

A guide to *Rehabilitation Reference Center*

What is Rehabilitation Reference Center?

Rehabilitation Reference Center is a clinical reference tool designed for use by rehabilitation clinicians, physical therapists, and occupational therapists at the point of care.

What can I do with it?

You can use this resource to find information in clinical reviews, journal articles and books. Patient information is also available, including illustrated instructions for therapeutic exercises. You can customize patient information sheets with your contact information and special instructions.

How do I get to it?

To get to Rehabilitation Reference Center:

- 1) Go to www.shirp.ca
- 2) Click on the "Search for articles on your topic" link under the heading "Find an Article"
- 3) Scroll down to the bottom of the page until you see the heading "Clinical Decision Support Tools"
- 4) Click on the heading "Rehabilitation Reference Center"
- 5) If you are accessing this database from outside a health region facility, you may be asked to log in if you have not done so already.



The main screen for Rehabilitation Reference Center has seven features:

1. The “Find” box: this box lets you search the entire resource by keyword
2. Diseases & Conditions: lists clinically-oriented reviews on various rehabilitation topics
3. Drug Information: lists drug information from *AHFS Drug Information Essentials* (also available via Stat!Ref)
4. Patient Education: lists over 2,600 patient handouts.
5. Exercise Images: lists over 9,800 images which demonstrate and explain therapeutic exercises.
6. Practice Resources: contains links to featured books and research instruments.
7. Health News: lists links to current news items from HealthDay News (HealthDay is a US news and information company).

The screenshot shows the Rehabilitation Reference Center website interface. At the top, the logo and name 'REHABILITATION REFERENCE CENTER powered by EBSCOhost' are visible. Navigation links include 'Home', 'Advanced Search', 'ASKAT', 'AN HEA', and 'INFORMATION RESOURCES PARTNERSHIP (SHIRP)'. A secondary navigation bar contains buttons for 'Basic Search', 'Diseases & Conditions', 'Drug Information', 'Patient Education', 'Exercise Images', and 'Practice Resources'. A search bar with a 'Find:' label and 'Search' and 'Clear' buttons is located below. The main content area is divided into two columns. The left column, titled 'Spotlight', lists 'Key Features' with links to 'Diseases & Conditions', 'Exercise Images', and 'Practice Resources'. The right column, titled 'Health News', lists several news items with links, including 'Clinical Trials Update: July 30, 2009', 'Pregnant Women, Health-Care Workers Top Swine Flu Vaccine Candidates', and 'Biomarker Could Predict Severe Osteoarthritis'. A photograph of a physical therapist assisting a patient is shown next to the news items. At the bottom, there is a 'Top of Page' link, the EBSCO HOST logo, and a footer with 'EBSCO Support Site', 'Privacy Policy', 'Terms of Use', 'Copyright', and '© 2009 EBSCO Industries, Inc. All rights reserved.'

1 Find: Search Clear ?

2 Diseases & Conditions

3 Drug Information

4 Patient Education

5 Exercise Images

6 Practice Resources

7 Health News

Spotlight

Key Features:

- [Diseases & Conditions](#): Evidence-based Clinical Reviews
- [Exercise Images](#): Instructional images for handouts
- [Practice Resources](#): Practice Guidelines & Featured Books

Introduce yourself to our [Editorial Team & Policies](#)

New to Rehabilitation Reference Center? [Take our tour](#)

Health News

- [Clinical Trials Update: July 30, 2009](#)
- [Pregnant Women, Health-Care Workers Top Swine Flu Vaccine Candidates](#)
- ['Suicide' Genes Help Slow Ovarian Tumor Growth in Mice](#)
- [Biomarker Could Predict Severe Osteoarthritis](#)
- [Birth Control May Help Ward Off Bacterial Vaginosis](#)

[More News](#)

[Top of Page](#)

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Searching Using the “Find” Box

The “Find” box lets you search for terms in all of the Rehabilitation Reference Center resources. For example, type *torn rotator cuff* in the box and click on the “Search” button. The database will look for the occurrence of the words you typed in in all of the resources.

Basic Search **Diseases & Conditions** **Drug Information** **Patient Education** **Exercise Images** **Practice Resources** [Search History/Alerts](#)

Find: ?

Spotlight

Key Features:

- [Diseases & Conditions](#): Evidence-based Clinical Reviews
- [Exercise Images](#): Instructional images for handouts
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Health News

[Clinical Trials Update: July 30, 2009](#)

[Pregnant Women, Health-Care Workers Top Swine Flu Vaccine Candidates](#)

['Suicide' Genes Help Slow Ovarian Tumor Growth in Mice](#)

[Biomarker Could Predict Severe Osteoarthritis](#)

[Birth Control May Help Ward Off Bacterial Vaginosis](#)

[More News](#)

Your results will be divided based on the types of results that come up. In this case, we see the clinical reviews first. To view the review, click on the “PDF Full Text” link. To get to a another type of information - such as journal articles — click on the appropriate tab.

Basic Search **Diseases & Conditions** **Drug Information** **Patient Education** **Exercise Images** **Practice Resources** [Search History/Alerts](#)

Find: ?

All Results **Clinical Reviews** **Patient Education** **Journals** **Books** **News**

[Refine Search](#) Add search to folder Display link to search

Results: 1-1 of 1 for *torn rotator cuff* AND Full-Text AND Apply rel...

Page: 1 **Sort by:** Relevance

1. [Acromioclavicular Joint Separation](#) Dressendorfer R; Richman S; IN: CINAHL Rehabilitation Guide, EBSCO Publishing, 2008 Aug 01 (*clinical review* - PT practice, tables/charts) CINAHL AN: 5000007341 251K)

Page: 1

When viewing journal results, you can narrow down your results by clicking on the options presented on the left. To view an article, click on the “PDF Full Text” link.

This screenshot shows a search results page for the query "torn rotator cuff". The search bar at the top contains the text "torn rotator cuff" and has "Search" and "Clear" buttons. Below the search bar, there are navigation tabs for "All Results", "Clinical Reviews", "Patient Education", "Journals", "Books", and "News". The "Journals" tab is selected. The page displays "Results: 1-10 of 317 for torn rotator cuff AND". On the left side, there is a "Narrow Results by" sidebar with a "Subject: Major Heading" section. Under this section, "Magnetic Resonance Imaging" is highlighted with a red circle. Other options in the sidebar include "Rotator Cuff Injuries", "Arthroscopy methods", "Rotator Cuff surgery", "Joint Instability surgery", and "Suture Techniques". The main content area shows two search results. The first result is "Early loading in physiotherapy treatment after full-thickness rotator cuff repair: a prospective randomized pilot-study with a two-year follow-up." and the second is "Rotator cuff tears in athletes." Both results have a "PDF Full Text" link.

This screenshot shows a more detailed view of the search results for "torn rotator cuff". The search bar still contains "torn rotator cuff". The "Journals" tab is selected. The page displays "Results: 1-10 of 18 for torn rotator cuff AND". The left sidebar shows "Magnetic Resonance Imaging" selected. The main content area shows a list of four search results. The first result is "Multimodality imaging of the postoperative shoulder." and the second is "Hip pain in adults: MR imaging appearance of common causes." The third result is "Rotator cuff tears: assessment with MR arthrography in 275 patients with arthroscopic correlation." and the fourth is "MR imaging in sports-related glenohumeral instability." The "PDF Full Text" link for the third result is highlighted with a red circle.

Diseases & Conditions

Diseases & Conditions allows you to browse through the list of clinical reviews related to specific diseases and conditions using the alphabetical list or the “Browse for” box. **Please Note:** Using the “Browse for” box is not the same as using the search box on the main page. A result will only come up if what you typed is an exact match to the title of the review.

Click on the title for the review you are interested in.

Basic Search Diseases & Conditions Drug Information Patient Education Exercise Images Practice Resources

Browse for:

Browse ?

Alphabetical Relevancy Ranked

Page: Previous | Next

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

[Abdominal Muscle Pull](#)

[Abdominal Muscle Strain](#)

[Abdominal Strain Injury](#)

[Abdominal Wall Injury](#)

[Acceleration/Deceleration Injury](#)

[Search History/Alerts](#)

Key Content

Diseases & Conditions include:

- Clinical Reviews**
Clinically-oriented reviews on rehabilitation topics incorporating the best available evidence through rigorous systematic surveillance

The review will come up. You can skip to specific sections using the contents on the left. If you would like to print it out, clicking on the “PDF Full Text” link to bring up the printer friendly version.

Diseases & Conditions

[Back](#)

[HTML Full Text](#)

[Citation](#)

[PDF Full Text \(235K\)](#)

[Print](#)

[E-mail](#)

[Save](#)

[Export](#)

[Add to folder](#)

Title: *Abdominal Muscle Strain* By: Dressendorfer R, Richman S, CINAHL Rehabilitation Guide, August 1, 2008

Database: *Rehabilitation Reference Center*

Abdominal Muscle Strain

Contents

- [Indexing](#)
- [Metadata/Description](#)
- [Causes & Risk Factors](#)
- [Overall](#)
- [Contraindications/Precautions](#)
- [Examination](#)
- [Assessment/Plan of Care](#)
- [Desired Outcomes/Outcome Measures](#)

Clinical Review

By: Rudy Dressendorfer, PhD, RPT
Edited by: Sharon Richman, MSPT
Cinahl Information Systems, Glendale, California

[Indexing Metadata/Description](#)

- Title/condition:** Abdominal Muscle Strain
- Synonyms:** Abdominal strain injury, abdominal muscle pull, abdominal wall injury
- Anatomical location/body part affected:** Abdominal wall muscles (rectus abdominus, internal and external obliques, and transverses abdominus)
- ICD-9 codes:**
 - 789.00 abdominal pain (unspec)
 - 848 other and ill-defined sprains and strains
- ICD-10 codes:**
 - M626 muscle strain

Drug Information

Drug Information allows you to browse through drug information using the alphabetical list or the “Browse for” box.

Click on the link for the drug you are interested in.

Basic Search Diseases & Conditions Drug Information Patient Education Exercise Images Practice Resources

Search History/Alerts

Browse for:

Browse ?

Alphabetical Relevancy Ranked

Page: Previous | Next

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

A-hydrocort **Use:** [Hydrocortisone](#), [Hydrocortisone Acetate](#), [Hydrocortisone Cypionate](#), [Hydrocortisone Sodium Phosphate](#), [Hydrocortisone Sodium Succinate \(Systemic\)](#)

A-methaPred® ADD-Vantage® **Use:** [Methylprednisolone](#), [Methylprednisolone Acetate](#), [Methylprednisolone Sodium Succinate](#)

A200® Lice Killing Shampoo **Use:** [Pyrethrins with Piperonyl Butoxide](#)

A200® Lice Treatment Kit **Use:** [Pyrethrins with Piperonyl Butoxide](#)

Abacavir (Systemic) **Use:** [Abacavir Sulfate](#)

[Abacavir Sulfate](#)

Key Content

Drug Information includes:

AHFS Drug Information Essentials:

- Over 11,700 represented medicines plus manufacturers of drug products
- Separate drug monographs for systemic topical and EENT drug formulations
- Drug interactions, cautions, and toxicity
- Extensive dosage and methods of administration

The information on that drug will come up. You can skip to specific sections using the contents on the left. If you want to print the information, click on the “Print” link.

Drug Information

[Back](#)

[HTML Full Text](#)

[Citation](#)

[Print](#)

[E-mail](#)

[Save](#)

[Export](#)

[Add to folder](#)

Title: *Pyrethrins with Piperonyl Butoxide* By: McEvoy GK, AHFS Drug Information Essentials, 2006-2007, January 1, 2009
Database: *Rehabilitation Reference Center*

Pyrethrins with Piperonyl Butoxide

Contents

- [Introduction](#)
- [Uses](#)
- [Dosage and Administration](#)
- [Cautions](#)
- [Pharmacokinetics](#)
- [Stability](#)

Classifications:
Scabicides and Pediculicides

Pyrethrins
CAS Number: 8003-34-7
Other Names: Pyrethrum Extract

Piperonyl Butoxide
CAS Number: 51-03-6

A200®; Licide®; Pronto®; RID®

[Introduction](#)

Related Information

- [Drugs](#)
- [Journals](#)
- [Books](#)
- [News](#)

A screen will come up that allows you to enter the patient's name, your name and contact information, and any special instructions that you have for the patient. Once you have filled in any necessary information, click on the "Print" button.

The screenshot shows a web interface with a blue header and a light blue background. At the top left, there is a tab labeled "Articles". Below it, a section titled "Add customized information to your print out" contains several input fields: "Patient's Name" (J. Doe), "Healthcare Provider's Name" (B. Smith), "Department" (Outpatient Clinic), and "Phone" (303-123-4567). To the right of these fields is a "Notes" section with a text area containing "Please call for an appointment in two weeks." and a toolbar with icons for bold, italic, underline, list, and other formatting options. A "Print" button is located at the bottom center of this section and is circled in red. Below the main form is an "Advanced Options" section with a "show more" link. At the bottom, there is a section titled "Articles to Print" with a checked checkbox next to the article "1. Pyrethrins with Piperonyl Butoxide".

The information will be printed, including the personalized information you entered in the previous screen.

The screenshot shows a printed document. At the top left, there is a "Back" link. Below it, a red line of text says "11 page(s) will be printed." The main content is organized into sections. The first section, "Patient Information", is circled in red and contains the following details: "Patient's Name: J. Doe", "Healthcare Provider's Name: B. Smith", "Department: Outpatient Clinic", "Phone: 303-123-4567", and "Notes: Please call for an appointment in two weeks." Below this is the article title "Pyrethrins with Piperonyl Butoxide". The article content includes "Classifications: Scabicides and Pediculicides", "Pyrethrins" (CAS Number: 8003-34-7, Other Names: Pyrethrum Extract), and "Piperonyl Butoxide" (CAS Number: 51-03-6). It also lists brand names: "A200®; Licide®; Pronto®; RID®". There is an "Introduction" section with a bullet point: "• Pediculicide; fixed-combination preparation containing pyrethrins (a pediculicide) and piperonyl butoxide (has little or no insecticidal activity but potentiates that of pyrethrins). [a]". At the bottom, there is a "Uses" section.

Patient Education

Patient Education allows you to browse through information sheets created specifically for patients, using the alphabetical list or the “Browse for” box.

Click on the link for the patient education sheet you are interested in.

Basic Search Diseases & Conditions Drug Information Patient Education Exercise Images Practice Resources

Browse for:

Browse ?

Alphabetical Relevancy Ranked

Page: Previous | Next

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

[Abdominal Hernia](#) *En Español*

[Abdominal Muscle Pull](#) *En Español*

[Abdominal Muscle Strain](#) *En Español*

[Abdominal Strain Injury](#) *En Español*

[Abdominal Wall Defect](#) *En Español*

Search History/Alerts

Key Content

Patient Education includes:

- Over 2,600 evidence-based patient handouts, including English and Spanish
- English and Spanish versions for most handouts
- Easy to read content and user friendly formatting
- Thousands of detailed medical illustrations

The patient education information will come up. You can skip to specific sections using the contents on the left. If you want to print the information, click on the “Print” link.

Patient Education

[Back](#)

[HTML Full Text](#)

[Citation](#)

[Print](#)

[E-mail](#)

[Save](#)

[Export](#)

[Add to folder](#)

Title: *Abdominal Hernia* By: Kellicker PG, Chwistek M, Rehabilitation Reference Center (RRC), December 1, 2008

Database: *Rehabilitation Reference Center*

Abdominal Hernia

Contents

[Definition](#)

[Causes](#)

[Risk Factors](#)

[Symptoms](#)

[Diagnosis](#)

[Treatment](#)

[Surgery](#)

[Prevention](#)

(Femoral Hernia; Inguinal Hernia; Abdominal Wall Defect; Umbilical Hernia; Epigastric Hernia; Spigelian Hernia; Diaphragmatic Hernia; Hiatal Hernia; Incisional Hernia; Ventral Hernia; Hernia, Abdominal)
by: Patricia Griffin Kellicker, BSN

[En Español \(Spanish Version\)](#)

Definition

The abdominal wall wraps around the center of the body. It extends from just below the rib cage to the pelvis. The wall keeps the intestines and other organs in the abdominal cavity. When the wall is weakened it can tear. Intestines or other organs can bulge through the opening. This is called an abdominal hernia. There are several types of abdominal hernias, all named for their location:

Related Information

- [Clinical Reviews](#)
- [Drugs](#)
- [Patient Education](#)
- [Guidelines](#)
- [Journals](#)
- [Books](#)
- [News](#)

A screen will come up that allows you to enter the patient's name, your name and contact information, and any special instructions that you have for the patient. Once you have filled in any necessary information, click on the "Print" button.

Articles

Add customized information to your print out ?

Notes

Include Acknowledgement Page

Patient's Name
J. Doe

Healthcare Provider's Name
B. Smith

Department
Physical Therapy

Phone
306-123-4567

For your information.

Print

Advanced Options [show more](#)

Articles to Print

1. Abdominal Hernia

The information will be printed, including the personalized information you entered in the previous screen.

[Back](#)

3 page(s) will be printed.

Patient's Name:	J. Doe
Healthcare Provider's Name:	B. Smith
Department:	Physical Therapy
Phone:	306-123-4567
Notes:	For your information.

Abdominal Hernia

(Femoral Hernia; Inguinal Hernia; Abdominal Wall Defect; Umbilical Hernia; Epigastric Hernia; Spigelian Hernia; Diaphragmatic Hernia; Hiatal Hernia; Incisional Hernia; Ventral Hernia; Hernia, Abdominal)
by: Patricia Griffin Kellicker, BSN

[En Español \(Spanish Version\)](#)

Definition

The abdominal wall wraps around the center of the body. It extends from just below the rib cage to the pelvis. The wall keeps the intestines and other organs in the abdominal cavity. When the wall is weakened it can tear. Intestines or other organs can bulge through the opening. This is called an abdominal hernia. There are several types of abdominal hernias, all named for their location:

- o Femoral hernias—develop in upper thigh area
- o [Inguinal hernias](#) —develop in the groin area
- o Abdominal wall defects—happen in the womb when the abdomen does not fully develop
- o Umbilical hernia—develops near the belly button

Exercise Images

Browse through the list of topics provided, and click on the one that you are interested in.

The screenshot shows the main navigation menu of the Exercise Images website. The 'Exercise Images' tab is selected and highlighted. Below the menu, a list of categories is displayed, with 'Aquatic Exercises' circled in red. To the right, a 'Key Content' box provides a summary of the site's offerings.

Basic Search **Diseases & Conditions** **Drug Information** **Patient Education** **Exercise Images** **Practice Resources** [Search History/Alerts](#)

[Activities of Daily Living](#)
[Advanced Functional Exercises](#)
[Amputee](#)
[Aquatic Exercises](#)
[Aquatic](#)
[Assisted Exercises](#)
[Balance and Vestibular](#)
[Balance Training](#)

Key Content

Exercise Images includes:

- Over 9,800 exercise images which demonstrate and explain each exercise
- Excellent for assisting patients with home exercise routines and as follow-through from their visit
- Custom print to allow

You will get a list of more specific topics related to the one you chose. Keep clicking through the options provided until you get to a specific exercise.

This screenshot illustrates the navigation path from the main menu to a specific exercise. Red circles and arrows highlight the steps: clicking on 'Deep Water' in the 'Aquatic Exercises' sub-menu, then clicking on 'Bicycle' in the 'Deep Water' sub-menu, and finally clicking on the search result for 'Bicycle'.

Basic Search **Diseases & Conditions** **Drug Information** **Patient Education** **Exercise Images** **Practice Resources** [Search History/Alerts](#)

Main Categories > **Aquatic Exercises**

[Deep Water](#)
[Diagonal Pattern](#)
[Equipment Exercises](#)
[Gait](#)
[General Instructions](#)
[Lower Body](#)
[Total Body Movement](#)
[Trunk](#)
[Upper Body](#)
[Upper Extremity](#)

Basic Search **Diseases & Conditions** **Drug Information** **Patient Education** **Exercise Images** **Practice Resources**

Main Categories > **Aquatic Exercises** > **Deep Water**


[Bicycle](#)
[Cross Country Ski](#)
[General Tips](#)
[Hip / Knee Flexion / Extension, Bilateral](#)

Exercise Images

Refine Search [Show key terms added](#) [Add search to folder](#) [Display link to search](#)

Results: 1-1 of 1 for Bicycle AND Full-Text AND Apply related words...

Page: 1 [Add \(1-1\)](#)

1.  **Bicycle**
Banwell BA, *VHI Exercise Images*, Tacoma, Washington: Visual Health Information, 1999 [Add](#)

Page: 1 [Add \(1-1\)](#)

If you want to see a bigger version of the illustration, click on the thumbnail image on the left.

Basic Search Diseases & Conditions Drug Information Patient Education Exercise Images Practice Resources [Search History/Alerts](#)


Find: Search Clear ?

Exercise Images

[Refine Search](#) [Show key terms added](#) [Add search to folder](#) [Display link to search](#)

Results: 1-1 of 1 for *Bicycle AND Full-Text*
AND Apply related words...

Page: 1 [Add \(1-1\)](#)

1.  Bicycle
Banwell BA, *VHI Exercise Images*, Tacoma, Washington: Visual Health Information, 1999 [Add](#)

Page: 1 [Add \(1-1\)](#)

If you want to print it out, click on the “Print” link. If you want to print it out with other exercise images,

1. click on the “Add to folder” link on the right,
2. click on “Result List” link on the left.
3. Click on the “Exercise images” tab to go back to look for more illustrations.

1 of 1 [Result List](#) [Refine Search](#)


[Citation](#) [Print](#) [E-mail](#) [Save](#) [Export](#) [Add to folder](#)

DEEP WATER - 9
Bicycle

Move legs as if bicycling, bending each at hip, knee and ankle.

Bicycle _____ minutes per session.
Do _____ sessions per week.

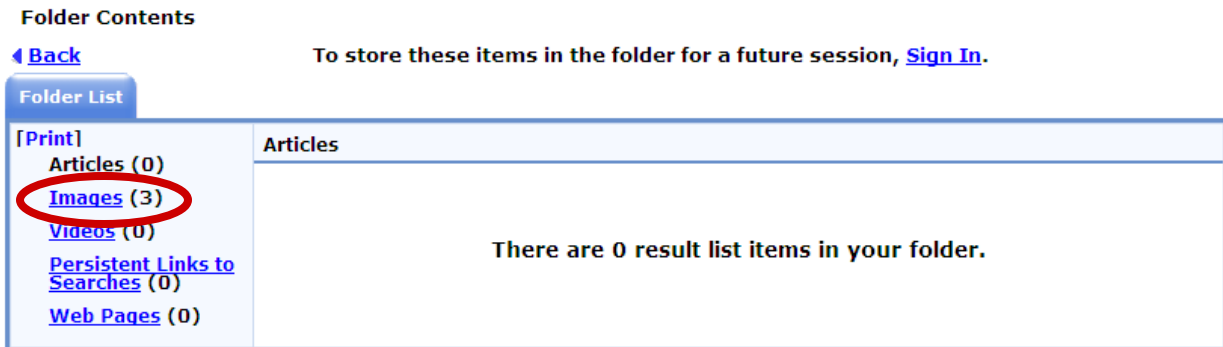
____ Variation: Move backward by reversing movement.



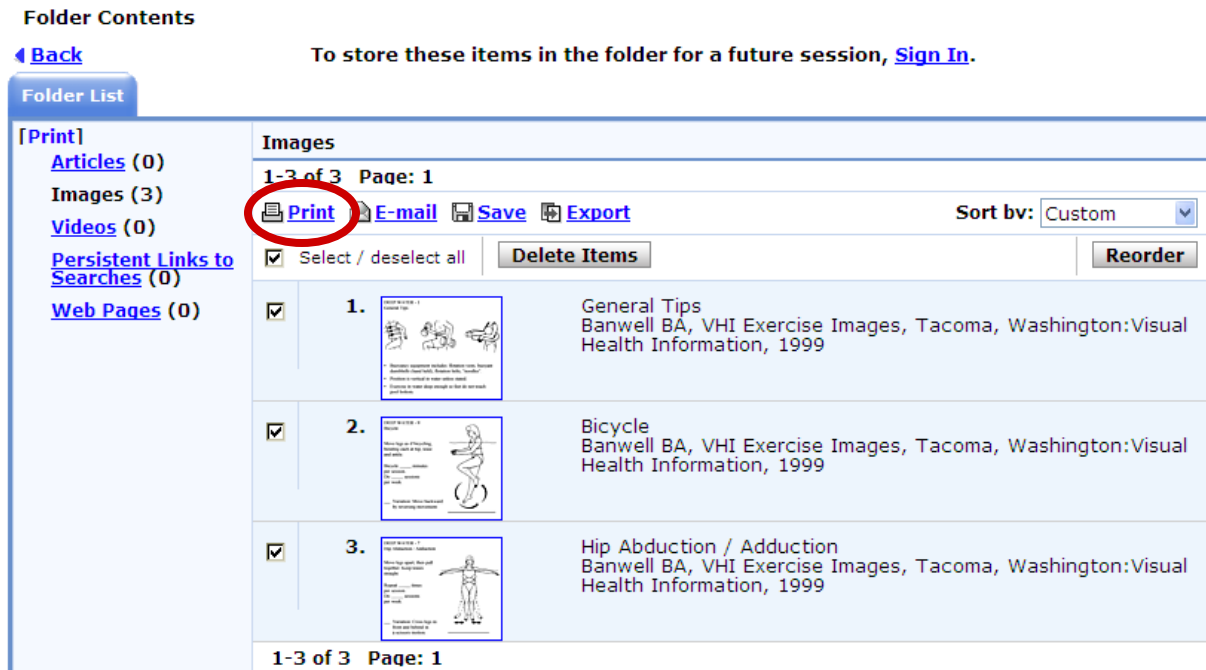
When you are ready to print, click on the folder icon that appears at the top of the page.



Click on the "Images" link on the left.



The items you selected will show up. Select the items you want to print using the check boxes, and click on the "Print" link. **Please note:** unless you sign up for an account with EBSCO (the company that makes this product), the items in the folder will disappear once your session is over. Contact the SHIRP office if you have questions about the folder.



A screen will come up that allows you to enter the patient's name, your name and contact information, and any special instructions that you have for the patient. You can also choose how many images to print out per page. Once you have filled in any necessary information, click on the "Print" button.

Add customized information to your print out ?

Include Acknowledgement Page

Patient's Name
J. Doe

Healthcare Provider's Name
B. Smith

Department
Physical Therapy

Phone
306-123-4567

Notes

B **I** **U**

Do these exercises three times a week. If you do not see any improvement within 3 months, call to make an appointment.

Print Remove these items from folder after printing

Advanced Options [show more](#)

Images to Print

1. **General Tips**

2. **Bicycle**

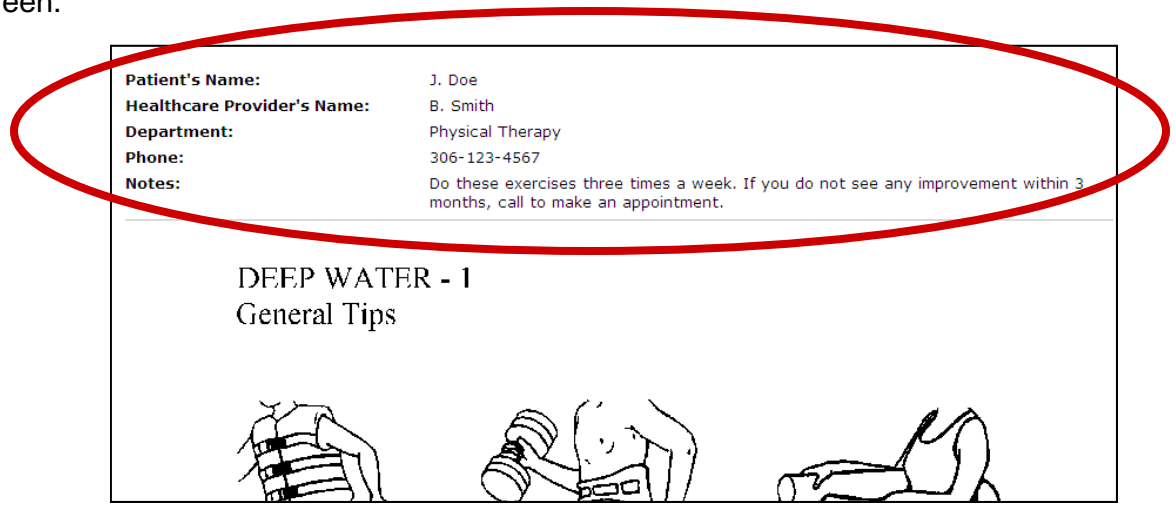
3. **Hip Abduction / Adduction**

Select Image Size

2 images per page

6 images per page

The information will be printed, including the personalized information you entered in the previous screen.



Practice Resources


Practice Resources includes:

1. & 2. Links to the clinical reviews and exercise images
3. Research Instruments: provides *descriptions* of various Attitude Measures, Clinical Assessment Tools, Neuropsychological Tests, Psychological Tests, Questionnaires, Research Instruments and Scales. In most cases the tool itself is not supplied, but information on how to obtain the tool is included.
4. Links to the US National Guideline Clearinghouse practice guidelines.
5. Featured Books: Rehabilitation related textbooks. With the exception of *Taber's Cyclopedia Medical Dictionary*, these books are not available in the other book packages available on the SHIRP website.

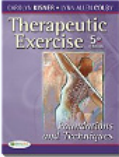
The screenshot shows the 'Practice Resources' section of a website. At the top, there is a navigation bar with tabs for 'Basic Search', 'Diseases & Conditions', 'Drug Information', 'Patient Education', 'Exercise Images', and 'Practice Resources'. A search bar with 'Find:' and 'Search' and 'Clear' buttons is located below the navigation bar. The main content area is divided into two columns. The left column has a 'Practice Resources' header and a 'Browse For' box. Below this, there are two sections: 'Practice Guidelines' with a link to 'Practice Guidelines' (callout 4), and 'Research Instruments' with a link to 'Research Instruments' (callout 3). The right column has a 'Featured Books' header and two book covers. The top book is 'Orthopedic & Athletic Injury Evaluation Handbook' (callout 5) and the bottom book is 'Therapeutic Exercise'. A 'Search History/Alerts' link is in the top right corner.

To find a research instrument description, click on the categories to see the list of items included, or use the “Browse For” box to look for the name of a specific tool.

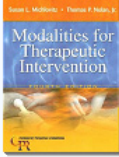
The screenshot shows the 'Research Instruments' page. At the top, there is a navigation bar with tabs for 'Basic Search', 'Diseases & Conditions', 'Drug Information', 'Patient Education', 'Exercise Images', and 'Practice Resources'. A search bar with 'Browse for:' and 'Browse' and a help icon is located below the navigation bar. The main content area has a 'Research Instruments' header and a paragraph of text: 'Research instrument documents include descriptions of research instruments, clinical assessment tools, psychological tests, attitude measures and more. The analysis includes purpose and variables measured, the number of items and questions, the sample population, methodology, how to obtain, and the source of the instrument.' Below this is a 'Browse for:' box and a 'Browse' button. A 'Page: Previous | Next' link is below the search bar. A list of links is shown: 'Attitude Measures', 'Clinical Assessment Tools', 'Neuropsychological Tests', 'Psychological Tests', 'Questionnaires', 'Research Instruments', and 'Scales'. A 'Page: Previous | Next' link is at the bottom.




[Athletic Injury Evaluation Handbook](#)



[Therapeutic Exercise: Foundations & Techniques, 5th edition](#)



[Modalities for Therapeutic Intervention, 4th Edition](#)



To access one of the featured books, click on the image of the book's cover, or the title.

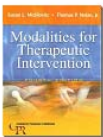
Click on the section of the book that you are interested in.

Basic Search Diseases & Conditions Drug Information Patient Education Exercise Images Practice Resources [Search History/Alerts](#)

Featured Books

Modalities for Therapeutic Intervention, 4th edition

Modalities for Therapeutic Intervention, by Hack, is a practical text for physical therapy students and practitioners alike, which focuses on evidence-based practice with terminology indicative of APTA's Guide to Physical Therapist Practice. It contains case studies, specific chapters on technical aspects of the modalities, modality illustrations, and discussion of safety procedures, equipment maintenance, and current research for each agent.



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- [Biography -- Thomas P. Nolan, Jr.](#)
- [Foreword](#)
- [Preface to the fourth edition](#)
- [Untitled](#)
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CHAPTER 3
**Cold Therapy Modalities:
Frozen Peas and More**
Susan L. Michlovitz, PT, PhD, CHT

The use of cold (cryotherapy) in physical therapy and rehabilitation has a long history of effective use. Evidence has demonstrated that cryotherapy is effective in facilitating the reduction of pain, swelling, and muscle spasm in a variety of neuromuscular conditions. The appropriate and timely use of cryotherapy by therapists can help achieve patient-centered clinical outcomes.

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