AN EVALUATION OF THE CHANGES IN MANUAL THERAPY TECHNIQUES IN PHYSICAL THERAPY

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Prior research has focused on comparing the effects of manual therapy techniques used in physical therapy in different conditions to determine which technique is more effective and less invasive for the patient. However, no focus has been placed on identifying and evaluating the changes in manual therapy techniques. This study aims to evaluate the changes in manual therapy techniques from the perspective of current and retired physical therapists who are or were licensed in Washington State. Eighteen participants were asked to complete a modified Physical Therapy Profile Questionnaire (PTPQ) to explore their experience with manual therapy techniques and whether they implemented changes in their practice of these techniques. The results suggest that changes in manual therapy techniques occur as physical therapists gain and develop more experience working with many clients and treating different conditions. Joint Mobilization, taping, and Muscle Energy techniques were the most used and recommended manual therapy techniques by physical therapists in this sample. There was no significant correlation between the years of practice and the number of manual therapy techniques selected by participants ($r = -0.044$, $p = 0.887$). This study suggests that changes and adjustments in manual therapy techniques have occurred throughout time as physical therapists gain practice in the field and can identify what manual technique will produce a better patient outcome in a specific patient.

**Key Words:** manual therapy techniques, patient outcomes, physical therapy.