



## **Body Logic Physiotherapy - Specialist Reviews**

Body Logic Physiotherapy is a highly respected practice that has the largest number of Specialist Physiotherapists who work closely with many other health professionals to get the best results for their clients injury management. We have expertise across all musculoskeletal conditions including: back pain, neck pain, shoulder pain, hip, foot and knee pain.

It is well recognised that between 10-30% of patients with musculoskeletal pain are non-responsive to treatments. This can be identified early by screening a patient's level of pain and distress and non-responsiveness to treatment after 8-12 weeks. When this happens a specialist physiotherapy expert opinion can provide new and clear directions for effective management.

Common complaints that often require an expert opinion from the insurers point of view are:

- Ongoing pain and disability after 8-12 weeks
- Lost work time / failed return to work
- Lack of a clear diagnosis and understanding of the disorder
- Lack of a clear treatment plan
- Conflicting opinions
- Exhaustive physiotherapy / chiropractic
- Multiple rehabilitation programs
- Assess the need for invasive and expensive treatments such as injections and surgery
- Unhappy patient / unhappy employer

The research is clear that the barriers to recovery in a minority of cases can be structural, but for the majority it is factors such as negative pain beliefs, emotional and behavioural responses to pain as well as work related issues. We thoroughly screen and assess for these factors. We have developed effective models of care (cognitive functional approaches) to better manage these problems.

Body Logic Physiotherapy provides short as well as longer comprehensive reports and we liaise with other health professionals to optimise patient care pathways.

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These reviews are currently being utilised successfully with several insurers and providing excellent results. They are also utilised privately by physiotherapists around Perth who seek second opinions regarding their own patients. Body Logic Physiotherapy provides the opportunity for those therapists to come along to the review and learn from our physiotherapists on how to best to manage these patients.

Below is the suggested model provided by Body Logic Physiotherapy

#### Initial Consult (1 hour)

- Completion of appropriate questionnaires
- Key interview and examination findings outlined
- Key contributing factors identified
- Management plan developed WITH patient
- Immediate communication with treating therapist and insurer
- Comprehensive report to case manager

#### Follow up appointment - 2-4 weeks later (30 minutes)

- Review progress
- Review management plan uptake by patient
- Review management plan implementation by treating therapist

#### Subsequent follow up reviews (6 weekly) - as required

- Review progress
- Review management plan

Further details regarding appointments and costing can be discussed by talking to Body Logic Physiotherapist Chris Perkin - [cperkin@blogic.com.au](mailto:cperkin@blogic.com.au)

Body Logic Physiotherapy would be happy to provide a presentation on how these specialist reviews could significantly improve the outcomes of many cases.

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