



EXERCISE INSTRUCTION

Excerpt from TexPTS PIER

PROBLEM: Effective Exercise Instruction

INTERVENTIONS: Physical Therapist-Instructed Therapeutic Exercise
Physical Therapist-Modeled Therapeutic Exercise
Manual Physical Therapy & Therapeutic Exercise

EVIDENCE: Oxford Evidence Level= B

A combination of manual physical therapy and physical therapist instructed therapeutic exercise has been repeatedly demonstrated to be **more effective** than a variety of other commonly used interventions for reducing pain and disability associated with musculoskeletal conditions, including osteoarthritis (knee and hip),¹¹ acute and chronic LBP,^{12, 13} mechanical neck pain,¹⁴ and shoulder impingement.^{5, 15}

Exercise Modeling is important and most effective when demonstrated by a professional at periodic moments during the skill acquisition process.⁶

Quality Performance is dependent upon the physical therapist's instructions, as demonstrated in several randomized controlled trials,^{1, 9, 10} and there is a strong association between exercise performance and pain reduction.^{9, 10}

The beneficial effects of manual therapy and exercise continue to be observed **one year later**.^{14, 16, 17}

REFER:

Any patient for whom exercise is deemed an important part of their treatment program to maximize pain relief and improve function. Physical therapy exercise instruction and modeling is *especially* important for patients in whom long-term compliance is necessary to minimize disability associated with more chronic musculoskeletal disorders such as osteoarthritis, low back pain, and neck pain.

* References noted can be found on the original PIER document.

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