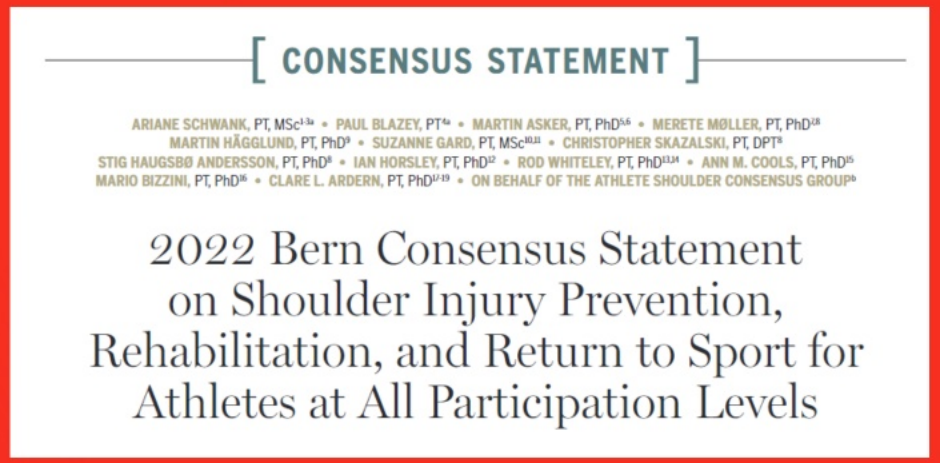

60 Days
30 Days
0
20
40
60
80
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120
140
160
180
200
220
240
Outcomes measure implementation

Phase 1/3: Outcomes measure implementation



[CONSENSUS STATEMENT]

ARIANE SCHWANK, PT, MSc[1-3a] • PAUL BLAZEY, PT[4a] • MARTIN ASKER, PT, PhD[5,6] • MERETE MØLLER, PT, PhD[7,8]
MARTIN HÄGGLUND, PT, PhD[9] • SUZANNE GARD, PT, MSc[10,11] • CHRISTOPHER SKAZALSKI, PT, DPT[3]
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MARIO BIZZINI, PT, PhD[16] • CLARE L. ARDERN, PT, PhD[17-19] • ON BEHALF OF THE ATHLETE SHOULDER CONSENSUS GROUP[b]

2022 Bern Consensus Statement on Shoulder Injury Prevention, Rehabilitation, and Return to Sport for Athletes at All Participation Levels

If you can't measure it, you can't manage it.

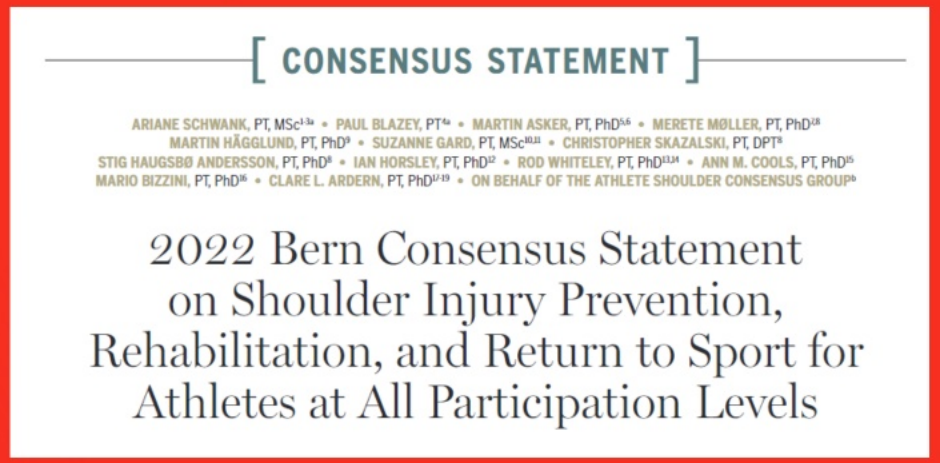
Learning Goals

Performance Goals

Personal Goals


Understand Performance based Outcomes Measures(PBOM)
• ROM(Unilateral/Bilateral)
• Strength (Unilateral/Bilateral)
• NMC (Unilateral/Bilateral)
• Functional Strength(Uni/Bi)
Measuring Outcomes results (PROM;PBOM)
• LSI
• Bench marking
• Progress/Regression
• MCID
Understand Patient Reported Outcomes Measures(PROM)
• Scoring sheets of different joints (https://orthotoolkit.com/)
• VAS pain
Put it together in excel spreadsheet
Phase 1: Implementation 30 days!!
Learning Goals

Phase 1/3: Outcomes measure implementation



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Learning Goals

Performance Goals

Personal Goals

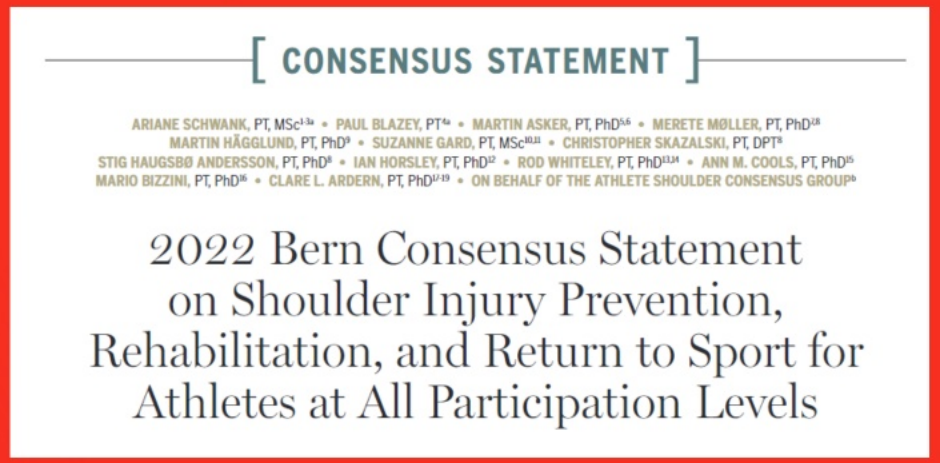
Performance Goals

Each Level up member need to upload 4 Initial reports in Dropbox (30 days)

Success of the the team will be evaluated via teamwork

Reward at the end of the 90 days

Phase 1/3: Outcomes measure implementation



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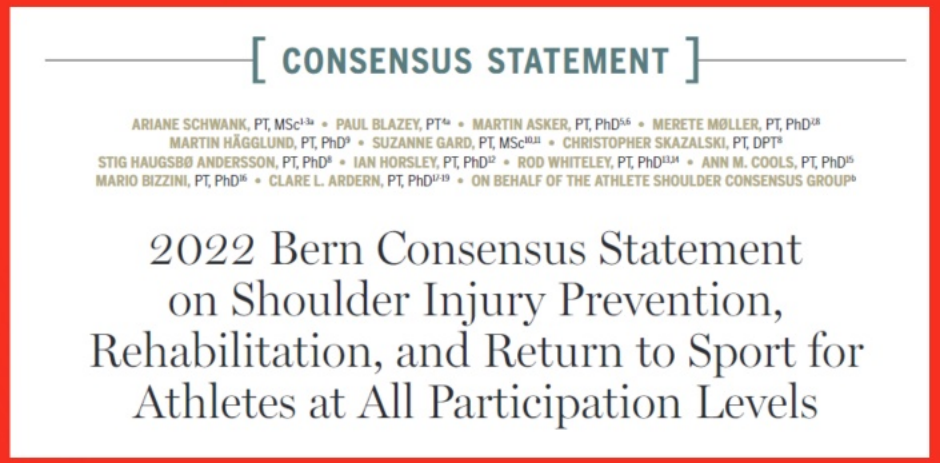
Learning Goals

Performance Goals

Personal Goals


Treat yourself when uploading 1 report per week
Personal Goals
One report each week
EBM biokineticist

Phase 1/3: Outcomes measure implementation



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Learning Goals

Performance Goals

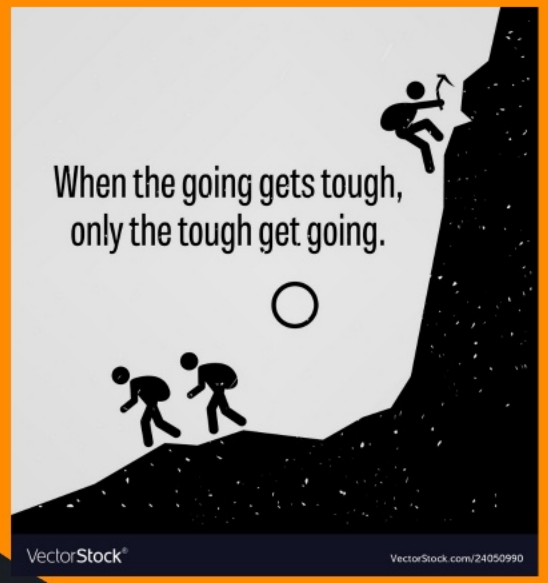
Personal Goals


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Outcomes measure implementation

Phase 2/3 Outcomes measure Implementation

PROGRESS REPORTING

When the going gets tough, the tough get going





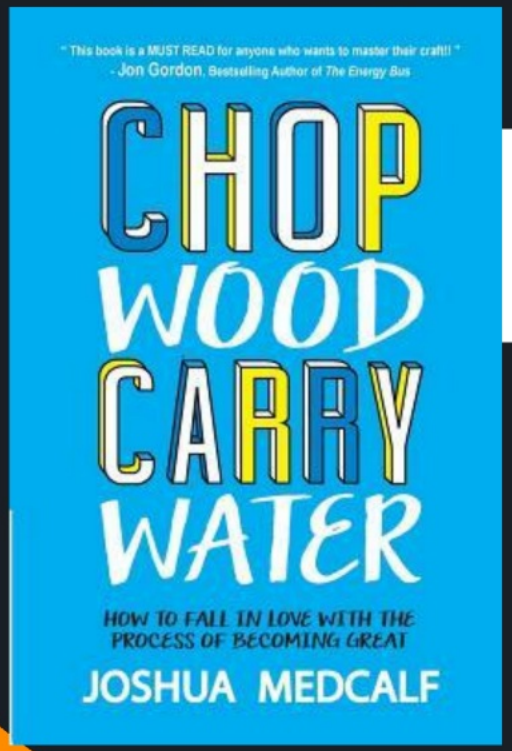
Learning Goals

Performance Goals

Personal Goals



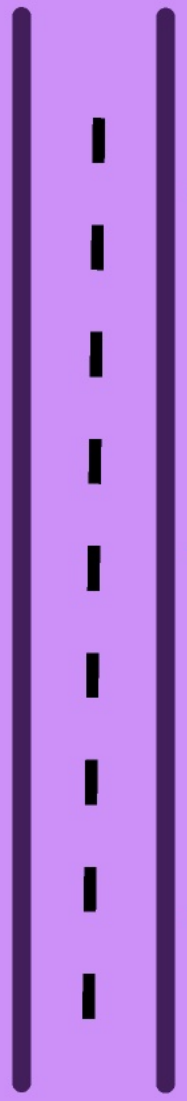




'Chop wood, carry water' Dr Sharief Hendricks: an inspirational story of an impactful South African sports scientist

Dina Christina (Christa) Janse van Rensburg [1,2]

Learning Goals

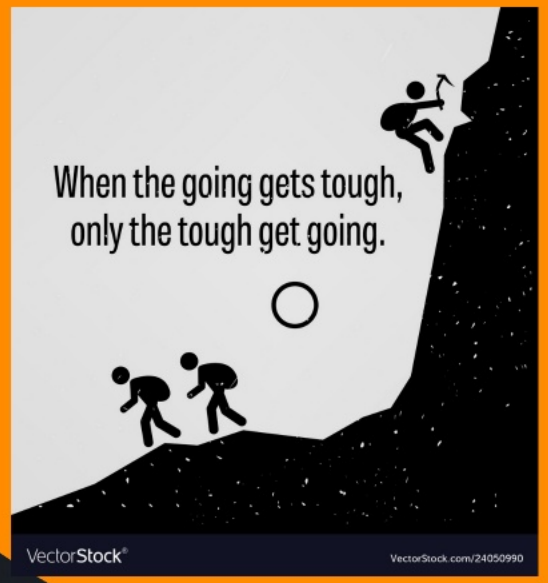


- Purpose of Initial Reporting
- Purpose of progress reporting
- Excution of a progress report

Phase 2/3 Outcomes measure Implementation

PROGRESS REPORTING

When the going gets tough, the tough get going



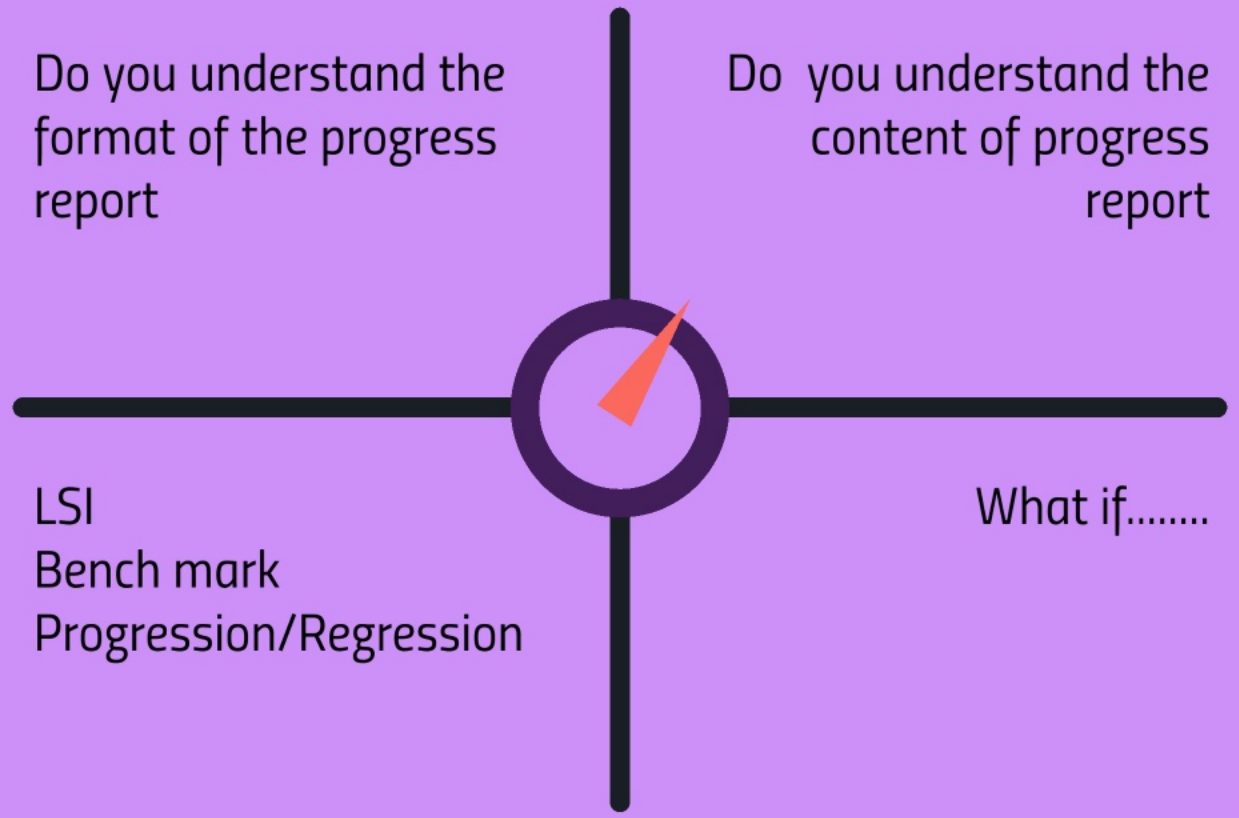


Learning Goals

Performance Goals

Personal Goals

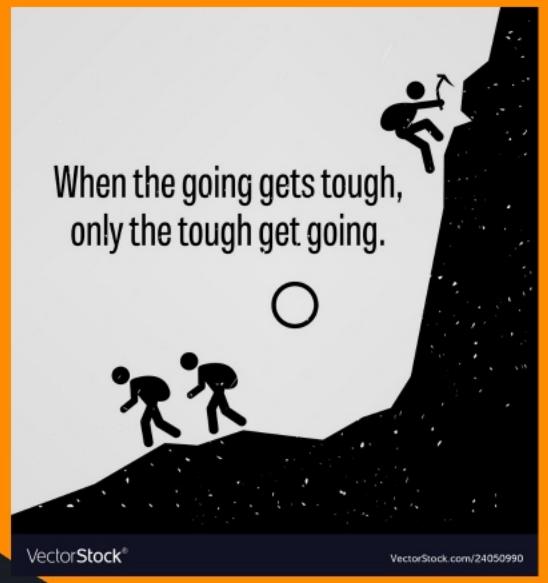
Performance Goals



Phase 2/3 Outcomes measure Implementation

PROGRESS REPORTING

When the going gets tough, the tough get going





Learning Goals

Performance Goals

Personal Goals

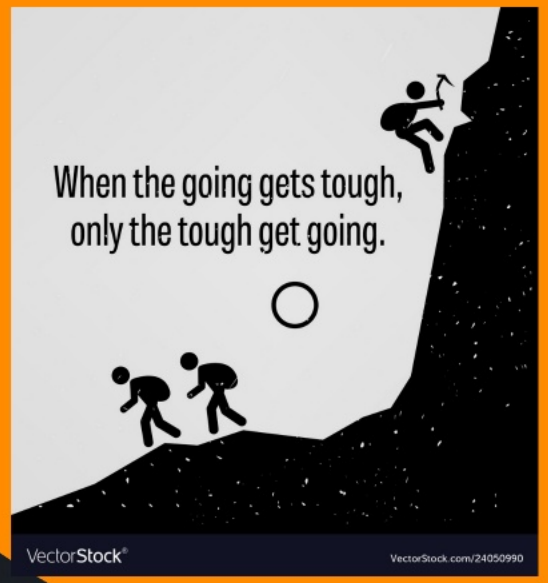
Personal Goal

Commit to chop wood and carry water (REPORTING) in pursuing greatness- do the small things right

Phase 2/3 Outcomes measure Implementation

PROGRESS REPORTING

When the going gets tough, the tough get going





Learning Goals

Performance Goals

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