



# **Musculoskeletal Essentials: Applying the Preferred Physical Therapist Practice Patterns(SM) (Essentials in Physical Therapy)**

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*Musculoskeletal Essentials: Applying the Preferred Physical Therapist Practice PatternsSM* answers the call to what today's physical therapy students and clinicians are looking for when integrating the *Guide to Physical Therapist Practice* as it relates to the musculoskeletal system in clinical care.

As a part of **Essentials in Physical Therapy** led by Series Editor Dr. Marilyn Moffat, *Musculoskeletal Essentials: Applying the Preferred Physical Therapist Practice PatternsSM* is edited by Dr. Elaine Rosen and Dr. Sandra Rusnak-Smith in a user-friendly format that not only brings together the conceptual frameworks of the *Guide* language, but also parallels the patterns of the *Guide*.

In each case, where appropriate, a brief review of the pertinent anatomy, physiology, pathophysiology, imaging, and pharmacology is provided. Each pattern then details two to five diversified case studies coinciding with the *Guide* format. The physical therapist examination, including history, systems review, and specific tests and measures for each case, as well as evaluation, diagnosis, prognosis, plan of care, and evidence-based interventions are also addressed.

### Sample Cases in Some of the Practice Patterns Include:

- Primary Prevention/Risk Reduction for Skeletal Demineralization: A post-menopausal female, previous smoker and non exerciser; a patient with osteopenia due to prolonged glucocorticoid steroid use; a marathon runner with osteopenia of the femoral necks
- Impaired Posture: A patient with impaired posture and radicular symptoms; a patient with excessive foot pronation causing pain up the chain, a patient with Scheuermann's Disease
- Impaired Joint Mobility, Motor Function, Muscle Performance, and Range of Motion Associated with Connective Tissue Dysfunction: A patient with complex regional pain syndrome of the foot/ankle; a patient with temporomandibular joint dysfunction; a patient with fibromyalgia syndrome
- Impaired Joint Mobility, Motor Function, Muscle Performance, and Range of Motion Associated with Joint Arthroplasty: A patient with a hybrid total hip arthroplasty; a patient with bilateral total knee arthroplasties; a patient with a total shoulder arthroplasty; a patient with rheumatoid arthritis post MCP joint implant arthroplasties and arthrodesis of the PIP joints; a patient post ligament reconstruction tendon interpositional arthroplasty
- Impaired Joint Mobility, Motor Function, Muscle Performance, and Range of Motion Associated with Bony or Soft Tissue Surgery: A patient with dementia and a femur fracture; a patient 6 weeks post tibia and fibula fracture; a patient with a rotator cuff repair; a patient one week post ACL reconstruction

At long last, Dr. Marilyn Moffat, Dr. Elaine Rosen, and Dr. Sandra Rusnak-Smith have created a book that will integrate the parameters of the *Guide* as it relates to the musculoskeletal system, into the practice arena, that not only covers the material but also allows for a problem-solving approach to learning for educators and students.

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