

Practice characteristics of Australian osteopaths who often use exercise prescription in patient care.

	Not often	Often	p-value	OR 95%[CI]
Practice location				
Urban practice	209 (21.1%)	610 (61.6%)	0.49	-
More than one practice location	64 (6.5%)	282 (28.5%)	<0.01	1.88 [1.37, 2.60]
Co-located with other health professionals ('yes')				
Osteopath	149 (15.1%)	492 (49.7%)	<0.01	1.48 (1.10, 1.98]
General Practitioner	13 (1.3%)	58 (5.9%)	0.13	-
Specialist Medical Practitioner	6 (0.6%)	25 (2.5%)	0.40	-
Podiatrist	36 (3.6%)	109 (11.0%)	0.73	-
Physiotherapist	25 (2.5%)	118 (11.9%)	0.01	1.78 [1.13, 2.81]
Exercise Physiologist	16 (1.6%)	107 (10.8%)	<0.01	2.57 [1.49, 4.44]
Occupational Therapist	6 (0.6%)	13 (1.3%)	0.57	-
Psychologist	52 (5.3%)	138 (13.9%)	0.62	-
Massage Therapist	117 (11.8%)	382 (38.6%)	0.07	-
Acupuncturist	484 (4.8%)	139 (14.0%)	0.92	-
Naturopath	43 (4.3%)	150 (15.2%)	0.19	-
Dietician	16 (1.6%)	54 (5.5%)	0.54	-
Nutritionist	17 (1.7%)	60 (6.1%)	0.42	-
Send referrals to other health professionals ('yes')				
Osteopath	127 (12.8%)	378 (38.2%)	0.55	-
General Practitioner	224 (22.6%)	652 (65.9%)	0.43	-
Specialist Medical Practitioner	90 (9.1%)	353 (35.7%)	<0.01	1.72 [1.28, 2.31]
Podiatrist	149 (15.1%)	500 (50.5%)	<0.01	1.55 [1.16, 2.08]
Physiotherapist	85 (8.6%)	246 (24.8%)	0.88	-
Exercise Physiologist	75 (7.6%)	322 (32.5%)	<0.01	1.90 [1.40, 2.58]
Occupational Therapist	28 (2.8%)	78 (7.9%)	0.91	-
Psychologist	99 (10.0%)	249 (25.2%)	0.19	-
Massage Therapist	170 (17.2%)	500 (50.5%)	0.54	-

Acupuncturist	125 (12.6%)	325 (32.8%)	0.23	-
Naturopath	130 (13.1%)	347 (35.1%)	0.37	-
Dietician	32 (3.2%)	133 (13.4%)	0.02	1.56 [1.03, 2.36]
Nutritionist	26 (2.6%)	102 (10.3%)	0.12	-
Receive referrals to other health professionals ('yes')				
Osteopath	157 (15.9%)	456 (46.1%)	0.75	-
General Practitioner	226 (22.8%)	658 (66.5%)	0.41	-
Specialist Medical Practitioner	47 (4.7%)	189 (19.1%)	0.01	1.55 [1.08, 2.22]
Podiatrist	105 (10.6%)	364 (36.8%)	0.01	1.42 [1.07, 1.90]
Physiotherapist	60 (6.1%)	205 (20.7%)	0.15	-
Exercise Physiologist	52 (5.3%)	205 (20.7%)	0.15	-
Occupational Therapist	16 (1.6%)	45 (4.5%)	0.96	-
Psychologist	39 (3.9%)	115 (11.6%)	0.84	-
Massage Therapist	182 (18.4%)	570 (57.6%)	0.02	1.44 [1.04, 1.98]
Acupuncturist	102 (10.3%)	267 (27.0%)	0.35	-
Naturopath	92 (9.3%)	308 (31.1%)	0.08	-
Dietician	5 (0.5%)	33 (3.3%)	0.06	-
Nutritionist	12 (1.2%)	42 (4.2%)	0.52	-
Cranial nerve testing	168 (17.0%)	502 (50.7%)	0.36	-

Clinical management characteristics of Australian osteopaths who often use exercise prescription in patient care.

	Not high	High	p-value	OR 95%[CI]
Patient presentations ('often')				
Neck pain	251 (25.4%)	718 (72.6%)	0.68	-
Thoracic pain	233 (23.6%)	674 (68.1%)	0.48	-
Low back pain	253 (25.6%)	722 (73.1%)	0.69	-
Hip musculoskeletal pain	190 (19.2%)	552 (55.9%)	0.61	-
Knee musculoskeletal pain	115 (11.7%)	374 (37.9%)	0.08	-
Ankle musculoskeletal pain	79 (8.0%)	252 (25.5%)	0.29	-
Foot musculoskeletal pain	75 (7.6%)	217 (22.0%)	0.91	-
Shoulder musculoskeletal pain	195 (19.8%)	604 (61.2%)	0.02	1.48 [1.05, 2.10]
Elbow musculoskeletal pain	59 (6.0%)	190 (19.3%)	0.37	-
Wrist musculoskeletal pain	52 (5.3%)	136 (13.8%)	0.54	-
Hand musculoskeletal pain	36 (3.7%)	85 (8.6%)	0.29	-
Postural disorders	142 (14.4%)	531 (53.8%)	<0.01	2.13 [1.59, 2.86]
Degenerative spine conditions	128 (13.0%)	470 (47.6%)	<0.01	1.80 [1.35, 2.40]
Headache disorders	225 (22.8%)	665 (67.3%)	0.17	-
Migraine disorders	100 (10.1%)	299 (30.3%)	0.59	-
Spine health maintenance	97 (9.8%)	360 (36.5%)	<0.01	1.58 [1.18, 2.11]
Chronic or persistent pain	152 (15.4%)	476 (48.2%)	0.10	-
Tendinopathies	70 (7.1%)	338 (34.2%)	<0.01	2.28 [1.67, 3.12]
Temporomandibular joint disorders	39 (4.0%)	144 (14.6%)	0.12	-
Non-musculoskeletal disorders	41 (4.2%)	85 (8.7%)	0.06	-
Patient subgroups (treat 'often')				
Up to 3 years of age	62 (6.3%)	94 (9.5%)	<0.01	0.46 [0.32, 0.66]
4 to 18 years of age	72 (7.3%)	196 (19.8%)	0.67	-
Over 65 years of age	134 (13.5%)	436 (44.1%)	0.04	1.38 [1.00, 1.78]
Aboriginal & Torres Strait Islander peoples	0	7 (0.7%)	0.11	-
Pregnancy	78 (7.9%)	265 (26.8%)	0.10	-

Non-English speaking	9 (0.9%)	24 (2.4%)	0.85	-
Sport injuries	74 (7.5%)	425 (43.0%)	<0.01	3.37 [2.48, 4.59]
Worker injury (compensable)	14 (1.4%)	89 (9.0%)	<0.01	2.40 [1.39, 4.29]
Work injury (non-compensable)	61 (6.2%)	280 (28.3%)	<0.01	1.97 [1.42, 2.73]
Traffic injury (compensable)	8 (0.8%)	46 (4.7%)	0.06	-
Traffic injury (non-compensable)	23 (2.3%)	91 (9.2%)	0.14	-
Post-surgery	14 (1.4%)	65 (6.6%)	0.09	-
Expanded practice scope ('definitely')				
Prescribing rights	45 (4.5%)	212 (21.4%)	<0.01	1.92 [1.33, 2.74]
Referral rights to orthopaedic surgeon	158 (16.0%)	544 (54.9%)	<0.01	1.80 [1.33, 2.43]
Referral rights to paediatrician	131 (13.2%)	409 (41.3%)	0.18	-
Referral rights to sports medicine specialist	176 (17.8%)	613 (62.0%)	<0.01	2.37 [1.71, 3.92]
Referral rights to rheumatologist	149 (15.1%)	480 (48.5%)	0.03	1.37 [1.03, 1.84]
Referral rights to other medical specialist	0	1 (0.1%)	0.73	-
Expanded diagnostic imaging rights	194 (19.6%)	627 (63.3%)	<0.01	1.92 [1.35, 2.73]
Research ('strongly agree')				
Help patients understand osteopathy	118 (11.9%)	324 (32.7%)	0.63	-
Help general practitioners and other health professionals understand osteopathy	168 (17.7%)	500 (52.6%)	0.48	-
Provide scientific evidence	130 (13.9%)	384 (41.0%)	0.68	-
Irrelevant to the development of osteopathy*	141 (15.1%)	421 (45.0%)	0.49	-

* 'strongly disagree'