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.

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