

References for Five Things Physical Therapists and Patients Should Question

Recommendation No. 1: Don't employ passive physical agents except when necessary to facilitate participation in an active treatment program.

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References for Five Things Physical Therapists and Patients Should Question

Recommendation No. 2: Don't prescribe under-dosed strength training programs for older adults. Instead, match the frequency, intensity and duration of exercise to the individual's abilities and goals.

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Recommendation No. 3: Don't recommend bed rest following diagnosis of acute deep vein thrombosis (DVT) after the initiation of anti-coagulation therapy, unless significant medical concerns are present.

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Recommendation No. 4: Don't use continuous passive motion machines for the postoperative management of patients following uncomplicated total knee replacement

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