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# Current Evidence Based Protocols on the Use of Therapeutic Modalities

*Caroline Joy Co*

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Course Description This book explores the effectiveness of therapeutic modalities and therapeutic procedures commonly used by physical therapy providers for the treatment of neurological and musculoskeletal disabilities. Current evidence-based clinical practice guidelines that have been developed for the treatment of neurological and musculoskeletal conditions will be discussed. Useful supplemental information has been provided in Chapter 4 and Chapter 5. This material outlines common injections and modalities administered by physicians as well as medications frequently prescribed by physicians. Although neither injections nor the prescription of medications are under the scope of practice of the rehabilitation provider, therapists must have a fundamental understanding of these adjunctive treatments. Course Objectives 1. Understand how different treatment modalities benefit the different musculoskeletal conditions. 2. Identify the mechanisms of action of iontophoresis, low-level laser therapy, electrical stimulation, and spinal decompression therapy. 3. Choose the best modalities for osteoarthritis and rheumatoid arthritis. 4. Prescribe the best treatment protocol for knee pain, neck pain, and shoulder pain based on evidence-based guidelines. 5. Differentiate between therapeutic modalities and therapeutic procedures.

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