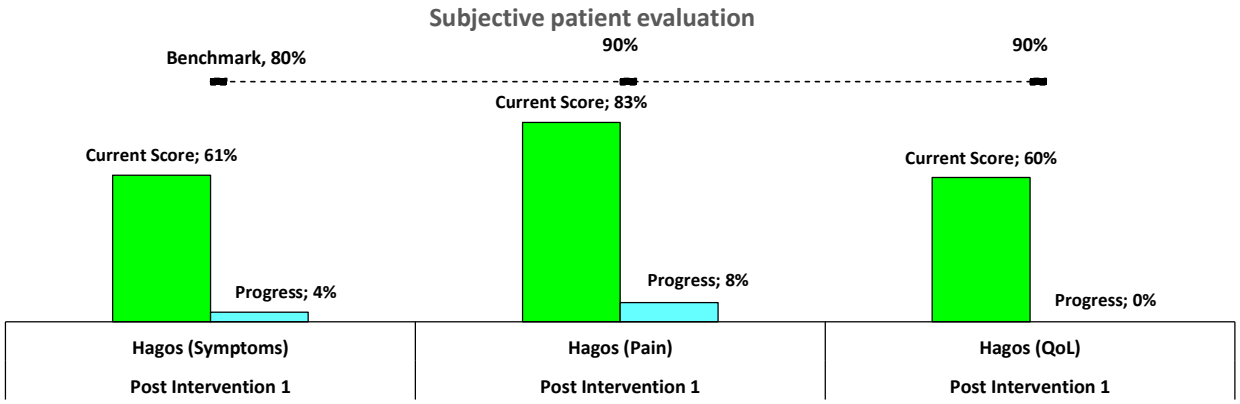
Progress report

TRIPP

Translate research into private practice

Initial assessment	2		Clinical summary	
Date:	29/09/2023		History:	LM was diagnosed with hip dysplasia, labrum tear and secondary FAI (Left Hip) in August 2022
Name & Surname:	LM		Current Progress	Average
Field	Orthopeadic		Clinical symptoms:	Deep interarticular pain
Diagnosis:	Primary	Secondary	Current intervention:	Exercise intervention (Personalized, hip therapy program)
	Hip labral repair	Hip dysplacia	Clinician Involve:	Arnold Vlok, Hennie Bosch, Dr Chris Sneakers, Karien Jordaan (Physio)
Months/weeks after injury	2 months		Primary treatment	Exercise therapy
Patient Goal	Running		Timeframe:	3-4 Months

Patient Reported Outcomes (PROM)

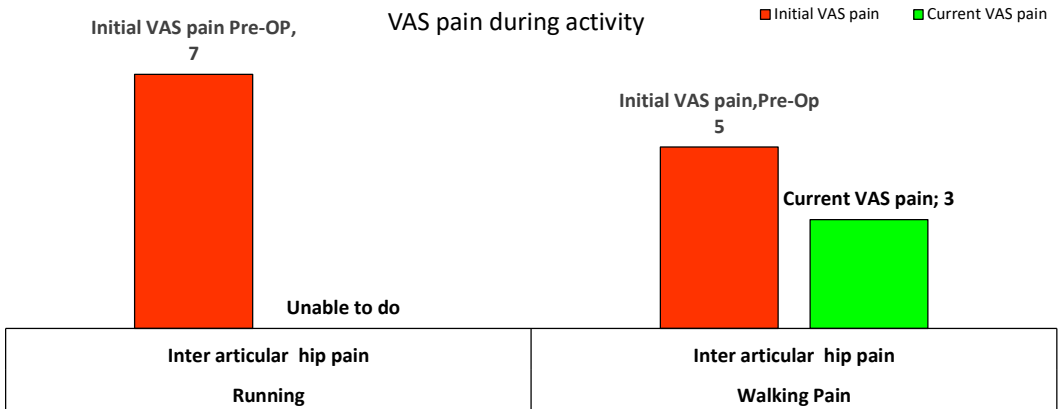


Graph 1 summarizes the subjective improvement of 4% over the exercise rehabilitation period (4 weeks). Currently, Lize achieved 61% (Benchmark 80%)

Graph 2 summarizes the subjective improvement of 8% over the exercise rehabilitation period. Currently, Lize achieved 83%(Benchmark 90%)

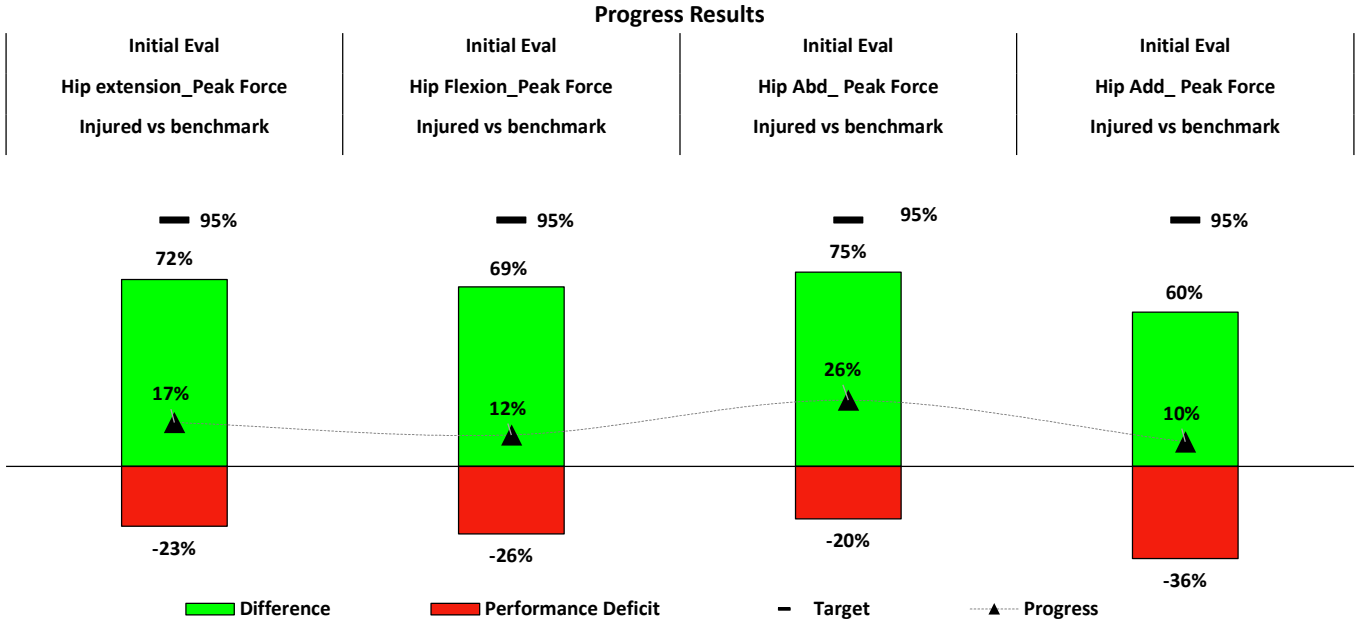
Graph 3 summarizes the subjective improvement of 0% over the exercise rehabilitation period. Currently, Lize achieved 60% (Benchmark 80%)

Patient Reported VAS Pain



Currently we did not add her VAS pain for running because she is still unable to it. Her pre-op VAS pain for running was 7/10 pain and her pre-op VAS pain for walking was 5/10. Currently she has a 3/10 VAS when walking.

Patient Performance Based Outcomes



Graph 1: Hip extension peak force asymmetry indicates 23% (Injured compared to benchmark). There was a 17% improvement.

Graph 2: Hip flexion peak force asymmetry indicates 26% (Injured compared to benchmark). There was a 12% improvement.

Graph 3: Hip abduction peak force asymmetry indicates 25% (injured compared to benchmark). There was a 26% improvement.

Graph 4: Hip adduction peak force asymmetry indicates 41% (Injured compared to benchmark). There was a 10% improvement.

Additional longitudinal data

