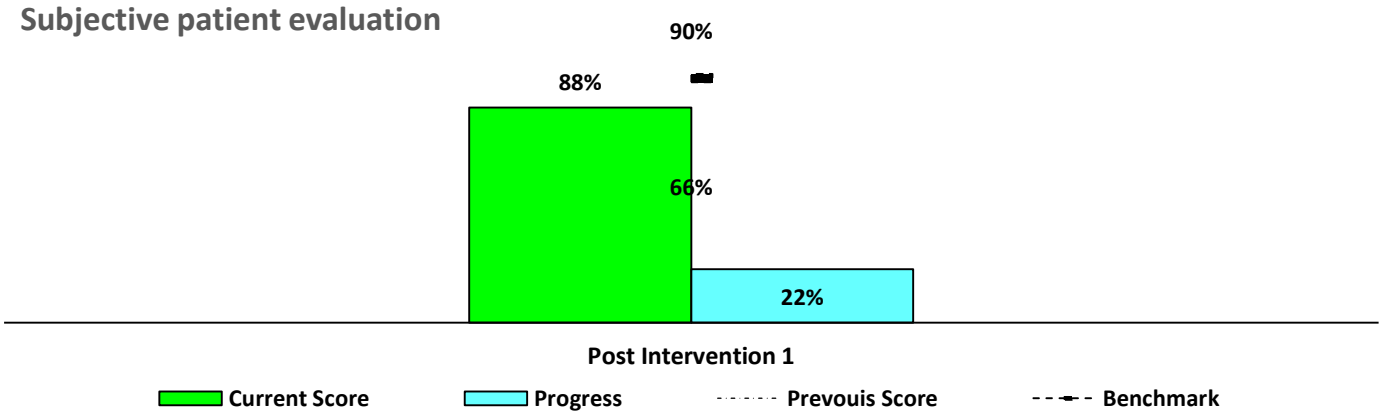
Progress report

Translate research into private practice

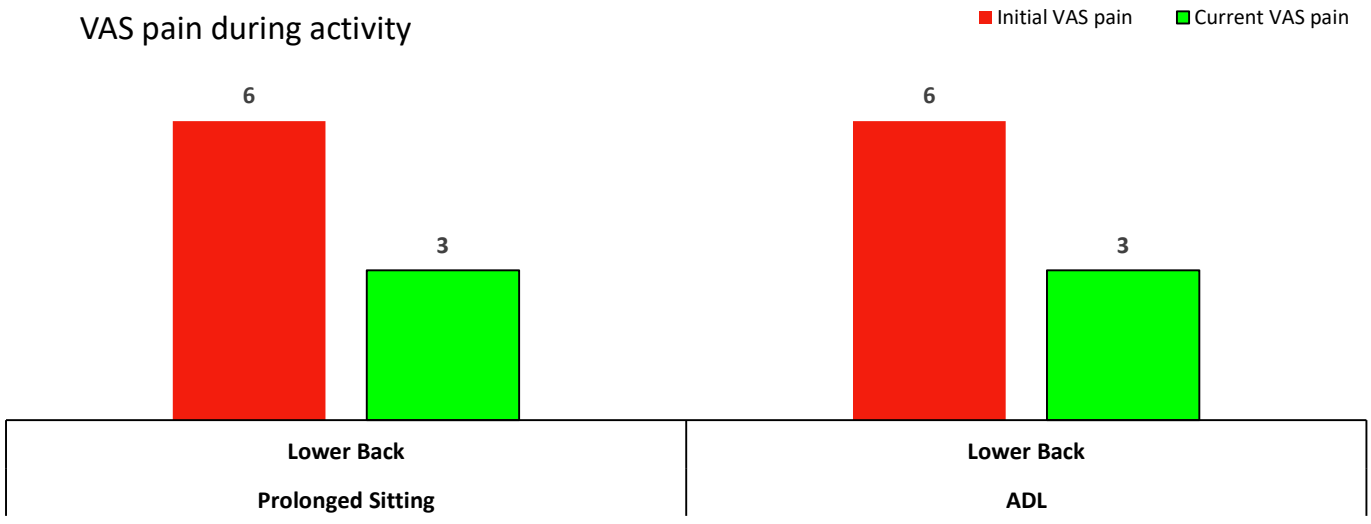
Initial assesment	1		**Clinical summary**	
Date:	01/02/2023		**History:**	Mr Weihmann presents with SIJ pain for last 10 years
Name & Surname:	Jaco Weihmann		**Current Progress**	Good
Field	Orthopeadic		**Clinical symptoms:**	Gradual onset of pain when sitting as we
Diagnose:	Primary	Secondary	**Current intervention:**	Exercise Rehabilitation
	SIJ - Left	Disc Degeneration	**Clinician Involve:**	Dr Jaco Buys(General Practitionar); Dr Trevors, Bianka(Biokineticist); Bessie Vermeulen(Physiotherpist)
Months/weeks after injury	Injury occurred in 2021		**Primary treatment**	3 Months
Patient Goal	Return to Activity		**Timeframe:**	Goal Based

Patient Reported Outcomes (PROM)



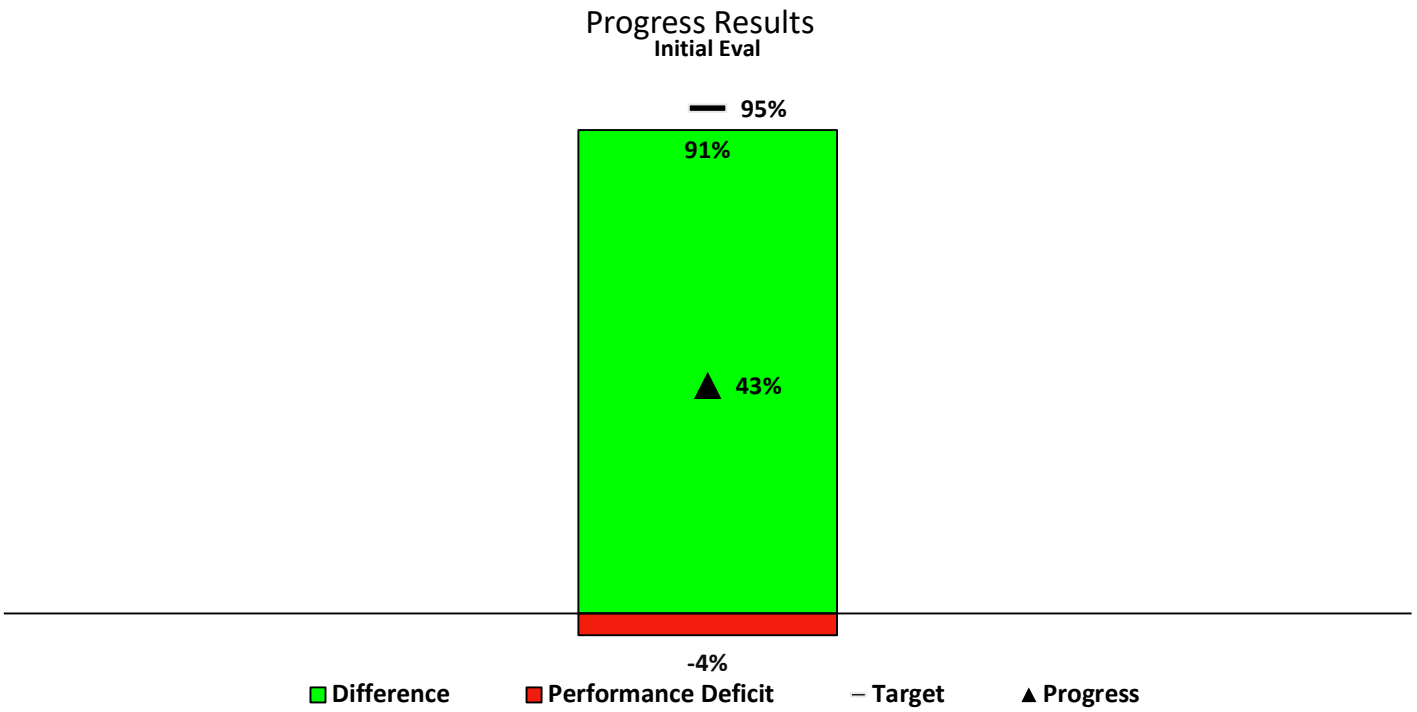
Graph 1 summarizes the subjective improvement (22%) over the exercise rehabilitation period. Currently, JW achieved 88% (Benchmark 90%)

Patient Reported VAS Pain



Graph 1 and 2 indicates a decline (-3) in lower back pain to a 3/10 while sitting for prolonged periods of time. This graph also indicates a decline (-3) in lower back pain to a 3/10 with acivities of daily living.

Patient Performance Based Outcomes



Graph 1: Posterior Glut Med strenght asymmertry 4% (Injured compare to benchmark) Strenght improvement of 43%

Conclusion

Mrs JW improved clinical significant and return to work with less pain, loss 6 kg weight and was admitted to wellness. clinic.