



## Short Communication

## The role of quick pain management treatments in clinical physiotherapy practice in India: Advantages, disadvantages, and recommendations

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## ABSTRACT

**Background:** Quick pain management treatments in physiotherapy play a vital role in addressing immediate musculoskeletal or movement-related issues, providing short-term relief to patients. This article explores the reasons why patients seek quick treatments, outlines their advantages and disadvantages, and provides recommendations for a more comprehensive physiotherapy approach.

**Materials and Methods:** The content is based on a synthesis of current literature, including scholarly articles, clinical guidelines, and textbooks in physiotherapy, pain management, and rehabilitation.

**Results:** Patients often seek quick treatments for reasons such as immediate relief from pain and discomfort, convenience, shorter duration, cost considerations, a preference for rapid solutions, and concerns about more invasive procedures. However, relying solely on quick treatments may mask symptoms, delay overall recovery, and increase the risk of recurrent problems. The article emphasizes the importance of education, setting realistic expectations, developing comprehensive treatment plans, empowering patients, continuous monitoring and adjustment, evidence-based practice, addressing patient concerns, and promoting long-term health goals.

**Conclusion:** Physiotherapists and patients should collaborate to strike a balance between quick treatments for short-term relief and a more comprehensive approach for long-term recovery and prevention. The recommendations provided aim to enhance patient understanding, engagement, and satisfaction, ultimately contributing to improved overall outcomes in physiotherapy.

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### 1. Introduction

Quick fix treatments in physiotherapy typically involve addressing immediate issues or providing short-term relief for musculoskeletal or movement-related problems. These treatments are not meant to replace a comprehensive physiotherapy plan but can be useful for managing symptoms until a more thorough assessment and treatment plan can be established.<sup>1</sup>

Physiotherapists use hands-on techniques like joint mobilization, soft tissue massage, and thrust manipulation to

alleviate pain and improve joint or muscle function. These techniques can provide immediate relief from stiffness or discomfort. Athletic taping or kinesiology tape can help support injured or strained muscles and joints. Taping can reduce pain and provide temporary stability, allowing the individual to continue with their activities with reduced discomfort. It's essential to understand that these quick fix treatments are often part of a broader physiotherapy plan. While they can offer short-term relief, they may not address the root cause of the issue. A thorough assessment and the development of a comprehensive treatment plan are essential for long-term recovery and prevention of recurring problems.<sup>2,3</sup>

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## 2. Why do Patients Needs Quick Pain Management Treatments

Patients may prefer quick treatments in physiotherapy for several reasons, often driven by their immediate needs and expectations. These preferences are shaped by various factors, including convenience, cost, and the desire for symptom relief. While quick treatments can offer short-term benefits, it's essential to recognize that they may not always address the underlying causes of a condition. Quick treatments, such as manual therapy, taping, or modalities like TENS, can provide rapid relief from pain and discomfort. Patients often seek immediate relief, especially when they are in acute pain. Quick treatments are typically shorter in duration and may not require multiple sessions or extensive commitment. Patients with busy schedules or those who want a fast solution to their problems may find quick treatments more convenient. Short-term treatments are often less expensive than long-term physiotherapy plans. Patients may opt for quick treatments if they are concerned about the cost. Some patients may have a strong preference for quick solutions or may be less patient about engaging in a more extended rehabilitation process. They may prioritize immediate relief over long-term gains. Some patients may be apprehensive about physiotherapy or certain procedures. Quick treatments might be seen as less intimidating or invasive, making them a more attractive option. Patients with busy lifestyles or demanding jobs may not have the time for extensive physiotherapy sessions. Quick treatments can fit more easily into their schedules.<sup>3</sup>

## 3. Disadvantages of Taking Quick Fix Treatments

Taking quick fix treatments in physiotherapy can have several disadvantages, especially when they are used as the primary or sole approach to addressing musculoskeletal or movement-related issues. Relying solely on quick fix treatments in physiotherapy comes with several notable disadvantages. These treatments often provide only temporary relief, offering a momentary respite from pain or discomfort without addressing the root causes of the problem. In doing so, they run the risk of masking symptoms, which can allow underlying issues to worsen over time and lead to a cycle of recurrent problems. Furthermore, patients who depend on quick treatments may become complacent, delaying their overall recovery, and increasing the risk of overuse or dependency on certain techniques. This approach lacks personalization, as quick fixes are not tailored to an individual's specific needs, and it may not effectively prevent the recurrence of issues. While quick treatments may seem cost-effective initially, the long-term cost can rise due to repeated sessions or worsening conditions. It's essential for patients to recognize the limitations of quick treatments and to incorporate them as part of a comprehensive physiotherapy plan that

addresses underlying problems, ensures a holistic approach to care, and focuses on long-term recovery and prevention.<sup>4</sup>

## 4. Recommendations and Solutions to Overcome Quick Treatments

It's important to note that while quick treatments can provide short-term relief, they may not address the underlying issues contributing to the patient's condition. In many cases, a more thorough assessment and comprehensive physiotherapy plan are necessary for long-term recovery and prevention of future problems. Physiotherapists should educate patients about the advantages and limitations of quick treatments and work with them to create a treatment plan that best suits their needs and goals.<sup>5</sup>

Patients should always consult with qualified physiotherapists or healthcare professionals to make informed decisions about their treatment options. Overcoming the reliance on quick treatments in physiotherapy and transitioning to a more comprehensive and effective approach typically involves patient education, communication, and a collaborative effort between the physiotherapist and the patient. Here are some recommendations and solutions to encourage a shift away from quick treatments:<sup>6,7</sup>

### 5. Educate Patients

Provide patients with clear and detailed information about their condition, emphasizing the importance of understanding the underlying causes and long-term consequences.

Explain the benefits of comprehensive physiotherapy in terms of addressing root issues, preventing recurrence, and promoting overall well-being.

#### 5.1. Set realistic expectations

Clearly communicate the expected duration of treatment and the need for consistent effort and participation from the patient.

Discuss the difference between quick symptom relief and long-term recovery.

#### 5.2. Develop a comprehensive treatment plan

Work with the patient to create a tailored treatment plan that addresses the specific needs and goals of the individual.

Emphasize the importance of a multifaceted approach, including manual therapy, exercises, and lifestyle modifications.<sup>6</sup>

#### 5.3. Empower patients

Encourage patients to take an active role in their own recovery by providing them with home exercises and self-

care techniques. Teach them how to monitor their progress and identify warning signs of relapse.

#### 5.4. Continuous monitoring and adjustment

Regularly assess the patient's progress and adjust the treatment plan as needed. This can help maintain motivation and address any setbacks promptly.

#### 5.5. Incorporate evidence-based practice

Utilize evidence-based techniques and interventions in your physiotherapy practice to build trust with patients and demonstrate the effectiveness of comprehensive treatments.<sup>7</sup>

#### 5.6. Address patient concerns

Listen to the patient's concerns and fears about physiotherapy and address them with empathy and understanding. Offer alternatives or modifications to treatment plans when necessary to accommodate the patient's comfort level.<sup>7</sup>

#### 5.7. Long-term goals and health promotion

Discuss the long-term benefits of physiotherapy, such as improved overall health, reduced risk of future injuries, and enhanced quality of life.

Promote a holistic approach to health that includes exercise, nutrition, and stress management.

#### 5.8. Involve supportive family and Friends

Encourage patients to involve their family and friends in their rehabilitation process for added support and motivation.

#### 5.9. Collaboration with other healthcare providers

Coordinate care with other healthcare professionals, such as doctors, to ensure a holistic approach to the patient's health.

#### 5.10. Regular follow-Up

Schedule regular follow-up appointments to monitor progress and address any concerns or questions the patient may have.

#### 5.11. Celebrate milestones

Acknowledge and celebrate the patient's achievements and progress throughout the treatment process to boost

motivation.

## 6. Conclusion

By following these recommendations and working closely with patients to understand their needs and concerns, physiotherapists can help patients transition from a focus on quick treatments to a more comprehensive and effective approach to rehabilitation and wellness. This shift can lead to better long-term outcomes and improved patient satisfaction.

## 7. Source of Funding

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## 8. Conflict of Interest

None.

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