

Duration of symptoms and outcomes of treatments in musculoskeletal patients in private practice

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Context & Purpose

- Physio First Data for Impact project.
 - Online Standardised data collection system
 - MSK conditions
 - 540 physiotherapists registered; $N= 24,590$ patients
- The need to evidence quality
- Limited research evidence



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Method

- Duration of symptoms: ≤ 6 weeks versus > 6 weeks
 - Outcome of referral (Regular discharge and referrals to consultant/GP)
 - *Chi square, phi, RR (95% CI)*
 - FPS change score
 - *T Test, Cohen's D*
 - Number of treatments attended
 - *Mann Whitney, Correlation coefficient (r)*



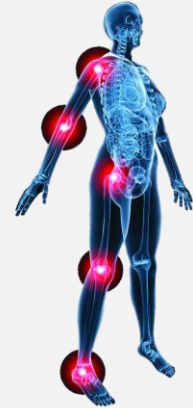
Results

Patients with DOS \leq 6 weeks:

- Were 17% more likely to have a **regular discharge**
- Greater improvement in their **FPS scores**
- Had fewer treatment sessions

Patients with DOS $>$ 6 weeks:

- 52% more likely to be **referred to a GP/consultant**



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Conclusions and Implications

- Patients who had experienced their symptoms for six weeks or less required **less treatment and experienced better outcomes.**

*Where possible, patients should be **encouraged to attend treatment within the first six weeks** of experiencing their symptoms.*



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