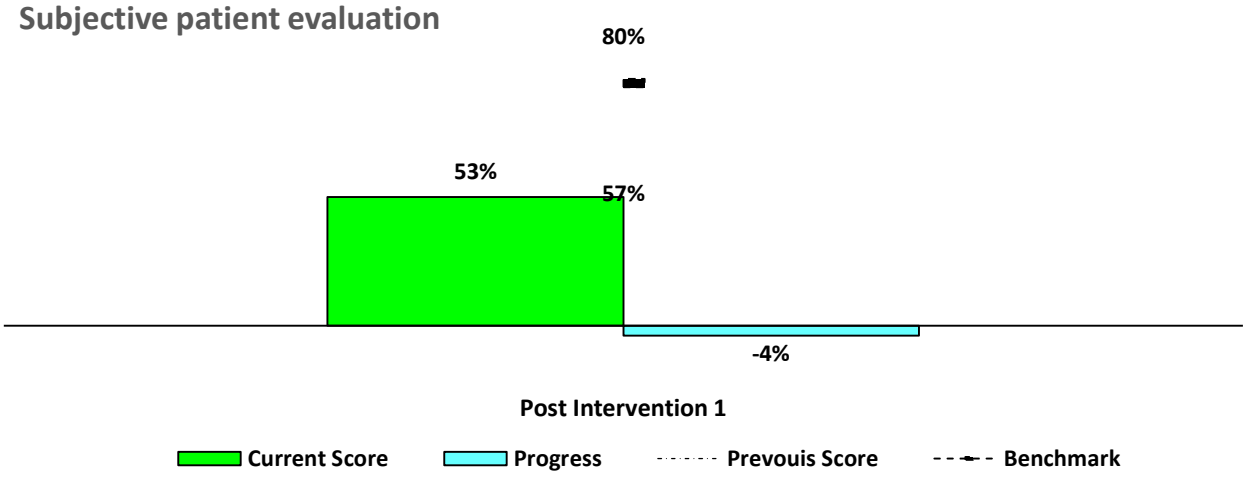
Progress report

Translate research into private practice

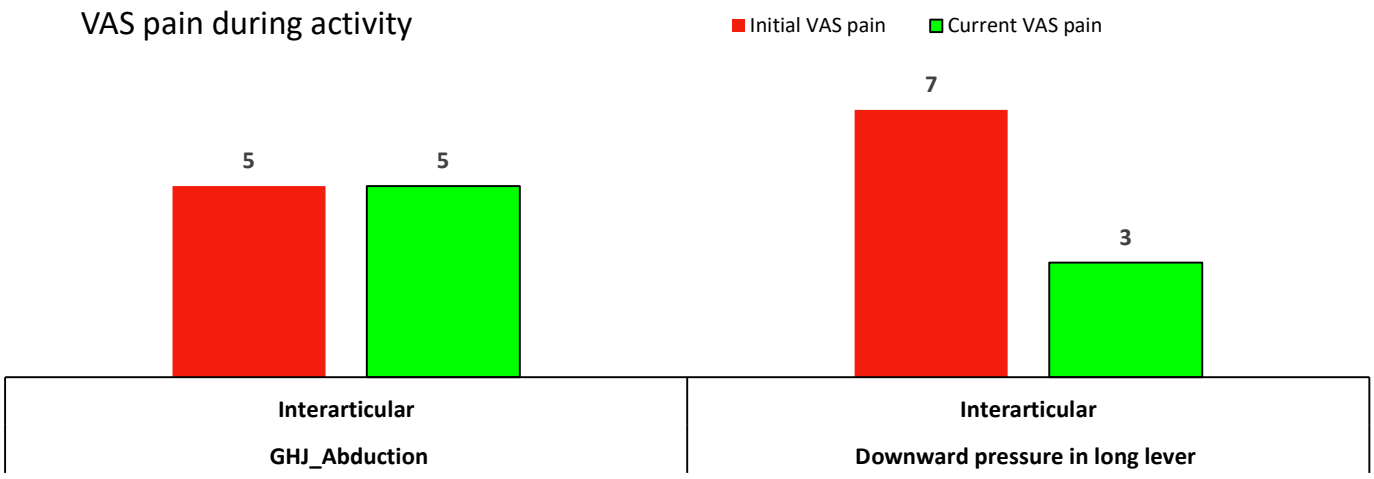
Initial assesment	2		**Clinical summary**	
Date:	19/01/2024		**History:**	Mrx was diagnosed with multiple structural changes in his left shoulder by Dr Greeff (See MRI report)
Name & Surname:	0		**Current Progress**	Not clinical significant
Field	Orthopeadic		**Clinical symptoms:**	Pain with abduction and terminal shoulder flexion
Diagnose:	Primary	Secondary	**Current intervention:**	NSAIDS and exercise rehabilitation
	Posterior GHJ instability	SLAP Lesion	**Clinician Involve:**	Dr Greeff and Dr Vlok
Months/weeks after injury	8 Weeks		**Primary treatment**	6 Weeks
Patient Goal	ADL and physio		**Timeframe:**	6 Weeks

Patient Reported Outcomes (PROM)



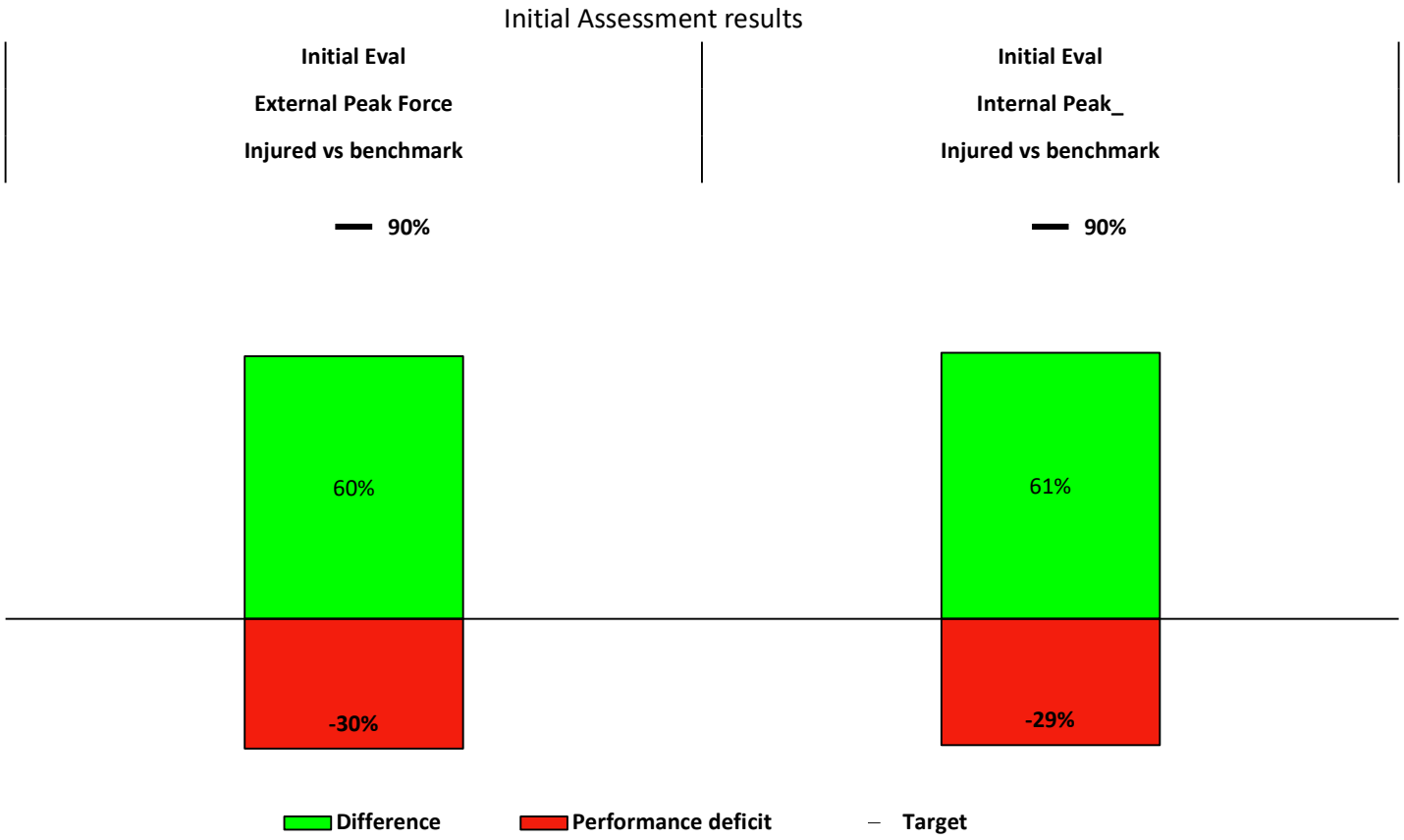
Graph 1 summarizes the subjective decline of 4 % over the exercise rehabilitation period. Currently, Mr X achieved 53% (Benchmark 80%)

Patient Reported VAS Pain



Graph 1 and 2 indicates the pain presentation of Mr X on the re-evaluation compared to initial assessment
Level of progress was low and not clinically significant.

Patient Performance Based Outcomes



Graph 1: External peak force asymetry on re-evaluation indicated a deficit of 30% (Injured compare to uninjured)

Graph 2:Internal peak force asymetry on re-evaluation indicated a deficit of 29% (Injured compare to uninjured)

Conclusion

Mr X didn't achieved clinical significant changes during the exercise rehabilitation period of 4 weeks.
I suggest that surgery can be an option to elevate pain and symptoms
Regards
Arnold Vlok