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Clinical Update

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Arthroscopic Surgery for Osteoarthritis of the Knee

A 2002 study reviewed data from a controlled trial of 180 patients evaluating arthroscopic surgery for osteoarthritis of the knee. The control patients had a placebo surgery in which they received skin incision and a simulated debridement without insertion of the arthroscope. A third group received the skin incision and arthroscopic lavage without debridement. Results: at no point in the study did either of the intervention groups (surgery with lavage and debridement, surgery with only lavage) score better outcomes (less pain, better function) than the placebo group. Outcome follow ups were done up to two years post intervention. We are unaware how this study has impacted the incidence of surgical debridement for osteoarthritis of the knee.

Bruce, MJ. et al., A Controlled Trial of Arthroscopic Surgery for Osteoarthritis of the Knee. N Eng J Med 2002; 347: 81-88.

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Special Report

Determining 'Real Age'

Real Age is the biological age of your body, based on lifestyle, genetics, and medical history. Depending on how well you take care of yourself, your Real Age might be years younger -- or older -- than the calendar indicates. Science is increasingly showing that certain health choices can slow and perhaps even reverse the rate of aging. Even choices made late in life make a difference. For example, people who exercise early in life, but quit, may show no longevity benefit. In contrast, people who start exercising in their 50s and 60s, or even later, show considerable benefit.

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For your golfing patients remember that **Dr. Tiplady** is a **Certified Titleist Performance Institute Medical Professional** and can help with proper mechanics and golf related injury.

Office News

We are very pleased to announce the addition of Physical Therapist **Julia LeBlanc PT/DPT** to our staff.

This brings our current rehabilitative staff to **3 Chiropractors** and **3 Physical Therapists**.

Dr. Julia LeBlanc graduated from Simmons College with her Doctoral degree in Physical Therapy in 2005. Her experience includes 6 years at Boston Sports Medicine, where she worked with professional, high school, and recreational athletes. Her areas of focus have been manual therapy and SIJ/hip dysfunction, as well as post-surgical rehabilitation. During the time there she developed a dance medicine program and works with the Boston Ballet as well as other dance programs in the area. During the past year, she also managed and directed the clinic. She is certified in Graston Technique and is Balletone trained. She is a member of IADMS (International Association of Dance Medicine and Science) and has a background in dance and gymnastics.



We have known and co-treated patients with Julia for several years and are happy to now have her working with us as we continue to reach our goals of expanding our office and offering our unique approach to integrative Chiro/PT rehabilitation to more patients.

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Question of the Month

Diagnosing Sacroiliac Syndrome: Is It Valid?

Using individual orthopedic tests or looking for a constellation of symptoms to diagnose sacroiliac syndrome has not met with much success. The established 'gold standard' in diagnosing SI syndrome has typically been injection of steroid/anesthetic into a painful SI joint under fluoroscopic guidance with elimination of the presenting complaints. When individual orthopedic tests associated with SI syndrome are compared to this gold standard, the results are anything but good. However, when several of these clinical tests are combined, the diagnostic accuracy as compared to joint injection becomes remarkably improved. When results of the Thigh Thrust test, Gaenslen's test, Distraction test and Sacral Thrust test are combined, the sensitivity becomes .91 and specificity becomes .78 if three of these four tests are positive.

Laslett. Australian Journal of Physical Therapy, 2003.

Sacroiliac Joint dysfunction is present in approximately 80% of lower back pain syndromes, and can contribute to hip and knee dysfunction. SIJ dysfunction responds very well to manual manipulation and core strengthening.

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Go to www.realage.com to take a simple test to determine your Real Age.

- eating breakfast regularly can lower your age by 1 year
- a high fiber diet can lower your age by 3 years
- sleeping 6-8 hours each night can lower your age by 3 years
- regular dental flossing can lower your age by 6 years

Contact Us:



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Please be aware that Dr Caddoo is available to give a 20 minute lunchtime presentation on how a medical physician can best collaborate with a chiropractor and how our integrative office approaches patient care. Please contact our office and have Ellen schedule Dr Caddoo to come to your office or hospital.

If you would like some additional literature about our office and the services we provide, please contact our office and request that Ellen mail our [Introduction to Patient First Chiropractic and Physical Therapy for Physicians](#) packet to you.

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