



UNEXPECTED EFFECT OF THE ATM2™ WHILE TREATING A PATIENT WITH ADHESIVE CAPSULITIS IMPACT ON IDIOPATHIC SCOLIOSIS

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Introduction

The ATM2™ is a standing treatment table used for the treatment of spine, shoulder and hip problems involving loss of ROM.

Subject:

The patient was a 55-year-old teacher with a diagnosis of adhesive capsulitis. After less than satisfactory results from conservative care, surgical manipulation was performed. ROM was improved, however the patient still lacked functional ROM. Physical therapy evaluation revealed dysfunction might be improved by addressing patient's upper thoracic kyphosis (which upon palpation revealed decreased joint play) since full shoulder elevation requires normal mobility of the upper thoracic spine. It was decided to do a trial treatment utilizing the ATM2™ as a means to gain joint play of the thoracic spine.

Methods & Materials

The ATM2™ was used to help attain mild mobilization with movement for the thoracic spine. This was achieved by having the patient set up facing the unit. Her thoracic spine was stabilized inferior to the area needing mobility. The posterior spinal segments were oscillated gently against the resistance band as the patient performed active backward bending movements. She performed 10 repetitions the first treatment to screen for deleterious effects. At 2nd treatment, patient performed 3 sets of 10-15 reps facing the ATM2™. She also completed 3 sets of 10 repetitions with her back and her side to the ATM2™. Patient was seen 2-3 times a week for approximately 14 weeks.

Results

Objective measurements included shoulder ROM, pain level and height measurement. ROM post intervention showed a gain of 70-130 degrees in the left arm which restored shoulder ROM to equal bilaterally. Although treatment wasn't aimed at the right arm, patient also gained 40 degrees in the right arm from the ATM intervention aimed at thoracic mobility. Patient gained 1/2 inch in height and pain level was now 0/10 (from an initial pain level of 9/10). Based on both visual inspection and photos taken before and after intervention, the patient's spinal deformity was 80-90% better. Pt noted after the first ATM2™ treatment that her head now touched the headrest of her car indicating a change in her posture. At discharge patient related the unexpected benefit of a straighter spine was being able to wear clothes that she previously was unable to wear.

Conclusions

Treatment utilizing the ATM2™ for a patient with Adhesive Capsulitis with restricted thoracic mobility, resulted in not only restored shoulder ROM but also the unexpected improvement of a lifelong scoliosis of the spine. This is the first case report to document correction of scoliosis while using the ATM2™. This patient was referred to physical therapy for the treatment of limited shoulder ROM; not scoliosis. An unexpected outcome was noted after treatment, that of improved spinal alignment. As a result of the visible change in her spine the patient also derived an improved self-concept of her body image with an unexpected psychosocial improvement also noted. As choices in the management of scoliosis are limited, this study points to a need to do randomized controlled trials of the ATM2™ as a possible modality in the treatment of scoliosis.



X-ray take June 15, 1995
(years before intervention)



Pre/post ATM intervention

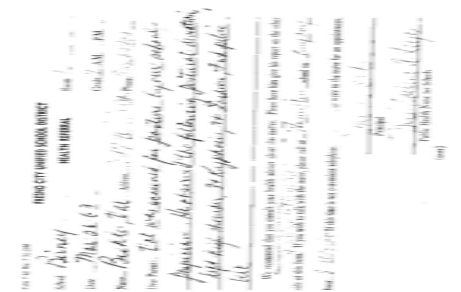


Set up on ATM2™ facing unit



Posture Pre/post ATM intervention

| Shoulder ROM | Pre-Rx L | Pre-Rx R | Post standard Rx L | Post ATM2 L | Post ATM2 R |
|--------------|----------|----------|--------------------|-------------|-------------|
| Flexion | 30 | 120 | 115 | 160 | 160 |
| abduction | 90 | 120 | 115 | 160 | 160 |



Patients' 1963 school "+" scoliosis screening