

## Newsletter – Winter 2012

SSOP has grown and is now at 2 convenient CBD locations



### Improving outcomes: Compliance and Adherence

Studies have shown that outcomes from exercise programs are often dependent on the patient's adherence to the program in the long term. There is good evidence for this in knee and hip OA (Pisters 2010), Low Back Pain (Liddle 2004), neck and shoulder pain (Zebis 2011) and chronic musculoskeletal pain (Jordan 2010).

**As skilled physiotherapists, we focus on improving long term outcomes by making exercise easier to incorporate into everyday life.**

One way of helping people stick to exercise is the utilisation of 'graded exercise activity'. This means the exercise is targeted to weaker muscles or painful areas and gets increasingly more challenging. Other ways that we enhance adherence are by supervising exercise sessions, providing 'refresher' sessions to go over the exercise program again, and providing **audio or videotapes of the exercises** to take home.

**Pilates classes** are another way of encouraging regular exercise, forming good behavioural habits that will persist in the longer term.

Good therapy intervention has to extend beyond the clinic setting to get the best results. As such, we continue to focus on motivating and occasionally "nagging" our patients to get the very best long-term outcomes possible!

#### References:

- Jordan et al Strategies for improving adherence to exercise in adults with chronic musculoskeletal pain **Cochrane Summaries** 2010 Published Jan 20
- Liddle et al Exercise and chronic LBP: What works? **Pain** 2004 107:1 pp176-190
- Pisters et al Exercise adherence improving long-term patient outcomes in patients with OA of the hip and knee **Arthritis Care & Research** 2010 62:8 pp1087-1094
- Zebis et al Implementation of neck/shoulder exercises for pain relief among industrial workers: A randomized controlled trial **BMC Musculoskeletal Disorders** 2011, 12:205

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