

Application of Physiotherapy informed by Acceptance and Commitment Therapy in treatment of chronic pain: a Rapid Review

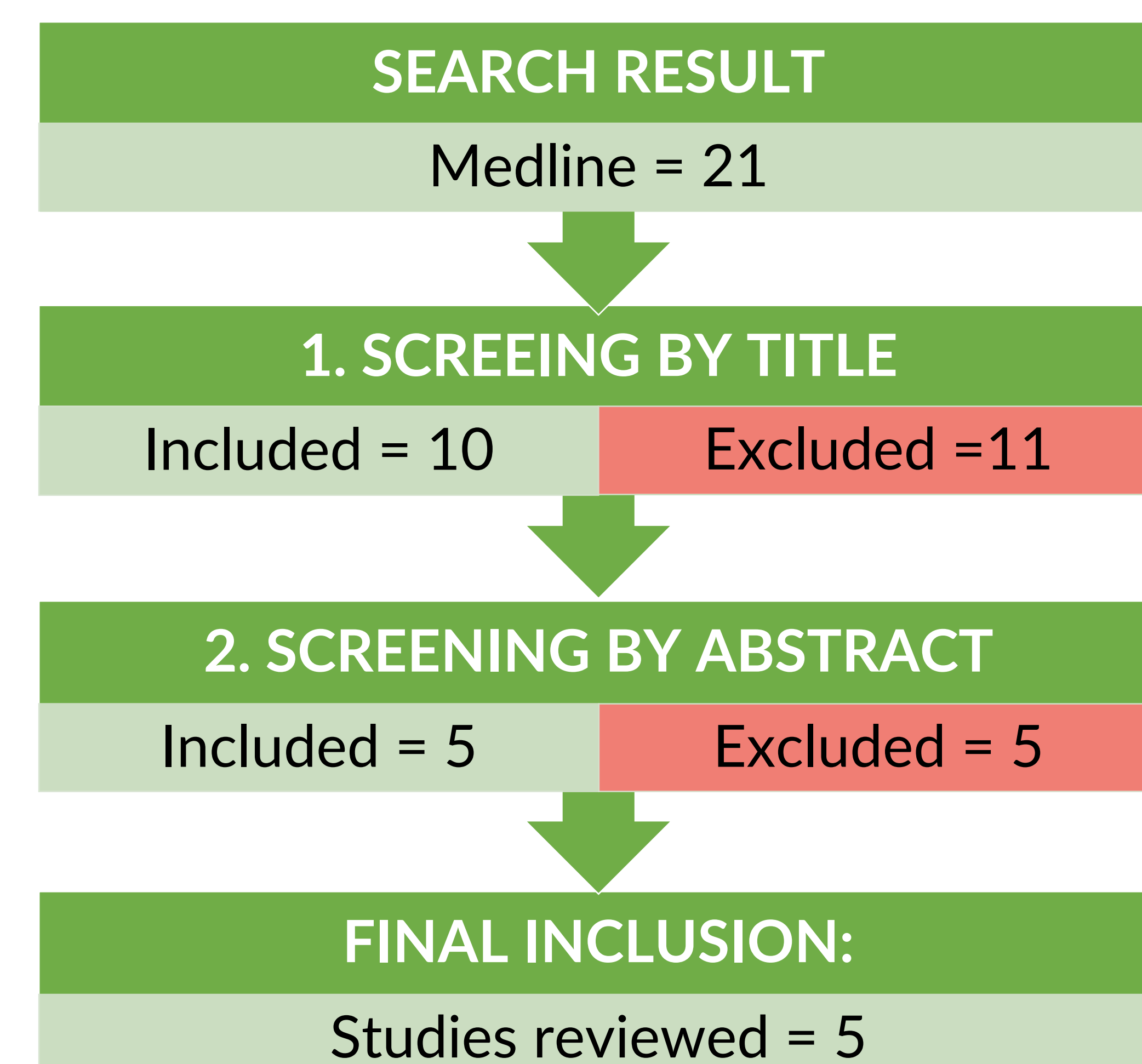
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INTRO

ACT is known to have a good evidence base for treating chronic pain, but few studies have focused on evaluating the outcome of integrating this approach with the psychologically informed practice of physiotherapists. Therefore, the **Objective:** is to review the findings of ACT-informed physiotherapy interventions in the treatment of chronic pain

METHODS

- **When & Where?:** Last 10 Years on Pubmed
- **How? (Search Operation):** ("Physical Therapy Modalities" OR "Physical Therapy Specialty" OR "Physical Therapist Assistants") AND ("Acceptance and Commitment Therapy" OR "Acceptance and Commitment Therapy")



The PACT treatment approach helped to:

- **Better Therapeutic Alliance and Credibility of Treatment (offering aspects of care valued by patient)**
- **Reduced pain in patients but wasn't sustained over long periods of time. Continued supervision or education may be warranted**

STUDIES REVIEWED:



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RESULTS

- of psychological techniques into physiotherapy, as promoted by PACT, seems to be a promising path, but requires adjustments and ongoing support to maximise its impact.

Type of Study	Interventions Used:	Description of the Intervention:
RCT	PACT	Structured & standardised physiotherapy intervention informed by ACT
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RCT	BEWARE	Body Awareness Training combined with ACT
Longitudinal Qualitative Study	PACT	Structured & standardised physiotherapy intervention informed by ACT
Descriptive Qualitative Study	Not specified	ACT-informed physiotherapy intervention as part of a multidisciplinary programme

- RCT: Randomized controlled trial
- PACT: Physical Therapy Informed by Acceptance and Commitment Therapy

DISCUS

- In the studies seen ACT-informed psychology improved patients' emotional well-being, reduced their perceived incapacitation by pain and offered them resources to deal with pain in other ways. Thus, they were able to engage in movement with awareness and openness and experienced a possibility of carrying out meaningful activities alongside the pain. For the physiotherapists, it improved their communication skills and promoted therapeutic alliance. However, for the physiotherapists, there were a few difficulties to implement ACT-informed physiotherapy, since for some it was outside their professional practice and therefore new and required some "switching gears". That said, it helped physiotherapists overcome their barriers to using psychological techniques and, in the case of PACT, there was high fidelity towards the intervention (despite some demands to make adapt / flexibilize the protocol).