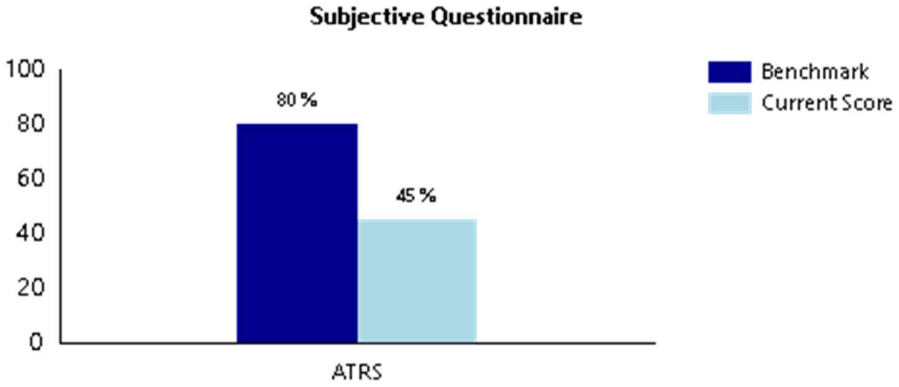
Translate Research into Private Practice

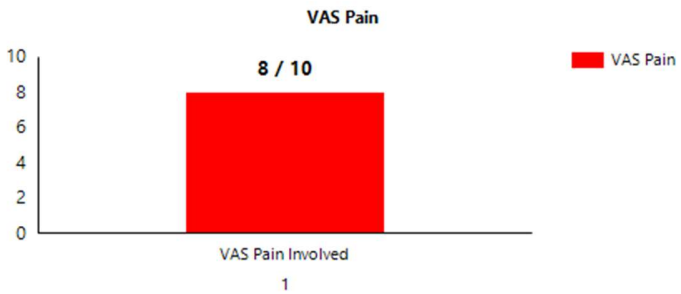
Patient:	**Coetzee, Frikkie**		
Birthdate:	10 Aug 1989	ID Number:	8988105162081
Gender:	Male	Medical Aid Number:	Momentum
Primary Diagnosis:	**ORTHOPEDIC MUSCULOSKELETAL**		Referral: Dr Nel
	ANKLE: Achilles tendon rupture		Clinician: Tiaan

Assessment Date:	6 Nov 2020
History:	Dr Nel did an Achilles tendon repair in August 2020 on Freddie Coetzee. Initial management covered physiotherapy (Introductory rehabilitation modalities, manual therapy, etc.) till November 2020.
Patient Goal:	1) Patient wants to do cutting and pivoting sport again 2) Long distance running

Patient Reported Outcomes

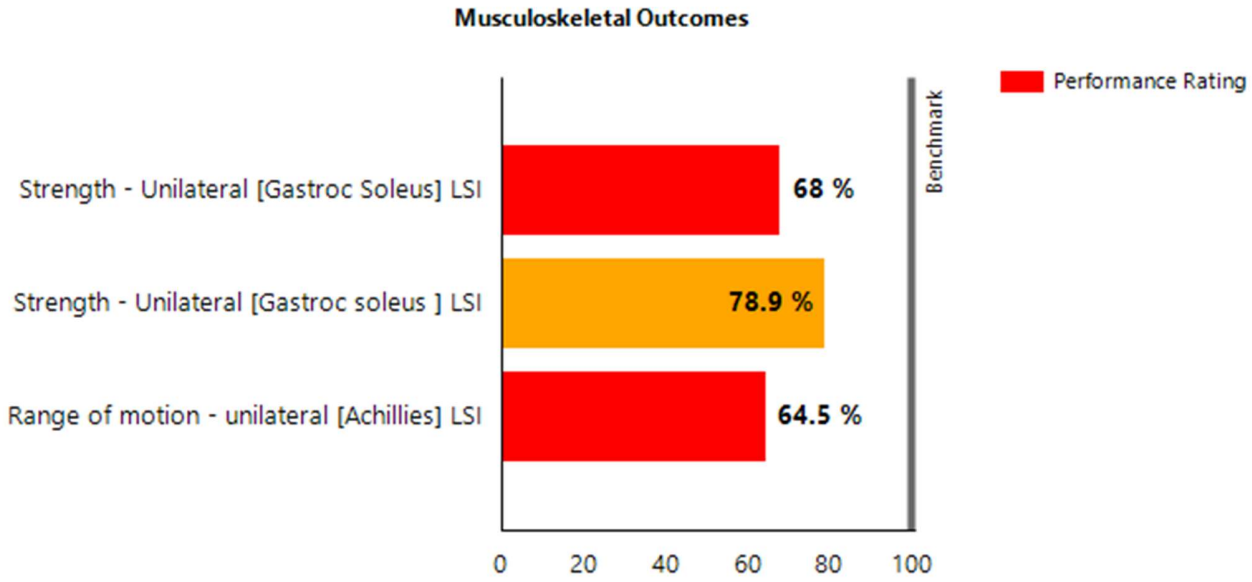


Patient scored 45% on the Achilles tendon rupture subjective scoring sheet (Initial Assessment).



Patient complains of 8/10 Achilles tendon stiffness during the knee to wall Dorsiflexion range of motion test.

Performance Based Outcomes



Strength asymmetry Gastroc/soleus measured through Biodex 30 deg. plantarflexion peak power: 21.% (Performance Rating 78.9%-Orange Bar).
Strength asymmetry Gastroc/Soleus measured through single leg heal lifts, max reps: 32% (68% Performance Rating-Middle Red Bar)
Range of Motion asymmetry: Dorsiflexion-35.6% (Performance Rating 64.5% Lower Red Bar).

Conclusion
Frikkie show significant deficits in performance and patient reported outcomes.

Biokineticist

Tiaan