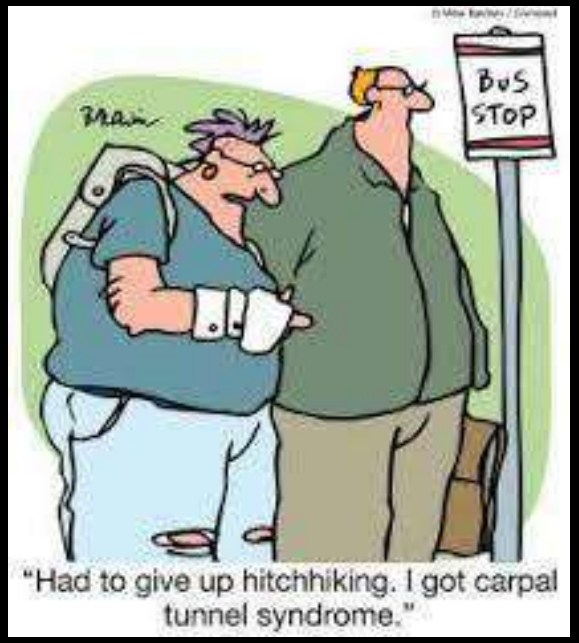
Determine Specific Care Plan

If the chiropractor takes an excellent history and exam, they can then write a customized specific care plan for each individual patient.

Activity ~ What Do You See?

List the common pain conditions that you see in the wrist & hand.

Then list the unusual conditions that you have seen that should be in the "Back Of Your Mind"



Adjunctive Procedures

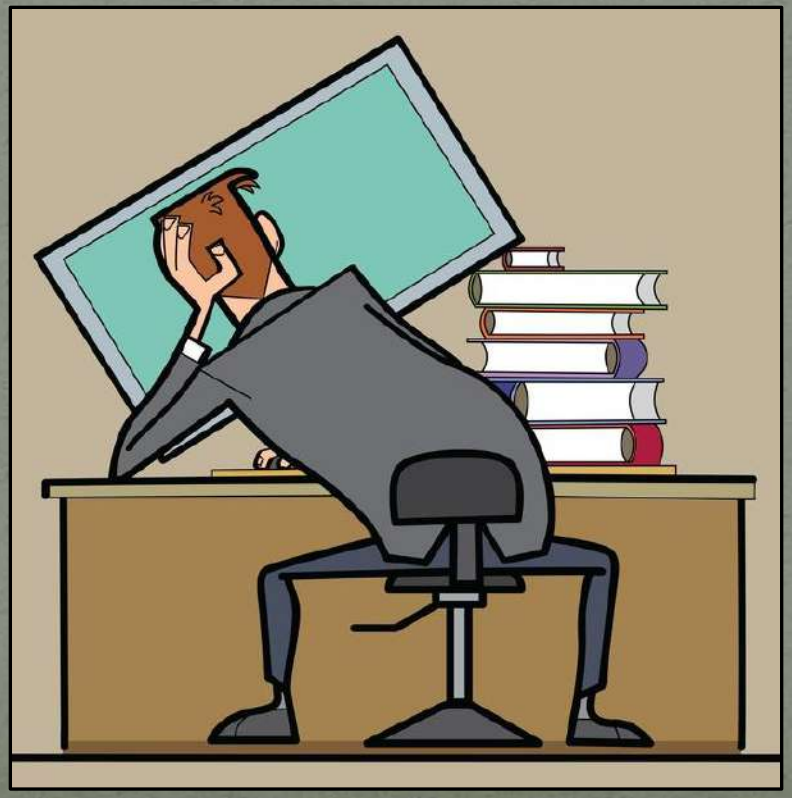
The history & exam is important to determine what adjunctive procedures you may want to use, ie ice, heat, soft tissue work, electric stimulation, stretches, strengthening, etc.

Ergonomics

What does the patient work do for work?

Does the patient sit all day or do they get up and move around, or lift heavy objects.

Do they have any if hobbies or activities that may be leading to their distress.



The Cash Trap!

Many chiropractors that run a cash practice stop taking a proper history and exam. They have minimal documentation, as they feel they no longer need too do all that work.

Cash chiropractors still need to document just as if they were billing insurance, but without billing the insurance company.

A cash patient can easily become a PI or WC patient, and attorneys can request your records.

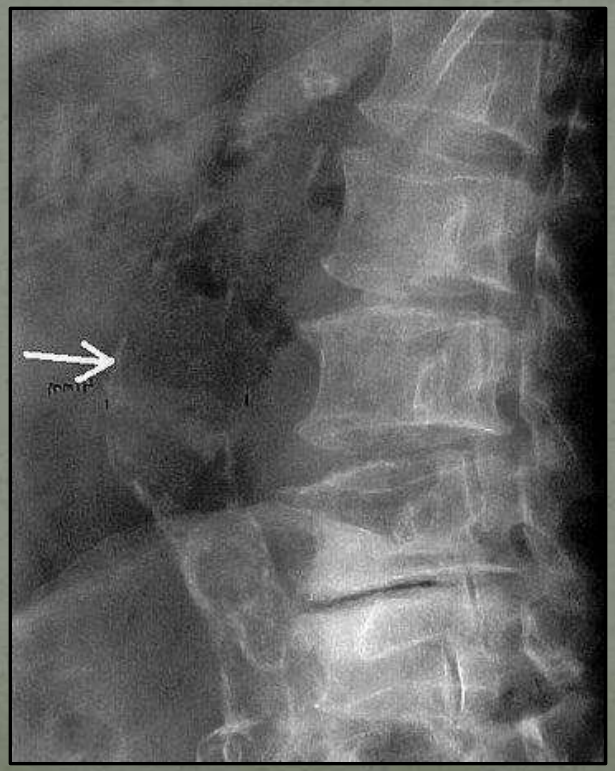
If the files are incomplete this may cause a complaint to The Board or further investigation!

Avoid Legal Action

Proper documentation is the key to your protection

Proper documentation and evidence that you've done your job is so important, as it can ultimately save you from a lawsuit. Even if you miss something, but you've done all the required exams within the scope of your practice you'll be okay.

abdominal aortic aneurysm



Don’t Miss Anything

One of the primary reasons chiropractors have complaints against them to The Board or lawsuits filed against them, is a lack of proper documentation, primarily a poor history & exam.

History Taking

As we review the components of a proper history and exam there are a few things to remember or not forget, what I call: "In The Back Of My Mind"

These are ideas that may help you improve your history and exam skills, as well as improving you ability to explain chiropractic and increase your new patient retention.

In The Back Of My Mind

The beginning (Part I)… Establishing the doctor.

When a new patient has their initial exam always remember they may be unsure of your qualifications or skill set. Most people have NOT been to a DC, so it is paramount to establish yourself as the authority right away.

In The Back Of My Mind

The beginning (Part I)… Establishing the doctor.

Talk Over The Patients Head

Impress the patient on that initial visit.

Let them know you are highly educated & DID NOT just attend a weekend course. Ask yourself how smart do you sound on a routine visit as often we deliver a quick adjustment and have a "friendly visit"? Use the chart on the next slide in you office so your patients can see the level of your education. I don't want to sound negative, but remember most people have no idea of how much the DC knows!

Chiropractic Education Class Hours	Subject	Medical Education Class Hours
520	Anatomy	508
420	Physiology	326
271	Pathology	335
300	Chemistry	325
114	Bacteriology	130
370	Diagnosis	374
320	Neurology	112
217	X-Ray	148
65	Psychiatry	144
65	Obstetrics & Gynecology	198
225	Orthopedics	156
2,887	**TOTAL HOURS**	**2,756**
Adjusting, Manipulation, Kinesiology, and other similar basis subjects related to their specialty.	Other required subjects for doctors of medicine/doctors of chiropractic	Pharmacology, Immunology, general surgery, and other similar basic subjects related to their specialty.
4,485	**GRAND TOTAL CLASS HOURS**	**4,248**

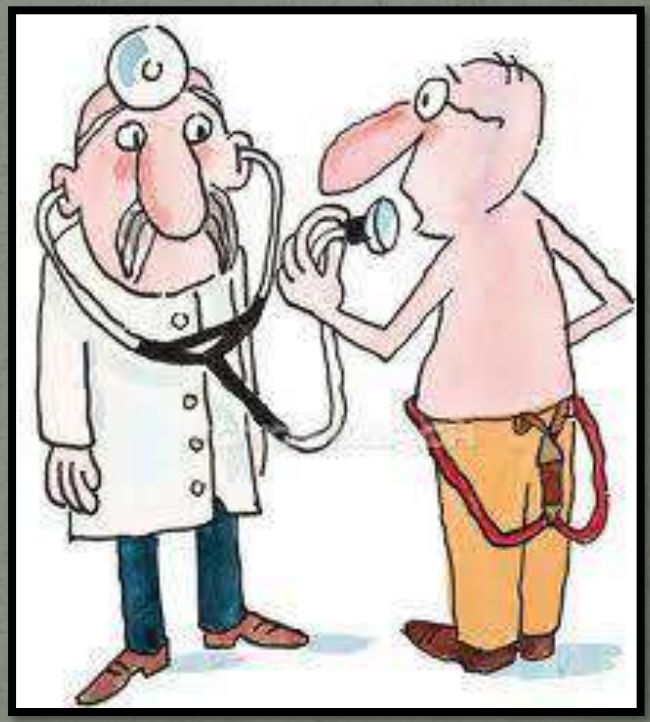
Activity ~ What Do You See?

List the common pain conditions that you see in the thoracic region.

Then list the unusual conditions that you have seen that should be in the "Back Of Your Mind"

In The Back Of My Mind

Listen To The Patient First
It is easy to jump to a clinical conclusion too quickly.
Complete the entire history, review it & then complete your exam & THEN
make a clinical decision.



In The Back Of My Mind

The Patient Tells Us What's Wrong

About 70% of the time the patient will simply tell you what is wrong, so listen to them.

Ask them "what do you think it is"?

Patient Tells You Everything?

Patients will only tell you what they think is important for the case.

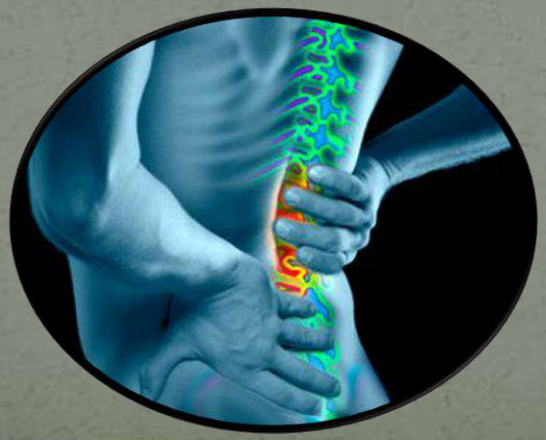
They may leave out relevant information and/or forget events that are relevant.

It's important to let the patient know that any and every detail can be important, so don't leave anything out.

In The Back Of My Mind

Patients In Pain

When a patient is in pain remember they may be hard to understand and communicate with.
The patient can be unclear, distant, seem unstable and distracted.



The RESPECT Model

Rapport

- Connect on a social level
- See the patient's point of view
- Consciously attempt to suspend judgement
- Recognize and avoid making assumptions

Empathy

- Remember that the patient has come to you for help
- Seek out and understand the patient's rationale for her behaviors or illness
- Verbally acknowledge and legitimize the patient's feelings

Support

- Ask about and try to understand barriers to care and compliance
- Help the patient overcome barriers
- Involve family members if appropriate
- Reassure the patient you are and will be available to help

Partnership

- Be flexible with regard to issues of control
- Negotiate roles when necessary
- Stress that you will be working together to address medical problems

Explanations

- Check often for understanding
- Use verbal clarification techniques

Cultural Competence

- Respect the patient and her culture and beliefs
- Know the patient's view of you may be defined by ethnic/cultural stereotypes
- Be aware of your own biases and preconceptions
- Know your limitations in addressing medical issues across cultures
- Understand your personal style and recognize when it may not be working

Trust

- Self-disclosure may be an issue for some patients who are not accustomed to Western medical approaches
- Take the necessary time and consciously work to establish trust

5 Fundamentals of Patient Communication

Acknowledge	Being attentive and greeting the patient in a positive manner
Introduce	Giving your name, your role, and your skill set
Duration	Giving a reasonable time expectation
Explanation	Making sure the patient is knowledgeable and informed
Thank you	Showing appreciation to the patient for her cooperation

Watch for odd behavior, this is your chance to refuse care!

How Does The Patient Feel

The patient's thought about the nature/cause of the problem

How does the patient feel about the issue

The patient's expectations of care

How this effects the patient's life

What has the patient done previously to help themselves

Recording Data

Record ALL positive & negative data

(remember documentation is the key)

Describe important negatives

If the data is not recorded it is lost

- If you didn't do it, record that you didn't
- If you did it, record it

What Are You Thinking?

Eliminate conditions that don't fit the patient.

Consider the patient's age. Is the patient:

0 to 20 years of age

20 to 40 years of age

40 to 60 years of age

older than 60

For example you would not think bony degeneration in a 10 year old, or immature growth plates in a 40 year old.

Consider the patients sex. There are obviously different pathologies for men and women.

Consider the patients presentation. Is the patient athletic or obese, depressed, introverted, etc.

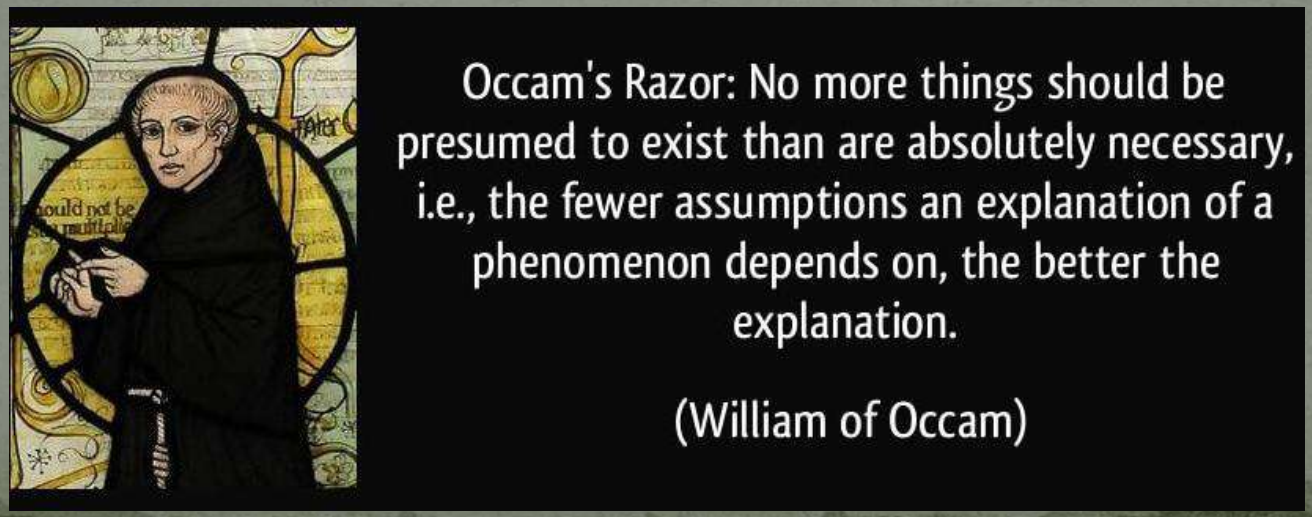
What's wrong? More Than One Thing?

Pts want to know what the problem is, what is wrong or what happened. Their paradigm is that there is a single isolated problem/cause and once we know what it is then we have a recipe for that particular problem.

The body is unfortunately not that simple. Often there is more than one thing wrong! More than one mechanism may be present and more than one type of pain may be detected in a pt. These can and will overlap.

Occam's razor

"entities should not be multiplied beyond necessity"
"the simplest explanation is usually the best one"
The idea is attributed to English friar William of Ockham (c. 1287–1347). This philosophical razor advocates that when presented with competing hypotheses about the same prediction, one should select the solution with the fewest assumptions. The "razor"and its association with him may be due to the frequency and effectiveness with which he used it.



In The Back Of My Mind

Horses vs Zebras

In the US horses are more common than zebras. In a chiropractic office a repetitive micro-trauma is more common than a visceral or systemic pathology. So in your office think horses not zebras, remember the most common thing IS the most common. But don't forget the zebras!

In The Back Of My Mind

Refer, be right?

When you refer to another health care professional or for special tests (X-ray, MRI, blood tests, etc) your goal: be correct 70-80% of the time.

Why? The thought is if you are right 100% of the time you are likely missing some proper referrals.

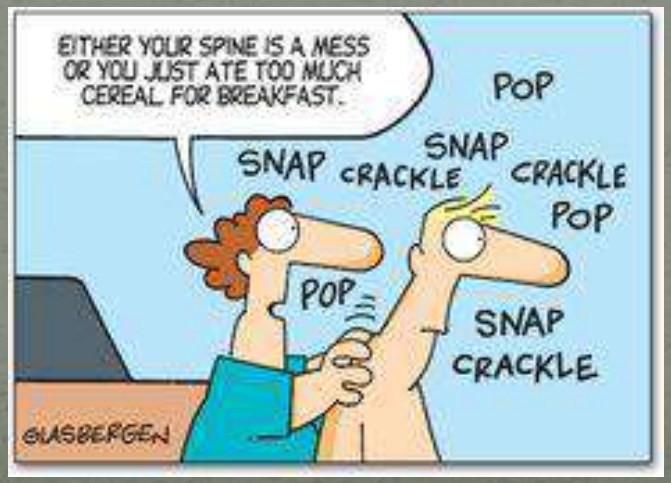
Activity ~ What Do You See?

List the common pain conditions that you see in the low back region.

Then list the unusual conditions that you have seen that should be in the "Back Of Your Mind"

Avoid Excessive Treatment

An excellent history and exam is a good tool for providing a starting point in care. Once the patient has reached permanent and stationary status or maximal medical improvement status, we now have a marker for beginning wellness care.



How DCs Get In Trouble

If the patient starts off as WC/PI/Ins/Cash symptomatic patient and the DC continues to treat/bill with no change over time, then it may be deemed as excessive treatment by not following the standard of care by the chiropractic community.

The insurance company or patient then could file a complaint.

Once the patient reaches P&S or MMI status, then the patient must be released or CONVERTED over to wellness,

(which means no longer billing for the initial injury).

Be sure the patient is aware of & agrees to wellness care.

Make sure there is a line in the sand in your notes & a signed acknowledgement is preferable.

A finding of "permanent and stationary" means that, in the treating doctor's opinion, the patient has reached a point where the medical condition probably isn't going to improve.

The term maximal medical improvement means that the condition is stable and isn't likely to change substantially in the next year, with or without additional medical treatment.

Documentation of Wellness Care

This is a common question from DCs

For a wellness practice/patient there should be the exact same documentation/record keeping that you would have with a symptomatic patient:

Initial intake form,

ortho/neuro/chiropractic exam with all findings,

(this includes the negative findings), SOAP notes for each visit and regular re-evals.

We want documentation that you have maintained and/or improved the exam findings and/or other health factors.

Examples: ROM has been maintained/improved, prevention of reoccurrence of LBP, less stress, fewer sick days, better sleep, etc

What else could be on this list?

RAND 12 or RAND 36 are wellness surveys that you could use

Wellness History Questionnaire

Please score yourself from 1 to 10 below in each health category and then indicate if you are interested in receiving help in these areas. You can select as many or as few as you like.

Energy level: 1 2 3 4 5 6 7 8 9 10 (1 low energy, 10 high energy)
I would like help and/or info on increasing my energy level: Yes No

Diet and nutrition: 1 2 3 4 5 6 7 8 9 10 (1 horrible diet, 10 excellent diet)
I would like help and/or info on improving my diet and nutrition: Yes No

Exercise program: 1 2 3 4 5 6 7 8 9 10 (1 horrible exercise habits, 10 excellent habits)
I would like help and/or info on exercise: Yes No

Ability to sleep well: 1 2 3 4 5 6 7 8 9 10 (1 horrible sleeper, 10 excellent sleeper)
I would like help and/or info on getting a good night's sleep: Yes No

Stress level: 1 2 3 4 5 6 7 8 9 10 (1 no stress at all, 10 extreme stress)
I would like help and/or info on decreasing my stress: Yes No

Flexibility: 1 2 3 4 5 6 7 8 9 10 (1 no flexibility, 10 super flexible)
I would like help and/or info on increasing my flexibility: Yes No

Posture: 1 2 3 4 5 6 7 8 9 10 (1 poor posture, 10 perfect posture)
I would like help and/or info on improving my posture: Yes No

Breathing: 1 2 3 4 5 6 7 8 9 10 (1 poor breather, 10 good breather)
I would like help and/or info on improving my breathing: Yes No

Blood pressure: 1 2 3 4 5 6 7 8 9 10 (1 poor blood pressure, 10 normal blood pressure)
I would like help and/or info on improving blood pressure: Yes No

Add as many as you like!

These next two are super important as they matter the MOST to the patient.

Daily Activities: 1 2 3 4 5 6 7 8 9 10 (1 unable to perform, 10 able to perform)

(ex: house chores, driving distance, sitting extended period, etc)

I would like help and/or info on improving my ability to perform daily activities: Yes No

Please list 5 activities of daily living you can't perform at 100% (ex: house chores, driving distance, sitting extended period, etc)

1.
2.
3.
4.
5.

Enjoyable Activities: 1 2 3 4 5 6 7 8 9 10 (1 unable to perform, 10 able to perform)

(ex: golf, gardening, play with kids)

I'd like help and/or info on improving my ability to perform enjoyable activities: Yes No

Please list 5 activities that you really enjoy that you can't perform at 100% (ex: golf, gardening, play with kids)

1.

2.

3.

4.

5.

Here is a sample of the Wellness Re-Eval Form

Follow-up Health Evaluation Date_____

Please circle Increased/Decreased or Improved/Worsened in each health category and write in by what percent.

Neck pain: 1 2 3 4 5 6 7 8 9 10 (1 no pain at all, 10 extreme pain)

Increased or Decreased by _____%

Mid-back/rib cage pain: 1 2 3 4 5 6 7 8 9 10 (1 no pain at all, 10 extreme pain)

Increased or Decreased by _____%

Low back pain: 1 2 3 4 5 6 7 8 9 10 (1 no pain at all, 10 extreme pain)

Increased or Decreased by _____%

Shoulder pain: 1 2 3 4 5 6 7 8 9 10 (1 no pain at all, 10 extreme pain)

Increased or Decreased by _____%

RAND Wellness Survey

RAND 36-Item Health Survey 1.0 Questionnaire Items

Choose one option for each questionnaire item.

1. In general, would you say your health is:

- ○ 1 - Excellent
- ○ 2 - Very good
- ○ 3 - Good
- ○ 4 - Fair
- ○ 5 - Poor

2. **Compared to one year ago**, how would you rate your health in general **now**?

- ○ 1 - Much better now than one year ago
- ○ 2 - Somewhat better now than one year ago
- ○ 3 - About the same
- ○ 4 - Somewhat worse now than one year ago
- ○ 5 - Much worse now than one year ago

The following items are about activities you might do during a typical day. Does **your health now limit you** in these activities? If so, how much?

	Yes, limited a lot	Yes, limited a little	No, not limited at all
3. **Vigorous activities**, such as running, lifting heavy objects, participating in strenuous sports	○ 1	○ 2	○ 3
4. **Moderate activities**, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf	○ 1	○ 2	○ 3
5. Lifting or carrying groceries	○ 1	○ 2	○ 3
6. Climbing **several** flights of stairs	○ 1	○ 2	○ 3
7. Climbing **one** flight of stairs	○ 1	○ 2	○ 3
8. Bending, kneeling, or stooping	○ 1	○ 2	○ 3
9. Walking **more than a mile**	○ 1	○ 2	○ 3
10. Walking **several blocks**	○ 1	○ 2	○ 3
11. Walking **one block**	○ 1	○ 2	○ 3
12. Bathing or dressing yourself	○ 1	○ 2	○ 3

During the **past 4 weeks**, have you had any of the following problems with your work or other regular daily activities **as a result of your physical health**?

	Yes	No
13. Cut down the **amount of time** you spent on work or other activities	○ 1	○ 2
14. **Accomplished less** than you would like	○ 1	○ 2
15. Were limited in the **kind** of work or other activities	○ 1	○ 2
16. Had **difficulty** performing the work or other activities (for example, it took extra effort)	○ 1	○ 2

During the **past 4 weeks**, have you had any of the following problems with your work or other regular daily activities **as a result of any emotional problems** (such as feeling depressed or anxious)?

	Yes	No
17. Cut down the **amount of time** you spent on work or other activities	○ 1	○ 2
18. **Accomplished less** than you would like	○ 1	○ 2
19. Didn't do work or other activities as **carefully** as usual	○ 1	○ 2

20. During the **past 4 weeks**, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbors, or groups?

- ○ 1 - Not at all
- ○ 2 - Slightly
- ○ 3 - Moderately
- ○ 4 - Quite a bit
- ○ 5 - Extremely

21. How much **bodily** pain have you had during the **past 4 weeks**?

- ○ 1 - None
- ○ 2 - Very mild
- ○ 3 - Mild
- ○ 4 - Moderate
- ○ 5 - Severe
- ○ 6 - Very severe

22. During the **past 4 weeks**, how much did **pain** interfere with your normal work (including both work outside the home and housework)?

- ○ 1 - Not at all
- ○ 2 - A little bit
- ○ 3 - Moderately
- ○ 4 - Quite a bit
- ○ 5 - Extremely

These questions are about how you feel and how things have been with you **during the past 4 weeks**. For each question, please give the one answer that comes closest to the way you have been feeling.

How much of the time during the **past 4 weeks**...

	All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
23. Did you feel full of pep?	○ 1	○ 2	○ 3	○ 4	○ 5	○ 6
24. Have you been a very nervous person?	○ 1	○ 2	○ 3	○ 4	○ 5	○ 6
25. Have you felt so down in the dumps that nothing could cheer you up?	○ 1	○ 2	○ 3	○ 4	○ 5	○ 6
26. Have you felt calm and peaceful?	○ 1	○ 2	○ 3	○ 4	○ 5	○ 6
27. Did you have a lot of energy?	○ 1	○ 2	○ 3	○ 4	○ 5	○ 6
28. Have you felt downhearted and blue?	○ 1	○ 2	○ 3	○ 4	○ 5	○ 6
29. Did you feel worn out?	○ 1	○ 2	○ 3	○ 4	○ 5	○ 6
30. Have you been a happy person?	○ 1	○ 2	○ 3	○ 4	○ 5	○ 6
31. Did you feel tired?	○ 1	○ 2	○ 3	○ 4	○ 5	○ 6

32. During the **past 4 weeks**, how much of the time has **your physical health or emotional problems** interfered with your social activities (like visiting with friends, relatives, etc.)?

- ○ 1 - All of the time
- ○ 2 - Most of the time
- ○ 3 - Some of the time
- ○ 4 - A little of the time
- ○ 5 - None of the time

How TRUE or FALSE is **each** of the following statements for you.

	Definitely true	Mostly true	Don't know	Mostly false	Definitely false
33. I seem to get sick a little easier than other people	○ 1	○ 2	○ 3	○ 4	○ 5
34. I am as healthy as anybody I know	○ 1	○ 2	○ 3	○ 4	○ 5
35. I expect my health to get worse	○ 1	○ 2	○ 3	○ 4	○ 5
36. My health is excellent	○ 1	○ 2	○ 3	○ 4	○ 5

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https://www.rand.org/health-care/surveys_tools/mos/36-item-short-form/survey-instrument.html

Link is on Free Materials Page

Activity ~ What Do You See?

List the common pain conditions that you see in the hip joint region.

Then list the unusual conditions that you have seen that should be in the "Back Of Your Mind"

History Taking

The Beginning

Area of chief complaint

On your intake form you likely have new patients mark areas where they hurt or have symptoms. This is the area of chief complaint and/or the injury site and the focus of the history and exam.

In The Back Of My Mind

Area of chief complaint

In chiropractic some DC's focus on symptoms and some not as much. With a new patient always remember they ARE focused on pain. Be careful saying things like "we are not symptom based" or "pain is not our primary concern". This may turn a patient off and they may not come back.

Please circle Increased/Decreased or Improved/Worsened in each health category and write in by what percent.

Elbow pain: 1 2 3 4 5 6 7 8 9 10 (1 no pain at all, 10 extreme pain)

Increased or Decreased by _____%

Wrist/hand pain: 1 2 3 4 5 6 7 8 9 10 (1 no pain at all, 10 extreme pain)

Increased or Decreased by _____%

SI joint pain: 1 2 3 4 5 6 7 8 9 10 (1 no pain at all, 10 extreme pain)

Increased or Decreased by _____%

Hip joint pain: 1 2 3 4 5 6 7 8 9 10 (1 no pain at all, 10 extreme pain)

Increased or Decreased by _____%

Knee pain: 1 2 3 4 5 6 7 8 9 10 (1 no pain at all, 10 extreme pain)

Increased or Decreased by _____%

Ankle/foot pain: 1 2 3 4 5 6 7 8 9 10 (1 no pain at all, 10 extreme pain)

Increased or Decreased by _____%

Energy level: 1 2 3 4 5 6 7 8 9 10 (1 low energy, 10 high energy)
Increased or Decreased by _____%

Diet and nutrition: 1 2 3 4 5 6 7 8 9 10 (1 horrible diet, 10 excellent diet)
Increased or Decreased by _____%

Exercise program: 1 2 3 4 5 6 7 8 9 10 (1 horrible exercise habits, 10 excellent habits)
Increased or Decreased by _____%

Ability to sleep well: 1 2 3 4 5 6 7 8 9 10 (1 horrible sleeper, 10 excellent sleeper)
Increased or Decreased by _____%

Stress level: 1 2 3 4 5 6 7 8 9 10 (1 no stress at all, 10 extreme stress)
Increased or Decreased by _____%

Flexibility: 1 2 3 4 5 6 7 8 9 10 (1 no flexibility, 10 super flexible)
Increased or Decreased by _____%

Add as many as you like!

Score the activities of daily living that you put on your initial health form by % Improved or Worsened.

1.

2.

3.

4.

5.

Score the activities you really enjoy that you put on your initial health form by % Improved or Worsened.

1.

2.

3.

4.

5.

OPQRST is a simple mnemonic to use when taking the patient's history. Each letter represents an important question, to illicit a subjective response from the patient. This will allow the DC to make the proper assessment.

O = Onset

Onset of the injury. The goal is to understand if the injury is from a specific trauma or repetitive micro-trauma and if the injury is acute or chronic. Was there a specific date that the injury/pain began? Was there a specific moment/event that occurred? What if anything were they doing and if so how did it happen? The MOI (mechanism of injury) can give you an idea of how badly they are hurt, which gives you needed information to start to formulate a care plan and prognosis.

Activity

List things that can cause sudden onset of pain

Activity

List things that can cause sudden onset of pain

- Macro-trauma, accidents
- Vascular events

Activity

List things that can cause slow insidious onset

Activity

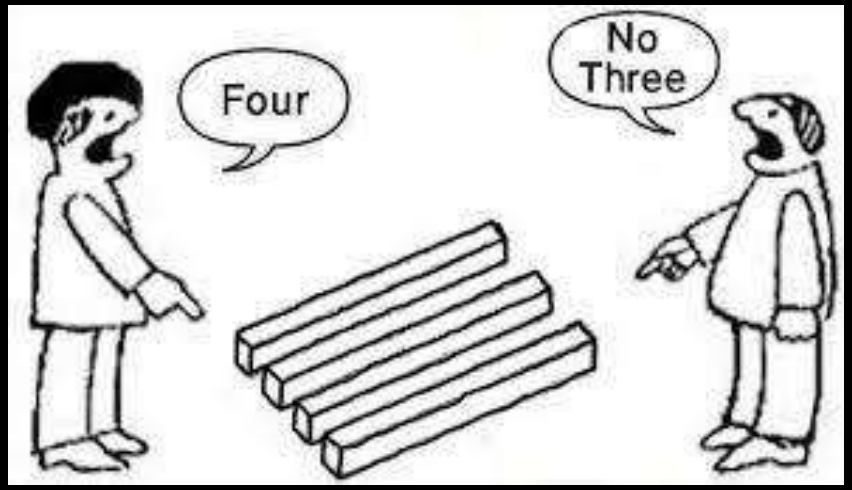
List things that can cause slow insidious onset

- Repetitive micro-trauma
- cancer
- diabetes
- chronic musculoskeletal conditions
- bony, disc degeneration
- visceral pathologies
- headaches

Activity ~ What Do You See?

List the common pain conditions that you see in the pelvic region.

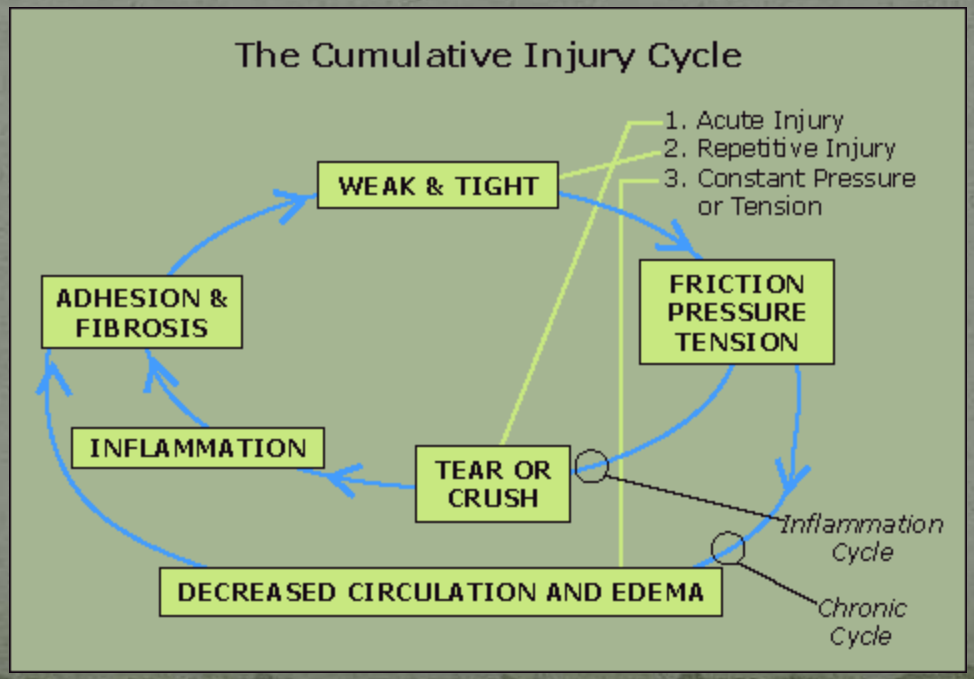
Then list the unusual conditions that you have seen that should be in the "Back Of Your Mind"



In The Back Of My Mind

Repetitive Micro-Trauma (RMT)

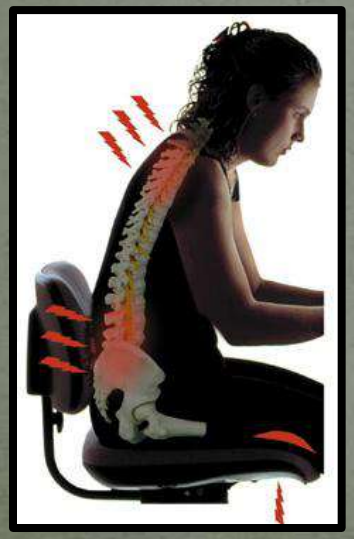
Most new patients have chronic RMT and say: "nothing happened, I didn't do anything wrong". This is confusing for the patient as most are unfamiliar with RMT. Use the demonstration on the next slide to help explain to the patient the mechanism of RMT.



Patient Education: Demonstration

Trapezius Tension

Have your pt palpate your traps first with good posture and then as you pretend to: drive, cook, brush your teeth, use a mouse, read, etc. They will experience the immediate tightness of the traps. Now explain what happens when this occurs for an extended period of time. This may also be done in the low back. Have the patient with their hand splayed out over your low back muscles. Then just repeat the above and they can feel the immediate tightness in the low back muscles.



P = Palliation/Provocation

Palliation: What makes it better?

Provocation: What makes it worse?

These questions help determine whether a body position, body movement, rest, ice, heat, pressure, medications, home remedies, stretching, etc. make the problem feel better or worse.

These questions and responses will help identify the severity, if the problem is acute or chronic, and the possible approach to the care plan, (aggressive or not).

Also ask if they have been to other health care providers including chiropractors for this problem and if that made it better or worse or no change. This will help guide you in you own care plan and avoid repeating things that have not worked, and perhaps trying something different.

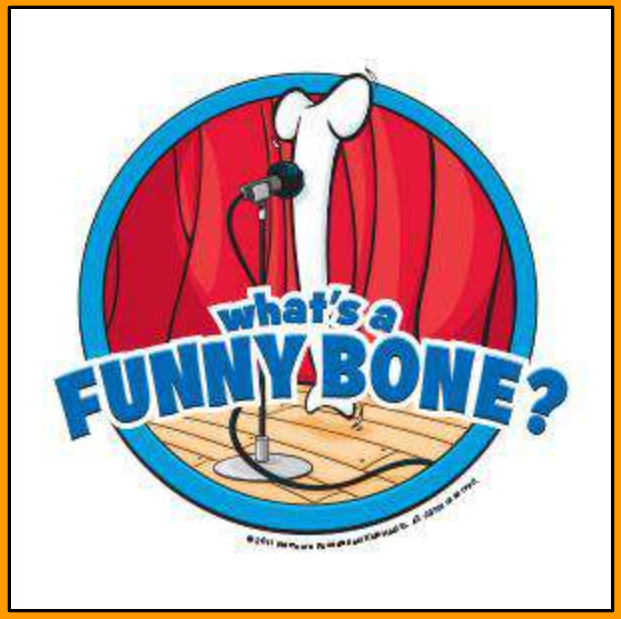
Q = Quality

Ask the pt to describe their discomfort or pain.
The description can give you information that will help you with your diagnosis, care plan and prognosis.

Possible qualities:
sharp, dull, crushing, burning, tearing, numbness, tingling, itching, etc.

Activity

List things that can cause sharp pain



Activity

List things that can cause sharp pain

- sudden onset
- vascular issues
- neurological issues
- infection: viral or bacterial
- stroke
- aneurysm
- acute muscular spasm, cramping
- acute inflammatory exudate: IE sprain, strain
- trauma broken bone, direct blows, sharp objects
- torn tissue IE ligaments, tendons, muscles, fascia
- obstructions IE kidney stones, bowel obstructions

Activity

List things that can cause dull pain

Activity

List things that can cause dull pain

- chronic musculoskeletal conditions
- bony, disc degeneration
- visceral pathologies
- headaches

Classification of Pain

Nociceptive: normal response to noxious insult or injury of tissues: skin, muscles, visceral organs, joints, tendons, or bones.

Examples:

Somatic: musculoskeletal (jt pain, myofascial pain), cutaneous; often well localized

Visceral: hollow organs and smooth muscle; usually referred

Neuropathic: pain initiated or caused by a primary lesion or disease in the somatosensory nervous system.

Sensory abnormalities range from deficits perceived as numbness to hypersensitivity (hyperalgesia or allodynia), and to paresthesias such as tingling.

Examples:

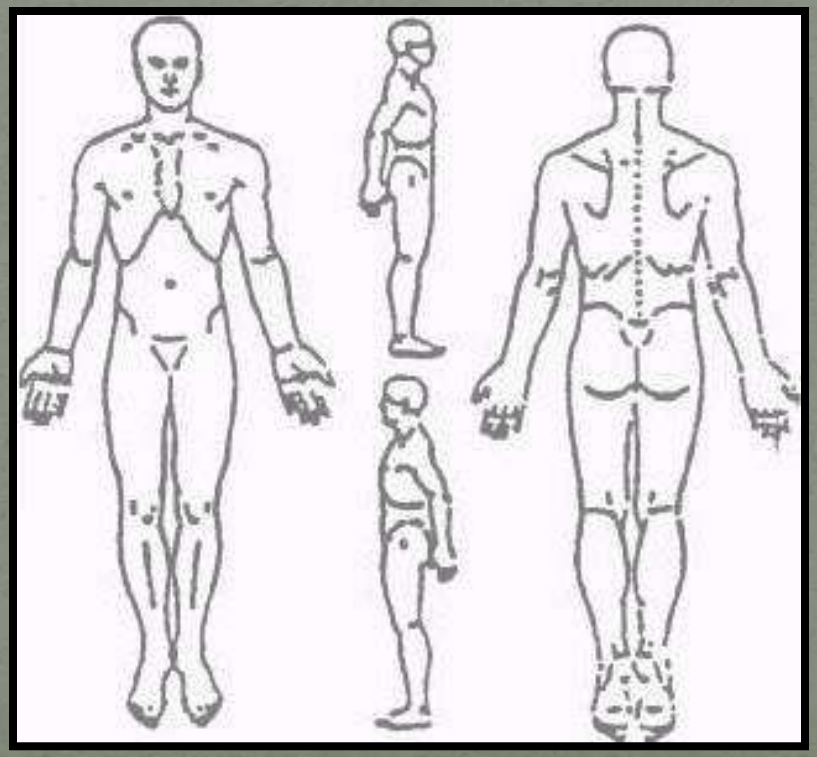
diabetic neuropathy, spinal cord injury pain, phantom limb (post-amputation) pain, and post-stroke central pain.

Inflammatory: activation and sensitization of the nociceptive pain pathway by chemical mediators released during inflammatory process.

Classic signs of acute inflammation: Dolor (pain), Calor (heat), Rubor (redness), Tumor (swelling), Functio laesa (loss of function)

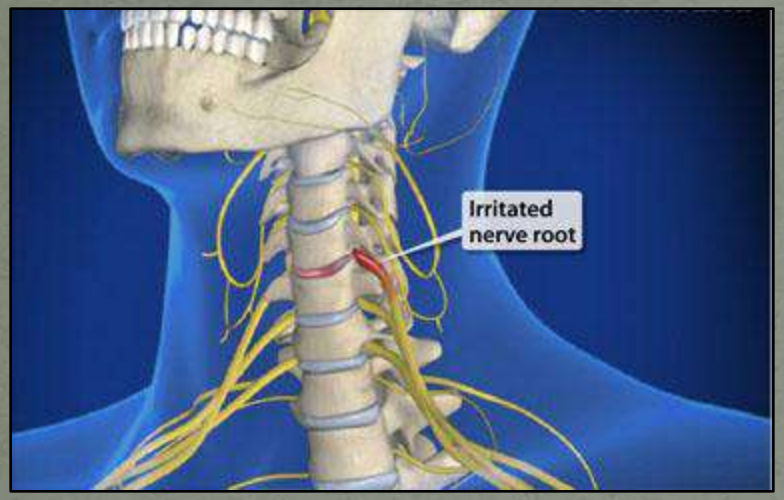
R = Region

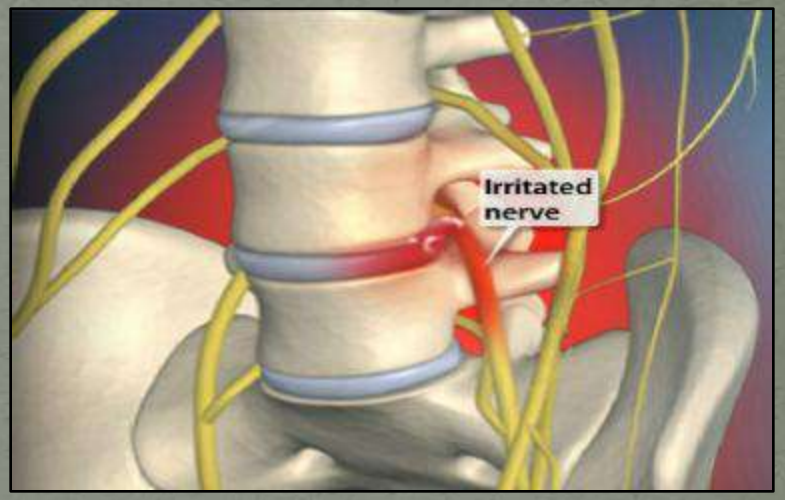
Which region of the body are the symptoms expressed? Have the pt indicate this on the initial intake form with a diagram of a generic body with anterior, posterior and lateral views to document for pt's records.



R = Radiating

Do the symptoms/pain radiate to any other area?
Does it radiate down an upper or lower extremity?





Possibilities include: acute/chronic inflammation of soft tissues, disc involvement, bony involvement, (DJD, IVF and/or canal stenosis).

Note: of course there are many systemic and visceral pathologies that may cause similar symptoms.

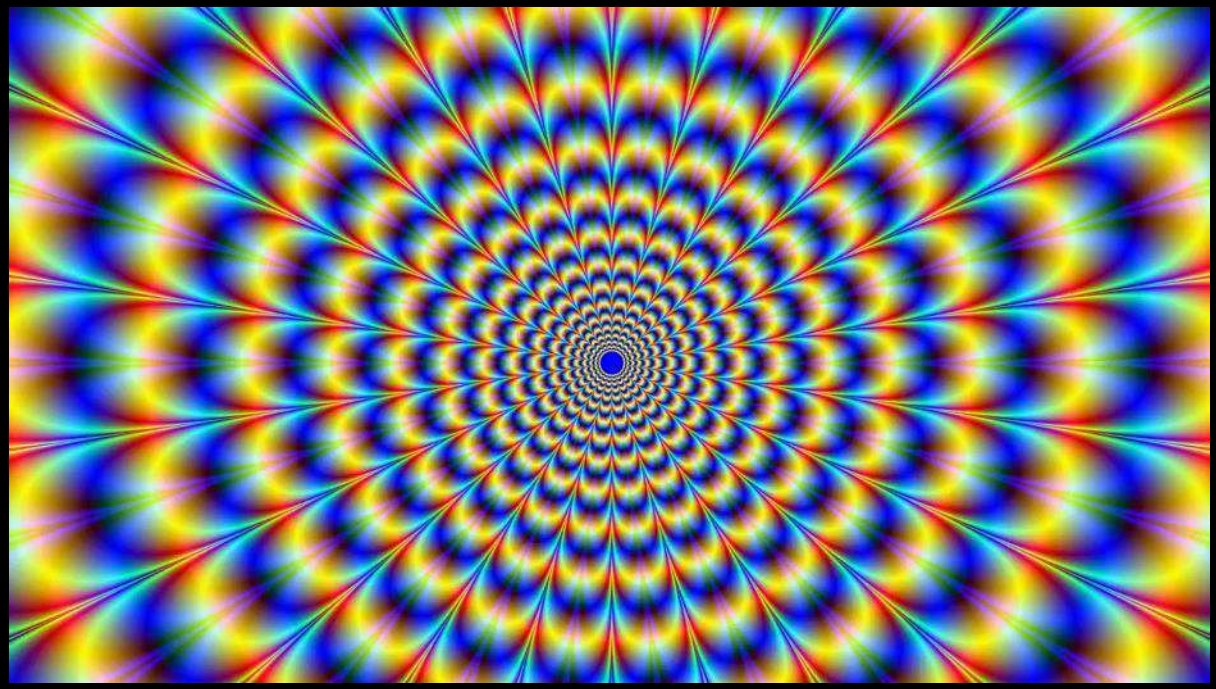
Activity

If the patient has radiating pain what are the most likely causes?

Activity ~ What Do You See?

List the common pain conditions that you see in the knees.

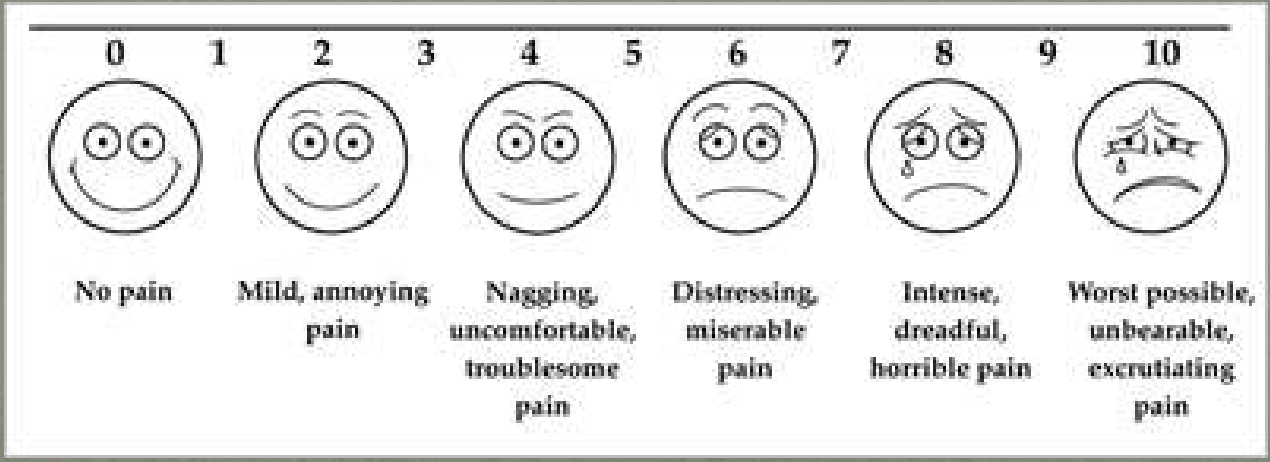
Then list the unusual conditions that you have seen that should be in the "Back Of Your Mind"



S = Severity

Severity is measured with a subjective score form the pt. The visual analog scale (VAS) of 0-10 where zero equals no pain and ten is the worst pain the pt's ever felt.

The follow up question is: pain level now vs pain level at time of onset, or pain on movement.



In The Back Of My Mind

7-10 VAS!

When a patient scores their pain with a VAS, of 7-10 seriously consider: broken bone, torn soft tissue, or there is a visceral or systemic pathology.

In The Back Of My Mind

VAS Math!

When using VAS scores from the initial visit to the next visit and so on, always convert the improvement into a percent rather than a raw number. Example: if the pt presents with an initial VAS of 8 and then on the 2nd visit their VAS is a 6 that is a change of 2. The percent change is 25%! The perception is that 25% improvement is better than 2. The reality is those numbers are the same.

Formula: (Initial VAS – 2nd VAS) ÷ Initial VAS = %Change

Please see chart on next slide

In The Back Of My Mind

VAS Math!

1st VAS	2nd VAS	△	% △
8	7	1	12.5%
7	6	1	14.3%
6	5	1	16.7%
5	4	1	20.0%

In The Back Of My Mind

Are you better?

Better is an interesting word.

Pt definition: perfectly fine, back to normal.

DC definition: improved.

Remember the pt always thinks better means perfect like when they were 20 years old. This may happen in certain cases, but most take time and go through a process of healing. The pt thinks it should be quick, perhaps even one visit.

The reality is most injuries do take time to heal and many injuries will not recover 100%. It is paramount that the DC discusses this with the pt. The DC's should give a reasonable prognosis with explanation and thus the pt's expectations will be in line with the DC's.

T = Time

Timing is another important clue.
Are the symptoms constant or intermittent?
If intermittent have the pt give the specific timing.
Worse at night or morning, etc.

How long has it been going on?
If it stopped, how long ago?
Have you had this experience before?
Has the timing changed since onset
(better, worse, different symptoms)?

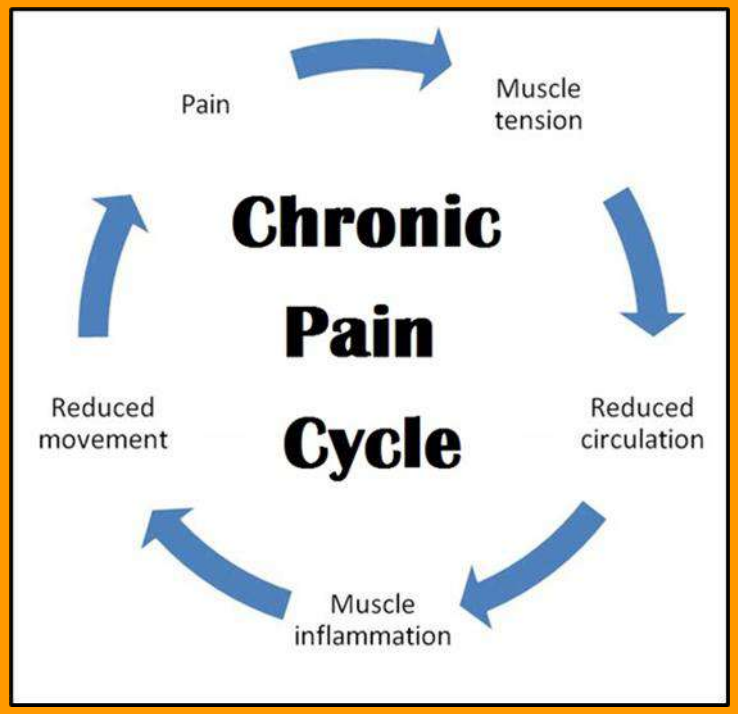
Activity

List reasons that symptoms are constant

Activity

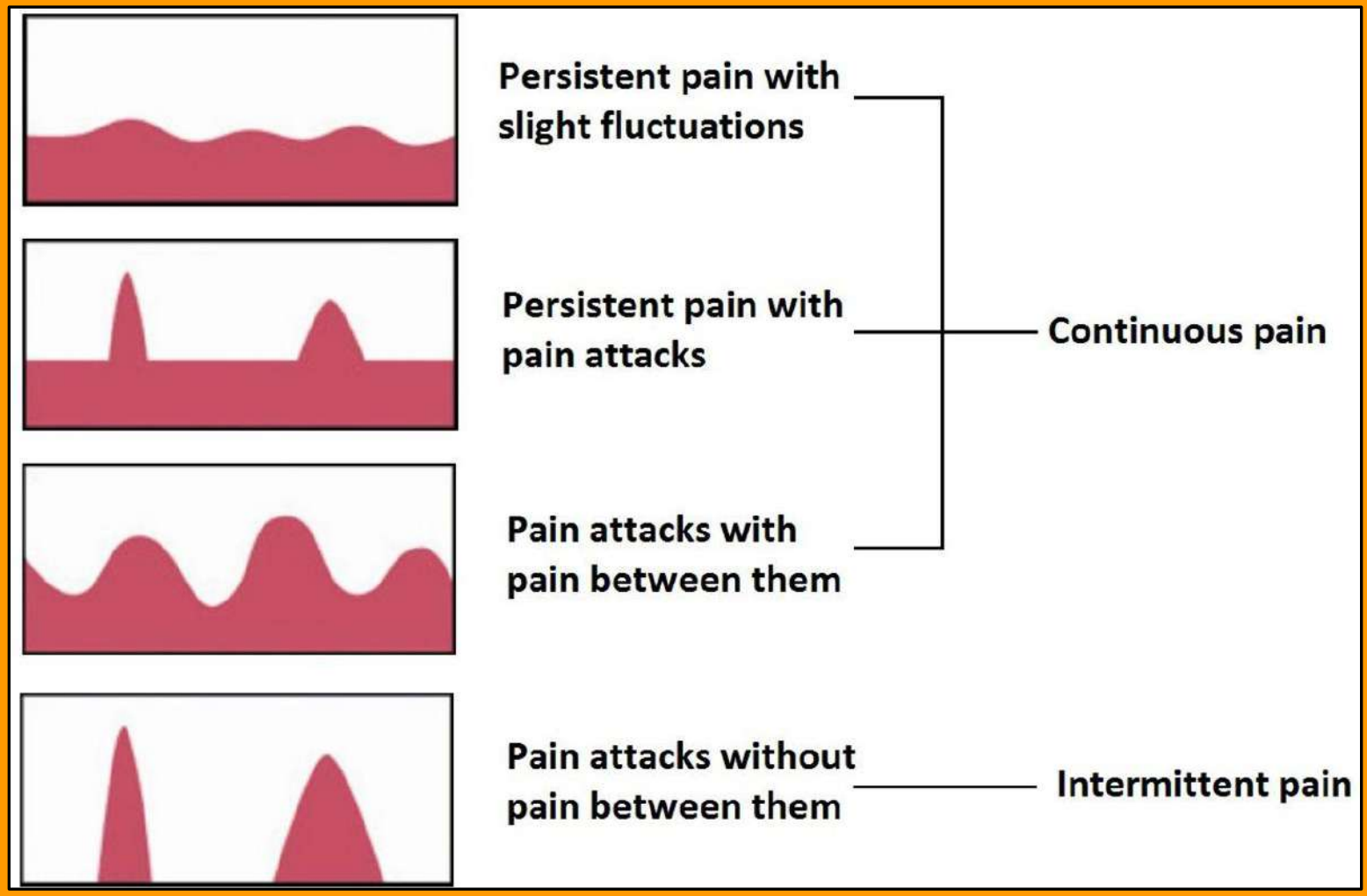
List reasons that symptoms are constant

- non-reduced swelling
- soft tissue damage, tear
- broken bone
- systemic, visceral pathology



Activity

List reasons that symptoms are intermittent



Activity

List reasons that symptoms are intermittent

- gravity, positional based IE lying down vs seated or standing
- use based IE “only hurts when I move it”
- fatigue based, hurts at the end of the day or activity

In The Back Of My Mind

Why did you wait?

Often pts wait before seeking care.

They may have tried nothing, drugs, ice, heat, other therapies, etc. and then they finally came into see the DC. The problem is that the problem will be harder to "fix". What the pt likely does not understand is what happens to an injury with time.

Injuries are almost always slower to recover when care is put off. Optimum care should start right away in some form.

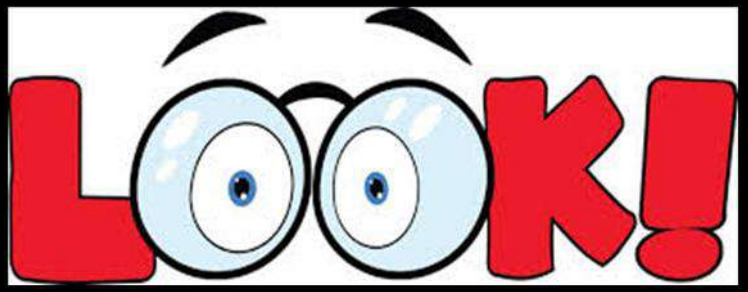
With time and improper care: muscles atrophy and weaken, muscles tighten, adhesions form, proprioceptive function decreases, and fluid flow to and from the cells decreases, to name a few of the negative effects of putting off care.

Oh yeah one more; and the pain lasts longer!

Activity ~ What Do You See?

List the common pain conditions that you see in the ankle & foot.

Then list the unusual conditions that you have seen that should be in the "Back Of Your Mind"



Differential Charts

The next 8 slides have useful charts for all of your necessary differentials

Red flags for possible spinal pathology or nerve root problems

Red flags

- Onset age < 20 or > 55 years
- Non-mechanical pain (unrelated to time or activity)
- Thoracic pain
- Previous history of carcinoma, steroids, HIV
- Feeling unwell
- Weight loss
- Widespread neurological symptoms
- Structural spinal deformity

Indicators for nerve root problems

- Unilateral leg pain > low back pain
- Radiates to foot or toes
- Numbness and paraesthesia in same distribution
- Straight leg raising test induces more leg pain
- Localised neurology (limited to one nerve root)

Differential diagnosis for thoracic back pain

- Uncomplicated musculoskeletal back pain
- Spinal cord and nerve root pathology (e.g., disk herniation, tumor, hematoma)
- Vertebral column disease (e.g., primary or metastatic malignancy, osteomyelitis)
- Disk infection
- Primary neurologic disease
- Degenerative and autoimmune arthropathies
- Herpes zoster
- Vascular disease (e.g., thoracic aortic dissection, acute coronary syndrome, pulmonary embolism)
- Thoracic cavity pathology (e.g., pleuritis, pericarditis, pneumonia, esophageal pathology)
- Intraperitoneal and retroperitoneal abdominal pathology (e.g., peptic ulcer disease, pancreatitis, hepatobiliary disease)

DDX for the thoracics

Evaluation/Intervention Component 4: intervention strategies for patients with neck pain

Neck Pain With Mobility Deficits

Acute
- Thoracic manipulation
- Cervical mobilization or manipulation
- Cervical ROM, stretching, and isometric strengthening exercise
- Advice to stay active plus home cervical ROM and isometric exercise
- Supervised exercise, including cervicoscapulothoracic and upper extremity stretching, strengthening, and endurance training
- General fitness training (stay active)

Subacute
- Cervical mobilization or manipulation
- Thoracic manipulation
- Cervicoscapulothoracic endurance exercise

Chronic
- Thoracic manipulation
- Cervical mobilization
- Combined cervicoscapulothoracic exercise plus mobilization or manipulation
- Mixed exercise for cervicoscapulothoracic regions—neuromuscular exercise: coordination, proprioception, and postural training; stretching; strengthening; endurance training; aerobic conditioning; and cognitive affective elements
- Supervised individualized exercises
- "Stay active" lifestyle approaches
- Dry needling, low-level laser, pulsed or high-power ultrasound, intermittent mechanical traction, repetitive brain stimulation, TENS, electrical muscle stimulation

Neck Pain With Movement Coordination Impairments (WAD)

Acute if prognosis is for a quick and early recovery
- Education: advice to remain active, act as usual
- Home exercise: pain-free cervical ROM and postural element
- Monitor for acceptable progress
- Minimize collar use

Subacute if prognosis is for a prolonged recovery trajectory
- Education: activation and counseling
- Combined exercise: active cervical ROM and isometric low-load strengthening plus manual therapy (cervical mobilization or manipulation) plus physical agents: ice, heat, TENS
- Supervised exercise: active cervical ROM or stretching, strengthening, endurance, neuromuscular exercise including postural, coordination, and stabilization elements

Chronic
- Education: prognosis, encouragement, reassurance, pain management
- Cervical mobilization plus individualized progressive exercise: low-load cervicoscapulothoracic strengthening, endurance, flexibility, functional training using cognitive behavioral therapy principles, vestibular rehabilitation, eye-head-neck coordination, and neuromuscular coordination elements
- TENS

Neck Pain With Headache (Cervicogenic)

Acute
- Exercise: C1-2 self-SNAG

Subacute
- Cervical manipulation and mobilization
- Exercise: C1-2 self-SNAG

Chronic
- Cervical manipulation
- Cervical and thoracic manipulation
- Exercise for cervical and scapulothoracic region: strengthening and endurance exercise with neuromuscular training, including motor control and biofeedback elements
- Combined manual therapy (mobilization or manipulation) plus exercise (stretching, strengthening, and endurance training elements)

Neck Pain With Radiating Pain (Radicular)

Acute
- Exercise: mobilizing and stabilizing elements
- Low-level laser
- Possible short-term collar use

Chronic
- Combined exercise: stretching and strengthening elements plus manual therapy for cervical and thoracic region: mobilization or manipulation
- Education counseling to encourage participation in occupational and exercise activity
- Intermittent traction

Differential Diagnosis of Low Back Pain

- **Mechanical low back pain** (97%)
- Lumbar strain or sprain (≥ 70%) Diffuse pain in lumbar muscles; some radiation to buttocks
- Degenerative disk or facet process (10%) Localized lumbar pain; similar findings to lumbar strain
- Herniated disk (4%) Leg pain often worse than back pain; pain radiating below knee
- Osteoporotic compression fracture (4%) Spine tenderness; often history of trauma
- Spinal stenosis (3%) Pain better when spine is flexed or when seated, aggravated by walking downhill more than uphill; symptoms often bilateral
- Spondylolisthesis (2%) Pain with activity, usually better with rest; usually detected with imaging; controversial as cause of significant pain

Differential Dx of Chronic Low Back Pain

Nonspecific or idiopathic (70 percent)

Lumbar sprain or strain

Mechanical (27 percent)

Degenerative processes of disks and facets

Herniated disk

Osteoporotic fracture*

Spinal stenosis

Traumatic fracture*

Congenital disease

- Severe kyphosis
- Severe scoliosis
- Transitional vertebrae

Spondylosis

Internal disk disruption or discogenic pain

Presumed instability

Referred pain (2 percent)

Aortic aneurysm

Diseases of the pelvic organs

- Prostatitis
- Endometriosis
- Chronic pelvic inflammatory disease

Gastrointestinal disease

- Pancreatitis
- Cholecystitis
- Penetrating ulcer

Renal disease

- Nephrolithiasis
- Pyelonephritis*
- Perinephric abscess*

Nonmechanical (1 percent)

Neoplasia

- Multiple myeloma
- Metastatic carcinoma
- Lymphoma and leukemia
- Spinal cord tumors
- Retroperitoneal tumors
- Primary vertebral tumors

Inflammatory arthritis, often associated with human leukocyte antigen-B27

- Ankylosing spondylitis
- Psoriatic spondylitis
- Reiter syndrome
- Inflammatory bowel disease

Infection*

- Osteomyelitis
- Septic diskitis
- Paraspinous abscess
- Epidural abscess
- Shingles

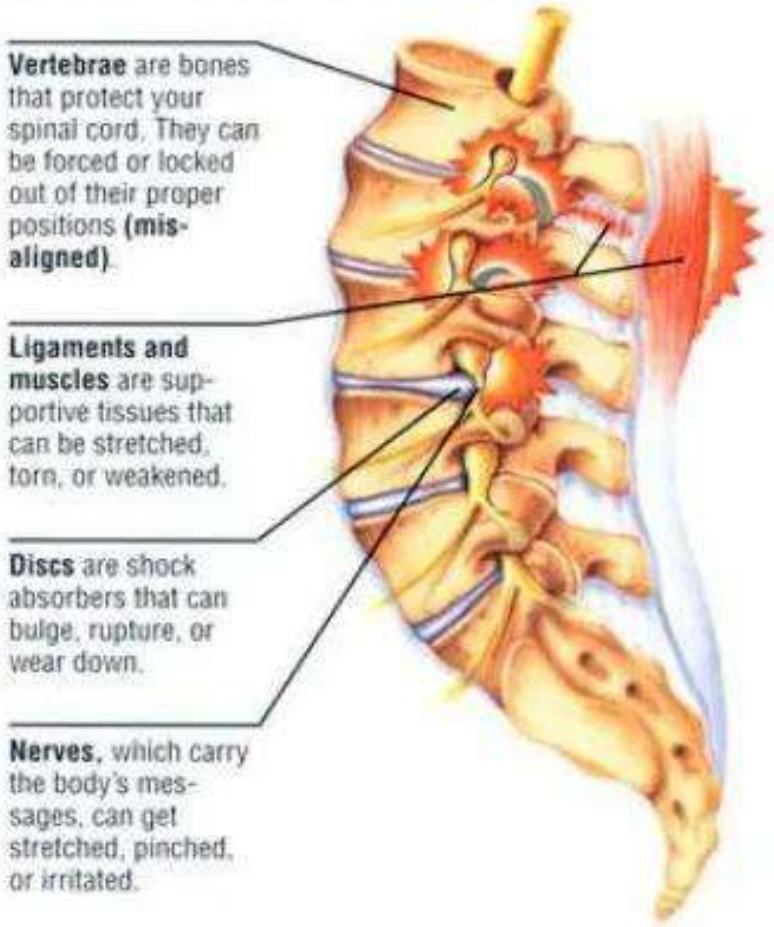
Scheuermann disease (osteochondrosis)

Paget disease of bone

	PATTERN 1 Commonly called Disc Pain	PATTERN 2 Commonly called Facet Joint Pain	PATTERN 3 Commonly called Pinched Nerve	PATTERN 4 Commonly called Spinal Stenosis
				
STEP 1 Where is your pain located?	Pain is worst in the back. May spread to the buttocks or legs	Pain is worst in the back. May spread to the buttocks or legs.	Pain is worst in the leg, although back pain may be present.	Pain is worst in the leg(s), described as heaviness or aching.
STEP 2 How often are you in pain?	Pain is usually intermittent but may be constant with varying intensity throughout the day.	Pain is always intermittent.	Pain is usually constant.	Pain is intermittent and occurs with activity.
STEP 3 What makes your pain worse?	Pain is made worse by sitting and by bending forward.	Pain is made worse by bending backwards and standing or walking for long periods of time.	Pain is often made worse by sitting and bending, but can also be made worse by backward movement in the acute stage.	Symptoms are made worse by activity. Walking for more than a few minutes makes the legs feel achy and weak.
STEP 4 What makes your pain better?	Pain is eased by performing a sloppy pushup. It is better to walk than to stand, and stand than to sit.	Pain is eased by bending forward or sitting.	Pain is eased by laying face down or on the back with a pillow under your knees.	Symptoms are relieved by a change in position, such as bending forward or sitting.

MECHANICAL BACK PAIN

- ***Muscle, ligament, tendon strain***
- Discogenic disorders including herniated disc
- Apophyseal joint arthritis
- Spinal stenosis
- Spondylolysis, spondylolisthesis
- Scoliosis



Characteristics of Different Pain Types

	Nociceptive Pain		Neuropathic Pain
	Somatic Pain	Visceral Pain	
Location	Localized	Generalized	Radiating or specific
Patient Description	Pinprick, stabbing, or sharp	Ache, pressure, or sharp	Burning, prickling, tingling, electric shock-like, or lancinating
Mechanism of Pain	A-delta fiber activity Located in the periphery	C Fiber activity Involved deeper innervation	Dermatomal (periphery), or non-dermatomal (central)
Clinical Examples	•Periosteum, joints, muscles •Sickle cell •Superficial laceration •Superficial burns •Intramuscular injections, venous access •Otitis media •Stomatitis •Extensive abrasion	•Colic spasm pain •Appendicitis •Kidney stone •Chronic pancreatitis •IBS •Angina •Menstrual cramps	•Trigeminal neuralgia •Avulsion neuralgia •Posttraumatic neuralgia •Peripheral neuropathy (diabetes, HIV) •Limb amputation •Herpetic neuralgia

ACUTE VS CHRONIC PAIN

	Acute pain	Chronic pain
Onset & timing	Sudden, short duration Resolves /disappears when tissue heals	Insidious onset Pain persists despite tissue healing
Signal	Warning sign of actual or potential tissue damage	Not a warning signal of damage False alarm
Severity	Correlates with amount of damage	Severity not correlated with damage
CNS involvement	CNS intact- acute pain is a symptoms	CNS may be dysfunctional-chronic pain is a disease
Psychological effects	Less, but unrelieved pain → anxiety and sleeplessness (improves when pain is relieved)	Often associate with depression, anger, fear, social withdrawal etc.

History Complete!

Thanks for taking 2 Hrs of History!

Thanks for taking Online Courses with Back To Chiropractic CE Seminars.
I hope you enjoyed the course. Please feel free to provide feedback.

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