

**MARCH
2007**

Rehabilitation in Motion

PHYSIOTHERAPY MASSAGE CHIROPRACTICS
ERGONOMICS ORTHOTICS OCCUPATIONAL THERAPY

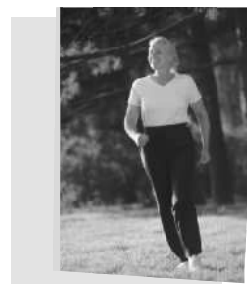
Setting the Pace

**A newsletter of helpful information for employers,
workers and healthcare providers.**

CLINIC NEWS

**REHABILITATION IN MOTION -
CONTINUING ITS COMMUNITY SUPPORT**

It has been a very hectic couple of months! Both our clinicians and support staff have been very busy attending local community events including the recent 1/2 Marathon in the Comox Valley, cyclocross championships, local gymnastics events and Bantam hockey. Our motto is "Keeping your body in motion" and we only thought it right that we get out and promote/sponsor individuals and organizations in the community that follow this mantra. We look forward to continuing our activities over the Spring and Summer with upcoming charity events for breast cancer, Yana, Terry Fox and other worthy causes. We hope to see you there!



RECENT RESEARCH

Spine MRI Abnormalities Rarely Cause Serious Low Back Pain

Patients with a new episode of vexing back pain should not expect MR imaging to provide a diagnostic explanation. Development of serious low back pain is rarely marked by corresponding new and relevant structural changes, according to a prospective study by NASS member Eugene Carragee, MD, and colleagues at Stanford University. The authors took MR images of 200 patients who had a lifetime history of no significant back problems but risk factors for future low back pain, and followed them for five years. Only two of 51 patients (4%) who developed serious low back pain had clinically significant MRI changes, suggesting that the cause of the pain is rarely structural. "Common degenerative findings are often interpreted as recent developments and the probable anatomic cause of new symptoms," according to Carragee et al. Instead, suggests the new data, "Findings on MR imaging within 12 weeks of serious low back pain inception are highly unlikely to represent new structural changes." (Abstract #OPA3, embargoed until 29-Sep-2006, 14:00 ET)



DISABILITY MANAGEMENT

One Out Of Every Three Arthritis Sufferers Is Affected In Ability To Work

Arthritis, a leading cause of disability among US adults, affects 46 million people. Arthritis-attributable work limitation (AAWL) can have substantial social and economic impacts including absenteeism, reduced productivity, work loss and lower income. Some studies have examined work limitations for people with specific rheumatic conditions, but none have presented a complete picture for the entire spectrum of arthritis in the general population. A new study published in the April 2007 issue of Arthritis Care & Research estimated the prevalence of AAWL in adults between the ages of 18 and 64 and examined characteristics related to AAWL in this age group. Indirect costs of arthritis have been estimated at \$35.1 billion for 1997, and the authors note that "protecting workers from disability, injury, and prolonged negative effects of illness makes simple social and economic sense."



Port Alberni Clinic
2996 2nd Avenue
Port Alberni, BC V9Y 1Z2
Tel: (250) 723-9675
Fax: (250) 723-9699

Courtenay/Comox Clinic
780 Grant Ave
Courtenay, BC V9N 2T3
Tel: (250) 334-9670
Fax: (250) 334-9656

Campbell River Clinic
2315 S. Island Highway
Campbell River, BC V9W 1C4
Tel: (250) 923-3773
Fax: (250) 923-3644

