



Physiotherapy Preventive Examination

Screening and preventing
physical injuries/disabilities
in asymptomatic adults

5 steps to good oral health:

1. Brush your teeth and tongue twice a day using fluoride toothpaste and floss every day.
2. Eat a well-balanced diet.
3. Check your mouth regularly for signs of gum disease and oral cancer.
4. Don't smoke or chew tobacco.
5. Visit your dentist regularly.



CANADIAN
DENTAL
ASSOCIATION

Recommendation*

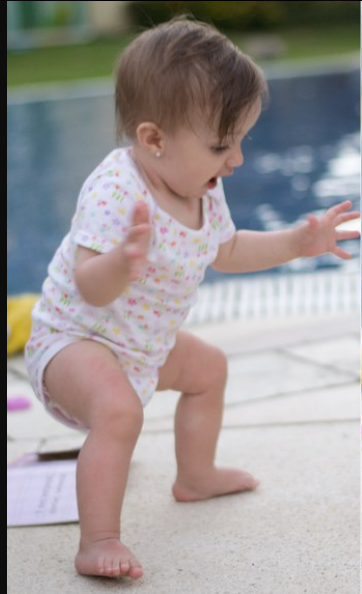
Adults aged 20 to 39 years should undergo an eye examination every 2 to 3 years.

Adults aged 40 to 64 years should undergo an eye examination every 2 years.



CANADIAN ASSOCIATION OF OPTOMETRISTS
ASSOCIATION CANADIENNE DES OPTOMÉTRISTES

Have you shown
your latest moves
to your physio?



Visit your physiotherapist annually for your preventive examination

Preventive Physiotherapy Examination (PPE)

Our own clinical/research project

- Online screening questionnaire for risk factors
- Global physical examination: mobility, walk, posture, balance, functional strength
- Preventive/corrective education & exercises
- One hour session



Objectives and methods

1. **Measure perception and impact from clinician's perspective**
 - 4 PTs (*always willing!*) \geq 5 examinations
 - Semi-structured interview analyzed with the Theoretical Domain Framework (TDF) for behaviour change in healthcare professionals
2. **Measure perception and impact from client's perspective**
 - 27 adults without symptoms or rehabilitation treatments
 - Received a FREE preventive physiotherapy examination
 - Online survey before, 24h & 4 weeks after

Results: physiotherapist's point of view

- Less cognitive load and duration than usual curative examination
- ↑ Competences/awareness/interest in prevention with asymptomatic AND symptomatic patients
- Main decision-making challenges: determine the best tests to use and the best follow-up frequency
- Main worries: people won't be willing to pay for it and may develop inappropriate fear of injury

Results: client sample

Characteristics (n = 27)	%
Women	56
18 – 29 year-olds	18
30 – 49 year-olds	41
50 – 65 year-olds	41
Physical activity $\leq 1x//week$	30
Physical activity 2-4x/week	59
Physical activity $\geq 5x/week$	11

Results at immediate follow-up (n = 25)

- 72% highly satisfied
 - Best aspects = postural tips & corrective exercises
 - 56% perceived exercises as « highly relevant »
- Safety of examination (pain afterwards)
 - 32% light pain, 10% moderate pain, no severe pain.

Results at 4-weeks follow-up (n = 17)

- 47% significantly modified their work/leisure habit (ITT analysis = 32%)
- Patients did their exercises, whom 36% « as recommended » (ITT analysis = 24%)

Preventive physiotherapy examination (PPE)

What's next?

- Implementation to all clinics and clinicians
- Automated recall for follow-ups
- Attractive and informative preventive report cards
- Accessible app for clients and clinicians
- Validation with longitudinal studies using electronic records databases
- Adaptations to other populations (ex.: ped, elder ...)

Any questions for the research team?



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Disclosure of potential conflicts of interest

- This research project is a partnership between University of Montreal (physiotherapy master project) and Physio Extra, a private practices network which
 - developed the Preventive Physiotherapy Examination
 - funded the research project
- I am a part time physiotherapist and scientific consultant for Physio Extra
- I received no salary or compensation from Physio Extra for my involvement in the study, preparation of the presentation nor participation to the congress.
- Protocol approval by two independent reviewers and Ethic committee.
- Conclusions validation by one independent reviewer

Bonus slide

Physical health promotion and preventive initiatives in physiotherapy

- Fairly developed in the athletic and geriatric settings
 - Ex. athletic: Functional Movement Screen (FMS) – Cook, G et al. 2006
 - Ex. geriatric: falls screening and prevention programs
- Rare in the clinical and research settings for healthy adults
- Increased awareness/relevance with advanced practice
 - Annual checkup – APTA, 2013 (<http://www.apta.org/AnnualCheckup/>)
- Need to develop, implement and evaluate preventive physiotherapy examination programs

References

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References

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- Cook G, Burton L, Hoogenboom B. Pre-participation screening: the use of fundamental movements as an assessment of function, part 1. N Am J Sports Phys Ther. 2006;1(2):62-72.
- [Tablet computer - Wikipedia](#)