

Application of the Clinical Reasoning Process for the Rehabilitation of a Case with Cervicogenic Pain

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Abstract

Background: The method through which a therapist engages with a patient is known as clinical reasoning. During this process, the therapist gathers data, develops, and tests hypotheses, and then uses this data to determine the best course of action for diagnosis and therapy. It is described as an inferential procedure used by practitioners to gather and assess information and make decisions on the diagnosis and treatment of patient problems.

Aim: The aim of this study is to describe the rehabilitation of a solo case with cervical radiculopathy by using clinical reasoning process

Method: A case study of typical cervical radiculopathy managed by using clinical reasoning process and advance evidence-based physiotherapy treatment to reduce pain, increase ROM and improve functional ability.

Result: After six weeks of treatment, there was a reduction in pain, an increase in range of motion, and a change in disability status as measured by the neck disability index.

Conclusion: Finally, this case study states that application of the clinical reasoning process is beneficial for rehabilitation programs.

Keywords: Cervical radiculopathy, Hypothetico deductive reasoning, Neck Disability Index

Background

Clinical reasoning, which integrates cognitive thinking and the decision-making process of health professionals, takes place throughout a practitioner's professional career [1]. Clinical reasoning is a process in which a therapist works with the patient and relevant parties and facts, as well as with the patient, a multidisciplinary team goal, management or organization strategic plan based on the clinical report and the data provided by the patient, client choice and expert judgment, knowledge, and experience. Despite the complexity of various facts and circumstances, clinical reasoning enables a practitioner to come to the optimal decision for the improvement of patient health, which is why it is referred to as a wise decision. [2].

Neck pain is the second most prevalent musculoskeletal condition experienced by the general population who has musculoskeletal pathology, behind low back pain. [3]. According to literature, statistics show that five people out of ten people experience neck pain every year, and more than 60 percent of the population experiences neck pain at a certain period of life. Half of the people will not fully recover from chronic neck pain symptoms [4]. The current study aims to explore the understanding of clinical reasoning by solving a single case of cervical pathology.

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Citation: Md Waliul Islam, Md Kutub Uddin, Faruq Ahmed, Md Shujayt Gani, Mohammad Nazmul Hasan, Md Jubair Hassan. Application of the Clinical Reasoning Process for the Rehabilitation of a Case with Cervicogenic Pain. Fortune Journal of Health Sciences 5 (2022): 522-526.

Received: August 11, 2022

Accepted: August 19, 2022

Published: September 19, 2022

