



# RM Checklist | Client Version

**IMPORTANT:** Please read this before entering the session with your physiotherapist.

## **Summary:**

*During your assessment your physio will follow a checklist which is an advanced and comprehensive decision making process for solving pain and injury. The purpose of this checklist is to facilitate the most rapid and complete solution possible with a thorough, individual approach, while minimising the chance of any important factors being missed.*

*The role of the client is to actively participate in this process, to learn the significant factors that contribute to your pain/injury condition, and to discover what is required to most rapidly fix your condition, while also learning how to prevent recurrence.*

*In a small percentage of cases a Plan B may be the most appropriate management, and when this is the case it can typically be indicated within 60 to 150 minutes. i.e. your RM practitioner either fixes you or will help to find someone that should be able to fix you.*

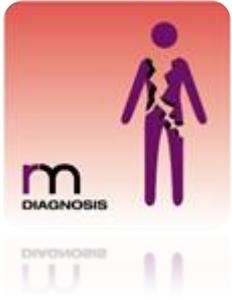
*Optimal success requires a one-step-at-a-time approach, and ensuring that each step is completed fully before moving on to the next. With the majority of conditions are solved, significant results and the answer to “what should fix my condition”, can be achieved within 60-120 minutes of assessment and treatment time (RM Diagnosis). Following this full-function pain-free is typically achieved with a further 30-180 minutes of treatment (RM Fix).*

*Solutions are best achieved when there is minimal delay between completing all the step of the checklist (i.e. multiple sessions in one day or on consecutive days)*

*The next page is a summary of the Ridgway Method checklist, please read this now.*

*From page 3 onwards is the detailed, step-by-step Ridgway Method checklist. Your physiotherapist will take you through each of the steps. You are welcome to read ahead to learn more about the process.*

## The **Ridgway Method** Difference



### Interview/Explain the Process

- What can we help you with?
- What would you consider a 'good result?'

### Diagnose (and treat) any 'cautious conditions'

- These WILL limit/prevent us from reaching your 'Good Result' if not treated first
- Examples may include nerve root irritations, severe ligament sprains, general health concerns

### Assess ALL possible contributing factors to YOUR problem

- Extremely thorough assessment of all muscles, joints, movements, flexibility, psychological influences
- We leave 'no stone unturned'!

### Find the most effective treatment (Your PCF)

- Thorough testing PROVES the treatment that will solve your condition (your PCF), by achieving a 30-50% immediate gain when the best treatment is found

### Standard Approach

- May need to be taken in ~5% of cases

- May include scans, referral to another health professional, slower 'textbook' treatment



### Continue Treatment until we achieve full function, pain-free!

- Re-assessments measure the effectiveness of treatment
- Progress is charted to predict how long and how many sessions are required
- We achieve your 'good result' that was stated in the initial session
- Progression of treatment also achieves performance enhancement

### Learn how to remain full function, pain-free!

- Strategies are taught to minimise strain, and therefore minimise risk of reoccurrence



### Tune Ups

- A tune up is a regularly scheduled preventative maintenance appointment
- Keeping you in great shape!
- Prevention is better than a cure
- We test and confirm your good self-management
- Treat any re-accumulation of strain
- Progress self-management strategies, and continue performance enhancement