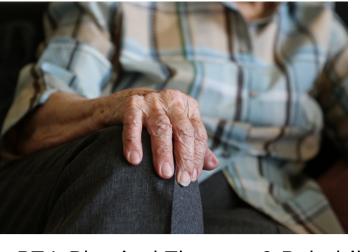# Prevention and Wellness

"Physical therapists play a unique role in society in prevention, wellness, fitness, health promotion, and management of disease and disability by serving as a dynamic bridge between health and health services delivery for individuals and populations."
APTA.org/policies and by-laws. HOD P06-19-27-12

PREHAB OF THE ATHLETE

- Help prevent injuries and alleviate severity when they do unfortunately occur. According to an article in Yale Medicine, prehab "involves addressing muscle imbalances or weaknesses that, if left unchecked, could increase the risk of injury."
- Prevention of ACL ruptures, hamstring strains, and groin strains
- Improving speed, strength, power, etc, but the most important testing involves assessing the athlete's ability to control his/her own body weight. Keep in mind that the quality, not quantity, of the movement is the most important factor to observe.
- Balance, jump landing, running form, change of direction, and power are all objective measures that aid in this assessment and creating a good prehab program. It's very important to train your body to adapt to the load and strengthen the structures around the joints to prevent injury and build endurance.

online.ecok.edu/articles/prehab/#:~:text=As%20athletes%20train%2C%20age%2C%20compete,%2D%20and%20joint%2Drelated%20injuries
athletesacceleration.com/prehab-performance-enhancement-training/
healingwithpt.com/athlete-resources/intro-to-prehab-for-athletes-and-non-athletes/

AGING ELEGANTLY

All older adults should be screened for risk of falling even though they are coming to us with another concern, such as back pain. "The Clinical Guidance Statement of APTA Geriatrics [published in the June 2015 issue of PTJ: Physical Therapy & Rehabilitation Journal] states that we should be doing this (screening or assessing for risk of falls) for all older adults we see, and the American and British geriatrics societies indicate that all health professionals should do this for all older adults. Hence, this is a 'standard of care' that our profession needs to meet" says Jennifer Vincenzo, PT, MPH, PhD

A closer look at falls and falls prevention. By Keith loria. Apta magazine. September 2022. Pg12-24.
Falls Prevention: Recent Studies Make the Case for PT, PTA Involvement
Tuesday, September 22, 2020 apta.com

Research on falls continues to hammer home the idea that falls prevention isn't just a possibility: it's a crucial response to a growing public health issue.

PHYSICAL THERAPY BEFORE SURGERY

- TKA: Patients undergoing pre-op physical therapy interventions have reduced pain and improved functional performance prior to and shortly after surgery.
- ACL: Benefits of a prehab program include: restoring knee ROM and strength, restoring balance and proprioception and reducing the likelihood of reinjury or contralateral injury. Those who participate in a pre-op exercise program can show improvements up to 6 years following surgery compared to those who don't do any pre-op care.

Clinical Practice Guidelines for TKA (2020)
Systematic review from Feb 2022 in Musculoskeletal Care
Arthroscopy, Sports Medicine and Rehabilitation (2022)

EVIDENCE IN ACTION!

This article highlights the importance of PT with referrals to community-based services, promoting active and healthy lifestyles, and promoting movement and how that can slow the progression of symptoms for individuals with neurological conditions.

Quinn L, Morgan D. From Disease to Health: Physical Therapy Health Promotion Practices for Secondary Prevention in Adult and Pediatric Neurologic Populations. J Neurol Phys Ther. 2017 Jul;41 Suppl 3(Suppl 3 IV STEP Spec Iss):S46-S54. doi: 10.1097/NPT.0000000000000166. PMID: 28628596; PMCID: PMC5477649.

HOD P06-18-22-30

APTA recommends that all individuals visit a PT at least annually to optimize movement; and promote health, wellness, and fitness.

https://www.apta.org/patient-care/interventions/annual-checkup is the link to check out *WHY* and *HOW* to start annual check ups in your clinical practice!

Look into APTA's Health Promotion and Wellness Council for more information or to join the council.