

Intertester Reliability of Identifying Strain and Counter Strain Points

The purpose of this pilot study was to determine the intertester reliability of identifying strain and counterstrain points between a certified instructor of the Jones Institute and clinicians with first-time didactic instructions of the technique. The data was then compared statistically to determine the reliability, specifically intertester reliability.

Method: A sample of convenience was used. The population of individuals in the study was 18, including the instructor was 19. Following a brief introduction to the concepts involved in counter strain, a demonstration and instruction were given on manual techniques for discovering the first six anterior thoracic tender points on the sternum. The individuals were then broken up into even groups of 2 and tested each other for the first six anterior thoracic tender points. They marked their responses on an evaluation sheet and with a pen, marked the subject. The expert was blind-folded and each individual was tested by him and his responses were recorded on his evaluation sheet. The two sheets were then compared for each subject. These were then compared using statistical analysis collation chi-squared and lambda to see how strong a relationship existed between the data. Crombach's alpha was also used to look at reliability.

Results: Our results of a chi-squared demonstrated at each of the points the novice group's evaluation correlated significantly with the experts. As well the chi-squared data at the .01 and .05 level demonstrated a significant relationship. The lambda was on the average .8 which demonstrates not just a relationship existing, but how strong a relationship is. Crombach's alpha was .7. Crombach's alpha is significant at the or greater than .7.

Conclusions: The results of this pilot study are very encouraging. It demonstrates for these six counter strain points, a very strong intertester reliability in a group that had not been exposed to this concept when compared to an expert (veteran of 15 years). The study demonstrates the ease of which the technique can be reproduced accurately.

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*Tatom, A.J. and Laman, F.B.
Rehabilitation Associates of Central Virginia, Inc.
(44 Clifton Street, Lynchburg, VA 24501, 804-528-1848)*