



## The Use of Anti-Inflammatory Modalities in Musculoskeletal Healing

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### ABSTRACT (upto 300 words)

Physical Therapists are specialists in musculoskeletal care and have a significant rapport with clients due to the frequency of visits in rehabilitation. In the United States, 50+ states allow patients to access a physical therapist directly. This emphasizes the need for physical therapists to be more medically and pharmacologically sound. The DPT degree emphasizes that the physical therapist be a better medical screener with more pharmacological training. Unfortunately, evidence exists that many physical therapists lack the knowledge of basic inflammatory processes and the effects of anti-inflammatory modalities during clinical practice. This research commentary reviews the mechanism and type of injury and inflammatory processes and the administration and effects of various pharmacological musculoskeletal treatments. This review is good for those in clinical practice who discuss the use of anti-inflammatories and pain medication with their clients. This publication was authored by Dr. Karena Wu and Dr. Chris Showalter during Dr. Wu's orthopedic manual fellowship training.

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### BIOGRAPHY (upto 200 words)

Dr. Karena Wu is Owner and Clinical Director of ActiveCare Physical Therapy in NYC and Mumbai. Originally from Los Angeles, California, she has been in private practice in NYC for over 23 years. She holds a Masters of Science degree in Physical Therapy from Columbia University and a Doctor of Physical Therapy degree from Temple University. She is a Board-Certified Clinical Specialist in Orthopedic Physical Therapy through the American Physical Therapy Association and a Fellow of the American Academy of Orthopaedic Manual Physical Therapists. She is on faculty with the Maitland Australian Physiotherapy Seminars (MAPS). She is a Certified Orthopedic Manual Therapist through the MAPS, a Strength and Conditioning Specialist, a Certified Kinesiology Tape Practitioner and Pilates Instructor. She is the Medical Director of the Association of Volleyball Professionals (AVP), America's elite professional beach volleyball tournament series. She is nationally known healthcare expert in the United States.

Dr. Christopher R. Showalter is the Program Director of the Maitland Australian Physiotherapy Seminars (MAPS) Orthopedic Manual Therapy Fellowship Program, Clinical Director, Course Instructor and COMT/Fellowship Examiner. He is originally from Melbourne, Australia and has over 35 years of experience. He has a Bachelor's of Science with Honors in Physiotherapy from Monash University and LaTrobe University in Australia. He has a Doctor of Physical Therapy degree from the College of St. Scholastica. He is a Board-Certified Clinical Specialist in Orthopedic Physical Therapy and a Certified Orthopedic Manual Therapist. He is a Fellow of the American Academy of Orthopaedic Manual Physical Therapists and served as a Conference Committee Chair. He was also the Chair of the Accreditation Council on Orthopedic Manual Physical Therapy Education (ACOMPTE).



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