

Effectiveness of Physical Therapy in Treating Women with Musculoskeletal Pain & Substance Use Disorder in an Addiction Recovery Facility: a quality improvement project

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BACKGROUND AND PURPOSE

According to the CDC, overdose deaths in KY and across the nation have been at an all-time high during the Covid Pandemic. For some time, it has been suspected that a large number of overdose deaths involve use of opioids and other illicit substances that were initially used for the treatment of Musculoskeletal Pain (MSP).

Although a proven method for successfully treating MSP, physical therapy (PT) has not consistently been part of the treatment plan in residential treatment for substance use disorder (SUD).

The purpose of this quality improvement project is to use the Central Sensitization Inventory (CSI) and the Recovery Exercise Program (REP) Index to determine the impact of physical therapy treatment with patients experiencing MSP that are currently in residential treatment for SUD

SUBJECTS/ METHODS

- 96 women met the following inclusion criteria:**
- Undergoing residential treatment for SUD at 1 of 2 Networked Addiction Recovery Centers
 - Experiencing musculoskeletal pain
 - English speaking

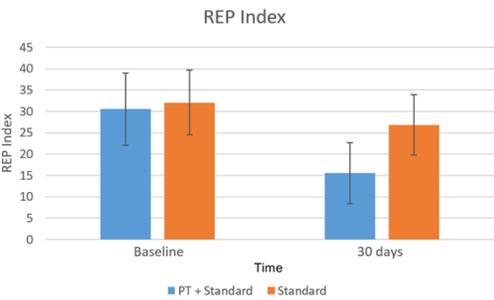
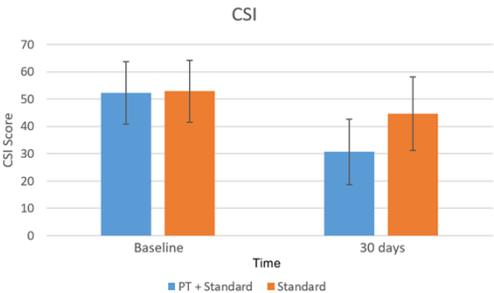
Experimental Group: 60 women in facility A received PT for MSP in addition to residential treatment for SUD
Control Group: 36 women in facility B received residential treatment for SUD with no PT.

Each participant completed a CSI and a REP Index on two occasions.. The experimental group completed them at initial PT examination and after 30 days of treatment. The control group completed them early in their residential SUD treatment and approximately 30 days later.

ANALYSIS

Independent t-test was used to compare the results between the two groups.

Paired t-test was used to compare results of each group from day 1 to day 30.



RESULTS

Based on the comparison of CSI and REP Index scores from day 1 to day 30, both groups of patients improved after approximately 1 month of treatment. The experimental group, that received PT in addition to treatment for SUD, scored significantly better on both the CSI and REP index..

CONCLUSION

For some women in residential treatment for substance use disorder, untreated musculoskeletal pain is a primary reason for their substance misuse. The findings of this project indicate that these individuals have statistically better clinical improvement in pain and central sensitization when PT is added to the treatment plan.

DISCUSSION

When untreated musculoskeletal pain is a factor in substance misuse, it is possible that including PT treatment to address that pain could result in more successful substance use treatment with fewer episodes of relapse.

ACKNOWLEDGEMENTs

Thanks to Addiction Recovery Care for their willingness to participate in this quality improvement project.