

The Use of Anti-Inflammatory Modalities in Musculoskeletal Healing

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Physical Therapists are specialists in musculoskeletal care. They are more intimately involved in the care of their patients 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. Unfortunately, evidence exists that many physical therapists lack the knowledge of basic inflammatory processes and the effects of anti-inflammatory modalities. This research commentary reviews the mechanism and type of injury and inflammatory processes and the administration and effects of various pharmacological musculoskeletal treatments. This publication was authored by Dr. Karena Wu and Dr. Chris Showalter.

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 19 years. She has 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. She is a Certified Orthopedic Manual Therapist, Strength and Conditioning Specialist, Kinesiology Tape Practitioner and Pilates Instructor. She is Medical Director of the Association of Volleyball Professionals and is used as a healthcare expert on local and national TV in America. She is currently a Fellow in Training at the Maitland Australian Physiotherapy Seminars Orthopedic Manual Therapy Fellowship Program.

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