

Wissenschaft und Praxis

-

Traumehe oder Ungleiches Paar?

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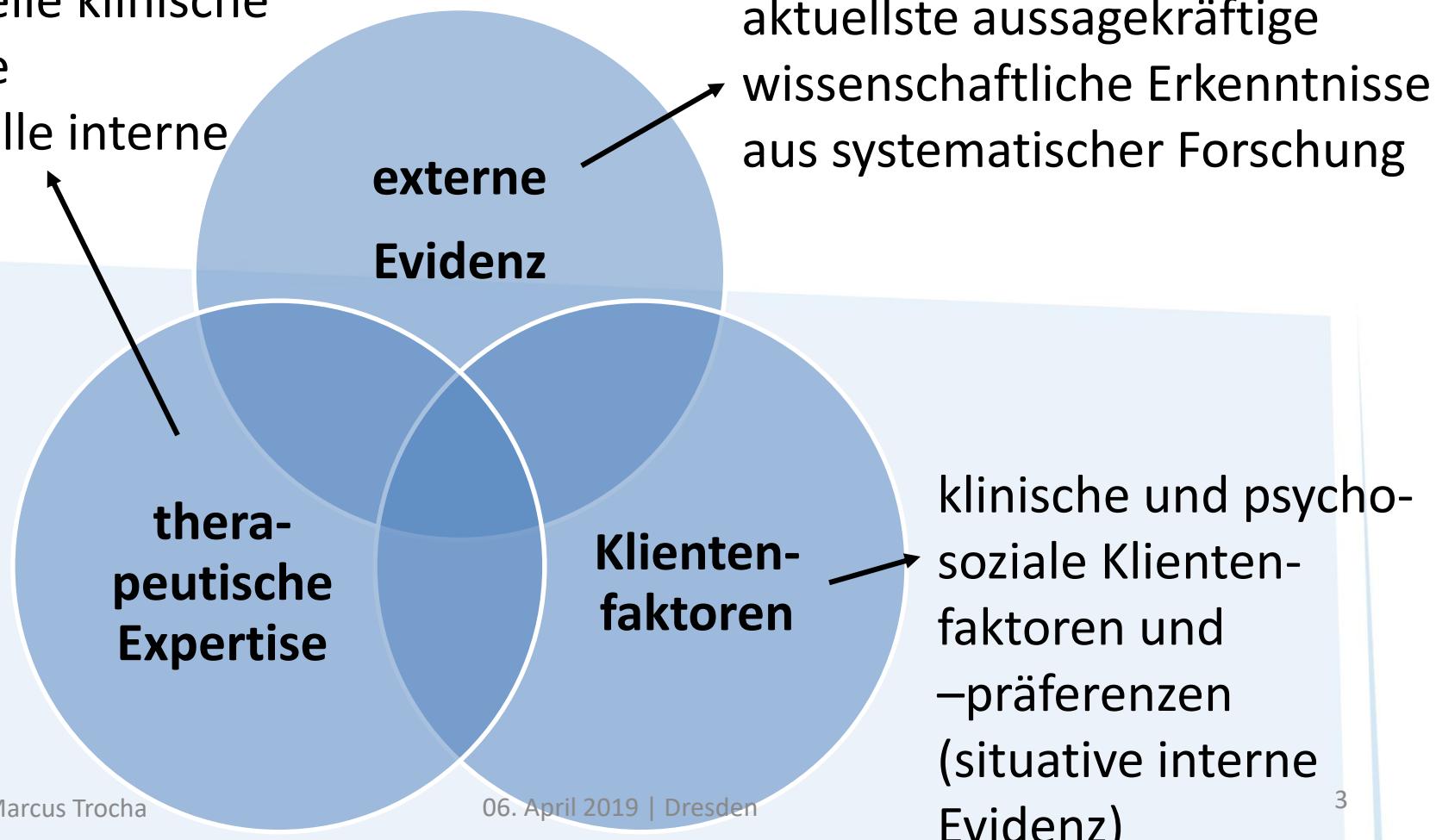
7. Interprofessioneller Gesundheitskongress, Dresden

Inhalt des Vortrages

- Evidenz Basierte Praxis – Eine Dreiecksbeziehung
- N = 1
- Rolle der Diagnose für die Evidenz
- Wissenschaft – genial, schwierig und tückisch

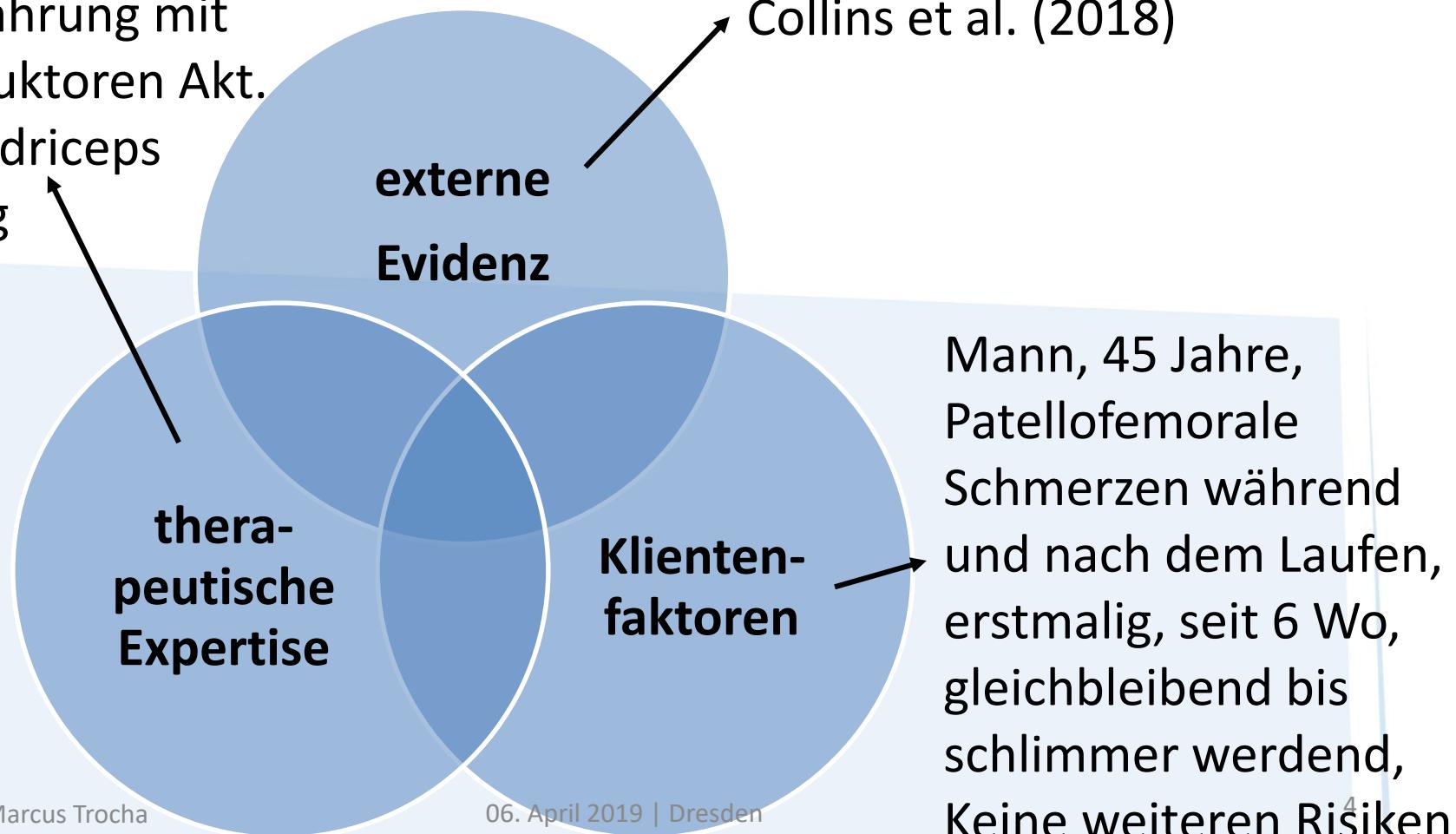
Evidenz Based Practice [Sackett et al. 1996]

Individuelle klinische
Expertise
(personelle interne
Evidenz)



Fall 1

Sporttherapeutischer Hintergrund,
gute Erfahrung mit
Hüftabduktoren Akt.
und Quadriceps
Dehnung



Consensus statement

DIE WEITERBILDUNGSUNIVERSITÄT DER TU DRESDEN

2018 Consensus statement on exercise therapy and physical interventions (orthoses, taping and Combined hip and knee targeted exercise therapy) to treat patellofemoral pain:

– An International

4. Improves function and symptoms in the medium term to long term	17	19	Inappropriate
5. Reduces pain compared with knee targeted exercise therapy			
6. Improves function compared with knee targeted exercise therapy in the short term		19	Appropriate
7. Reduces pain compared with knee targeted exercise therapy in the short term			Appropriate
8. Improves function compared with knee targeted exercise therapy in the medium term to long term			Appropriate
Hin tannated avarrica tharanu.			Appropriate

Kay M Crossley,

For numbered affiliations see end of article.

ABSTRACT

Patellofemoral pain affects a large proportion of the population, from adolescents to older adults, and carries a substantial personal and societal burden. An international group of scientists and clinicians meets biennially at the International Patellofemoral Research Retreat to share research findings related to patellofemoral pain conditions and develop

Patellofemoral pain is a common musculoskeletal condition, present under the patella and/or behind the patella during patellofemoral joint loading activities (eg, squatting, stair ambulation and running).¹ Patellofemoral pain has an annual prevalence of approximately 23% of adults and 29% of adolescents in the general population and affects almost 30% of professional athletes.²

Fall 1



Collins et al. (2018)

- Exercise Therapy (vs control) ✓ (?)
- Combined hip and knee exercise therapy ✓
- Hip targeted exercise therapy ?
- Combined interventions ✓ (?)
- Prefabricated foot orthoses ✓ (?)
- Patellar taping and bracing ?
- Other adjunctive interventions
 - Acupuncture or dry needling ?
 - Patellofemoral and knee mobilisation :(
 - Lumbar mobilisation :(
 - Electrophysical agents (eg ultrasound, laser therapy ...) :(
- Gait retraining ?

Fall 2

Mann, 45 Jahre, Patellofemorale Schmerzen während und nach dem Laufen, erstmalig, seit 6 Wo, anfangs schlimmer werdend, jetzt gleichbleibend

Kraft ✓, Beweglichkeit ✓, Beinachse ✓, Lauftechnik ✓

und ...?

von 0 km auf 5 km in 3 Wochen

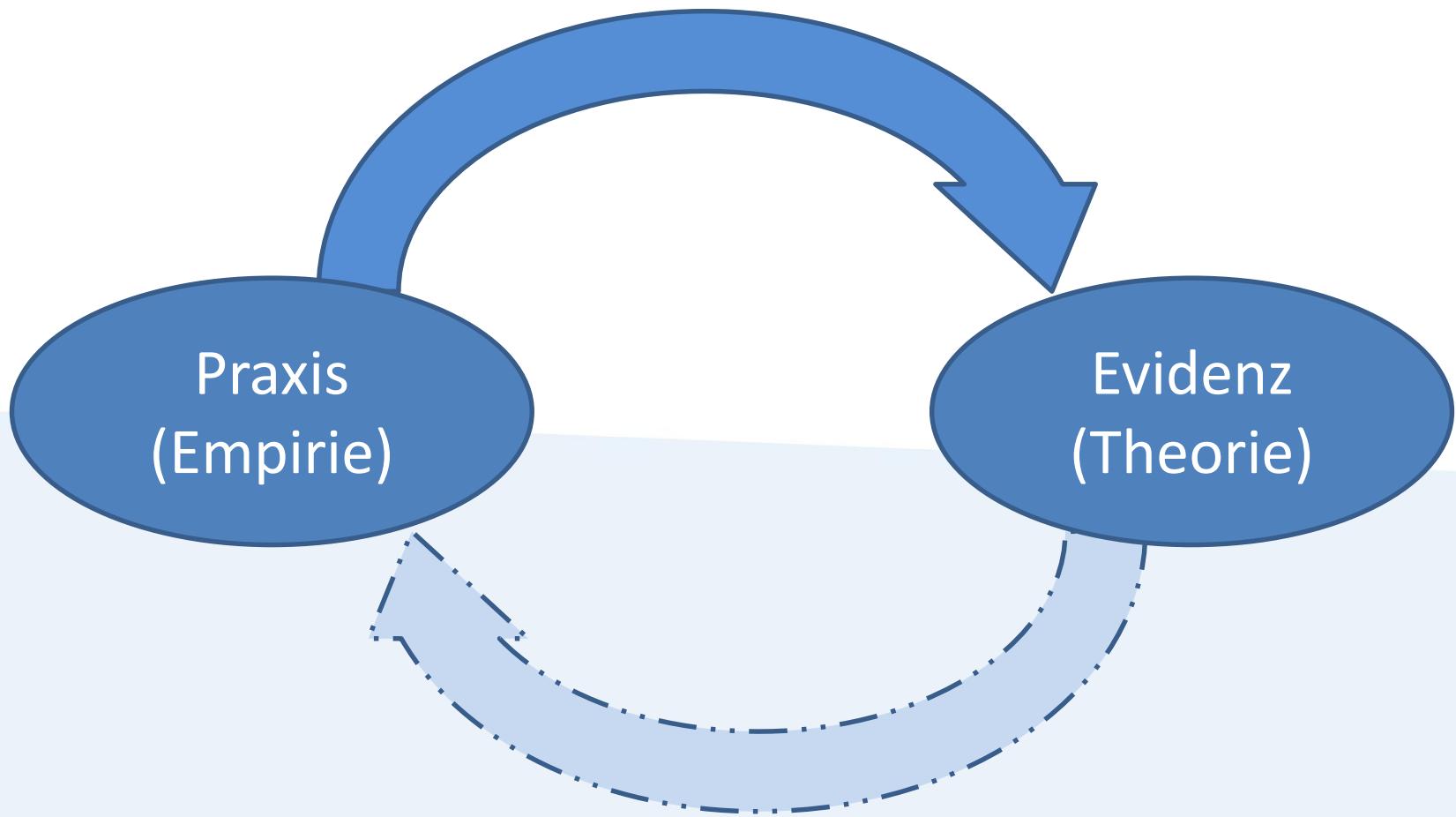
Therapie?

=> Beratung zum adäquaten Belastungsaufbau! (Edukation)

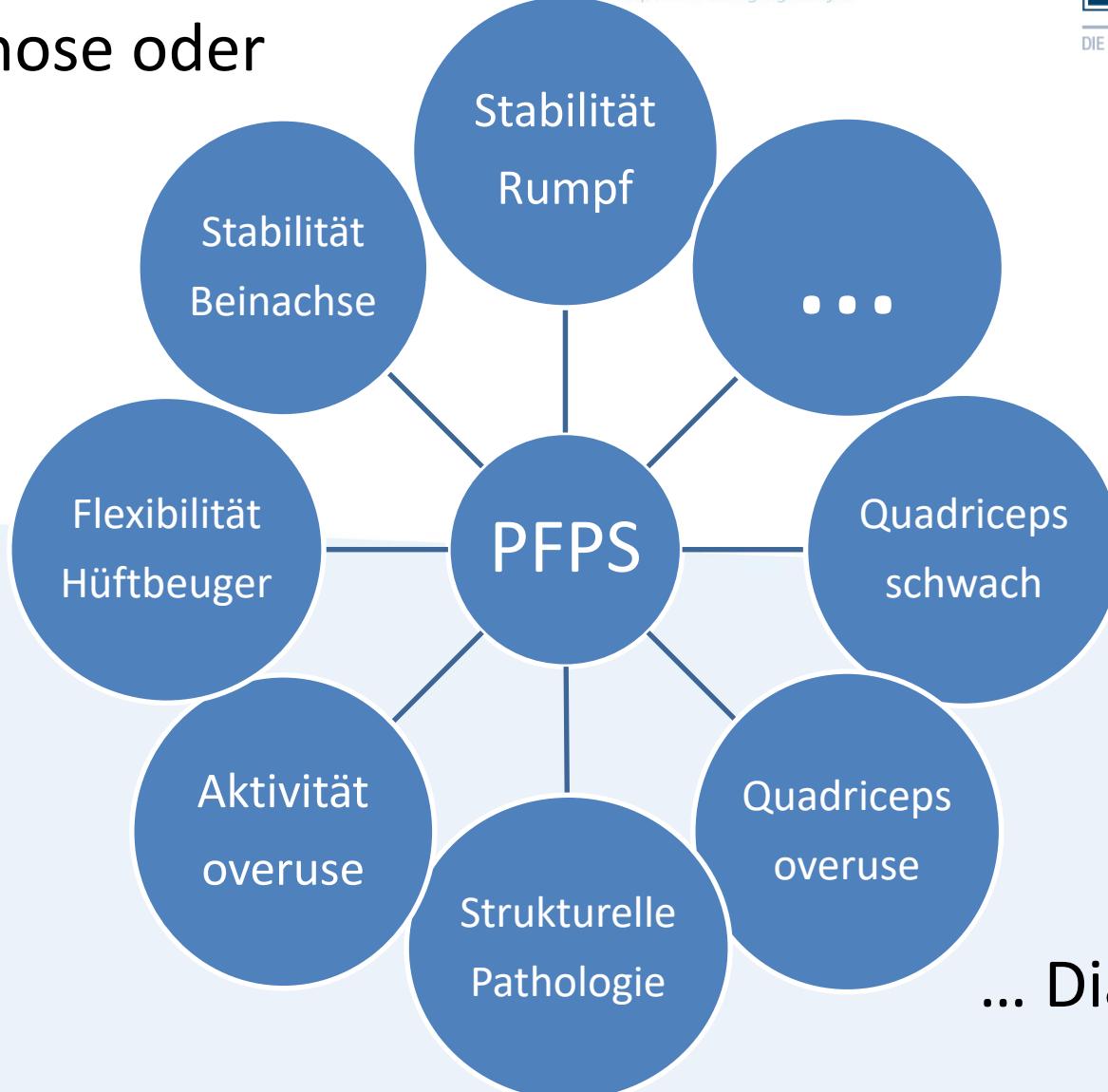


„N = 1“

Kerry R (2019) CAUSEHEALTH;
<https://causehealthblog.wordpress.com/2017/06/22/what-does-causehealth-mean-by-n1/>;
letzter Zugriff am 02.04.2019



Diagnose oder



Vorsicht - Wissenschaft!

“... Early access to harmful or ineffective physical therapy treatments (eg, kinesiotape and electrotherapy), irrespective of timing, is unlikely to improve patient outcomes⁷ or solve the opioid crisis. ...”

Falsche Zitate

[XXXX, YYYY, ZZZZ (2018) Evidence-based physiotherapy needs evidence-based marketing. British Journal Sports Med; 0:1–2]

Kerry R (2018);

<https://rogerkerry.wordpress.com/>; letzter Zugriff am 03.04.2019

Diskrepanz zwischen Praxis und Wissenschaft

[Foster NE, Anema JR, Cherkin D, et al. (2018) Prevention and Treatment of low back pain: evidence, challenges, and promising directions. In: *Lancet*; 391: 2368-2383]

„.... Despite multiple clinical guidelines providing similar recommendations for managing low back pain, a substantial gap between evidence and practice exists worldwide in high-income as well as low-income and middle-income countries. ...“

... Although physical therapists are in an excellent position to provide exercise advice, surveys from Sweden, the USA, and Australia show high rates of use of electrical modalities, which the evidence shows are ineffective. ...“

Vielen Dank für Ihre Aufmerksamkeit!

Quellen:

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