Treatment Modalities in Older Adults Residing in the Nursing Facility

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Faculty Disclosures:

Dr. Komara has disclosed that he has no relevant financial relationship(s).
Assessment/Diagnosis

- Four main categories of Somatic Dysfunction:
  - TART
    - Tissue texture changes
    - Asymmetry
    - Restrictions of movement
    - Tenderness
Treatment Modalities

- Based on the Assessment
- Motion Testing
  - Active
    - Mobility Assessment (POMA)
    - Anatomical Regions
  - Passive
Assessment/Diagnosis

- **Tissue texture changes:**
  - **Skin Temperature**
    - Acute injury is warm – vasodilation; circulating cytokines
    - Chronic tissue is cold – vasoconstriction; sympathetic drive
  - **Skin and Fascia Tone**
    - Healthy - smooth with resiliency
    - Acute - edematous, spongy, boggy – ex. ankle sprain
    - Chronic – fibrotic, stiff, ropy – ex. scar
Assessment/Diagnosis

- Asymmetry
  - Observe whole body
    - Gait/balance – movement - proprioception
    - Bearing/lean – posture – left/right
    - Spinal curves – posture and bone condition – A/P
  - Observe, compare regions
    - Paired muscle mass – leg length – head shape
  - Observe, compare segments
    - Paired joints – eye sizes – vertebral rotations
Assessment/Diagnosis

- Tenderness
  - Reason for doing assessment/diagnosis
  - Least reliable
    - Referred pain-source??
      - Muscle
      - Bone
      - Organ
Treatment Modalities

- Soft-tissue Techniques
  - Stretching or Traction
    - Linear or Longitudinal
  - Lateral Stretching
  - Deep Pressure
Treatment Modalities

- Mobilization (Articulatory) Techniques
- Slow, gentle controlled movement
Soft-tissue and Mobilization Techniques

- Enhance motion
- Mechanically stretch skin, fascia and muscle
- Relieve hypertonicity and spasm
Anatomical Regions

- Cervical
  - Seated
  - Supine
- Thoracic
  - Seated
  - Supine
- Lumbar
  - Seated
  - Supine
Anatomical Regions

- Other
  - Shoulder
  - Hip
  - Knee
  - Ribs
Positioning Limitations or is it a Guide for Treatment?

- Bed-bound
- Wheelchair
- Ambulatory vs Non-ambulatory
Contraindications
References