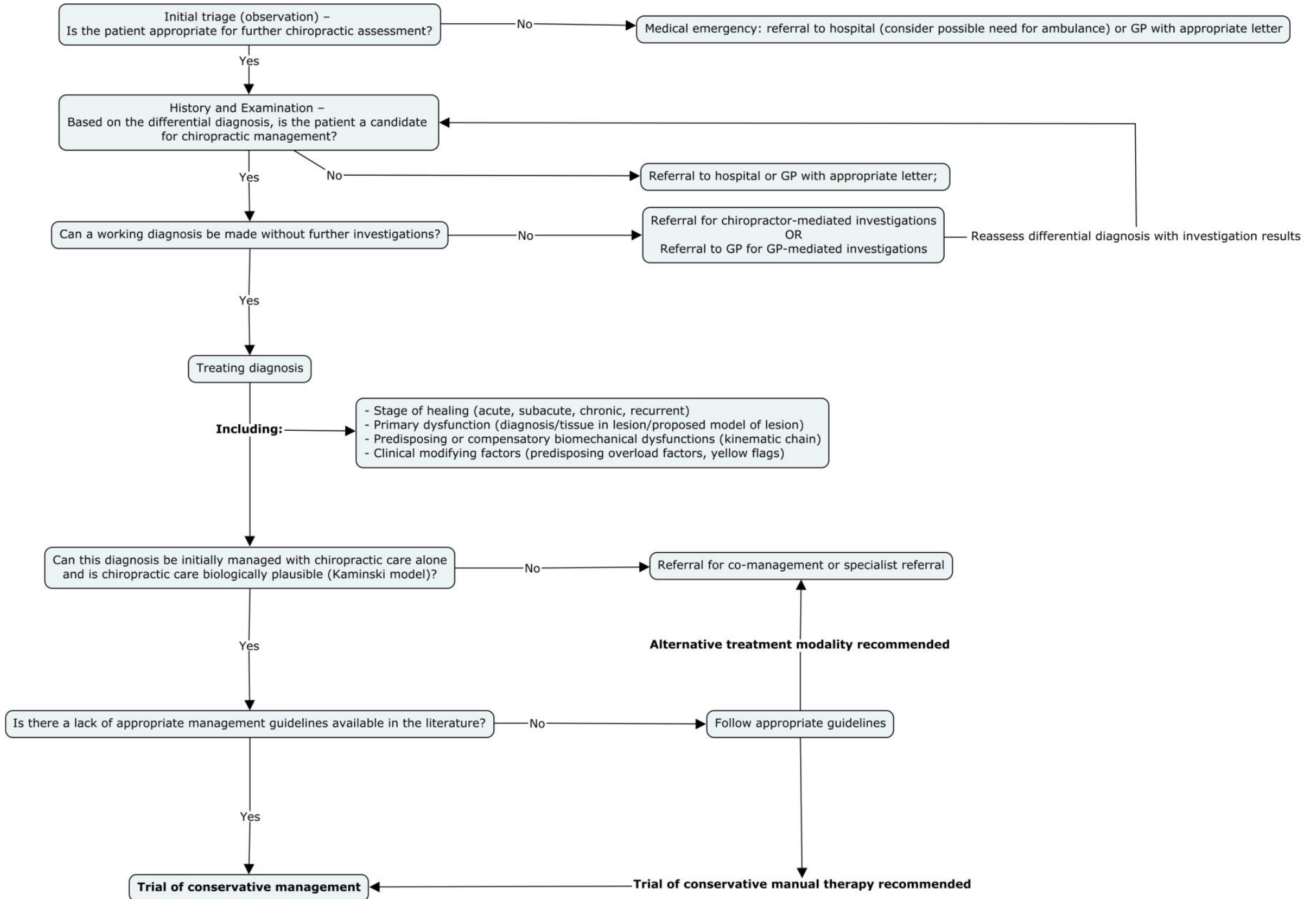


Additional File 1
The Management Decision Aid



Outline diagnosis and expected prognosis

Considering:

- Type of injury, degree of damage and stage and rate of healing
- Affect of clinical modifying factors
- Affect of biomechanical overload factors

Determine shared treatment goals (including outcome measures) and length of period of care considering:

Therapeutic approach selection

- Patient preference
- Prognosis
- Type of appropriate care
- Treatment scheduling
- Objective outcome measures

Advice

Consider using or addressing, **as appropriate:**

- Reassurance
- Maintenance of activities of daily living
- Activity modification, ergonomic and protective advice
- Pain management (eg. pharmacological, heat, ice, supplements etc.)
- Yellow flags

Passive management

Consider using **as appropriate:**

- Soft tissue techniques (eg. massage, muscle release techniques, trigger point therapy, cross friction, PIR, PNF etc.)
- Joint mobilisation or manipulation techniques
- Electrophysical therapies (eg. ultrasound, shockwave, TENS etc.)
- Adjunctive therapies (eg. taping, orthotics, dry needling etc.)

Active management

Consider using **as appropriate:**

- Joint movement exercises (eg. ROM etc.)
- Muscle relaxation and stretching exercises
- Balance and proprioceptive exercises
- Muscle strengthening and facilitation exercises

Preventative management

Consider using or addressing, **as appropriate:**

- Nutrition (eg. weight loss, nutrient intake etc.)
- Exercise (eg. cardiovascular, strength, flexibility etc.)
- Ergonomic advice
- Public health programs (eg. immunisation, smoking, alcohol intake, medical screening etc.)
- Yellow flags (eg. mental health, stress etc.)
- Consider if co-management is necessary

Selected to address primary, predisposing and compensatory biomechanical dysfunctions, and clinical modifying factors as required

Reassessment

After each treatment:

- Tag testing (eg. perceived pain and tenderness, range of motion, orthopaedic tests, neurological tests, chiropractic tests etc.)
- No improvement or worsening: consider appropriateness of treatment or possible referral**

Assess outcome measures at end of period of care

Goals met:
- End point of care or reassessment of goals

Goals partially met:
- Reassess to determine suitability of treatment or presence of additional complicating factors
- Determine whether further treatment with new goals or referral is needed

Goals not met:
- Reassess patient to determine whether alternate treatment, further investigation or referral is necessary