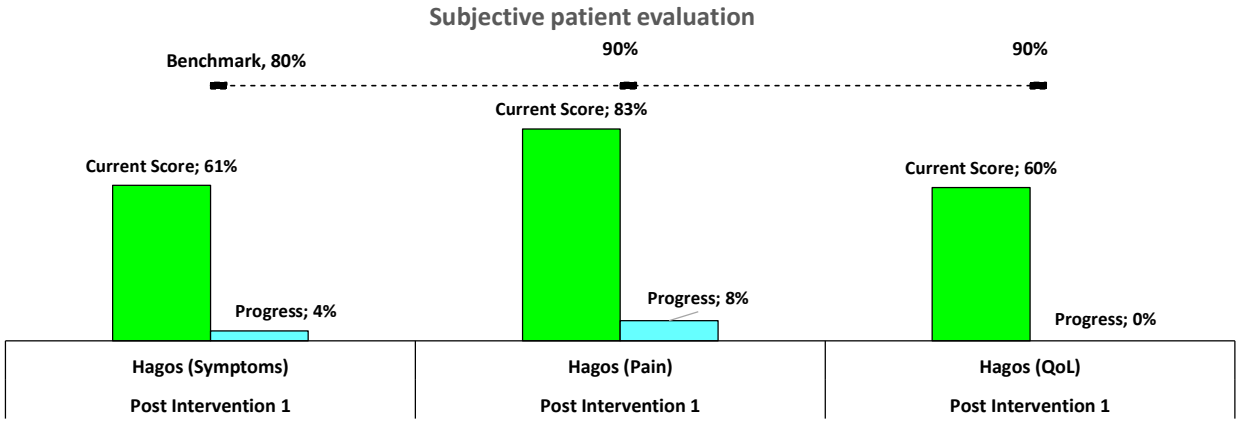
## Progress report

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)

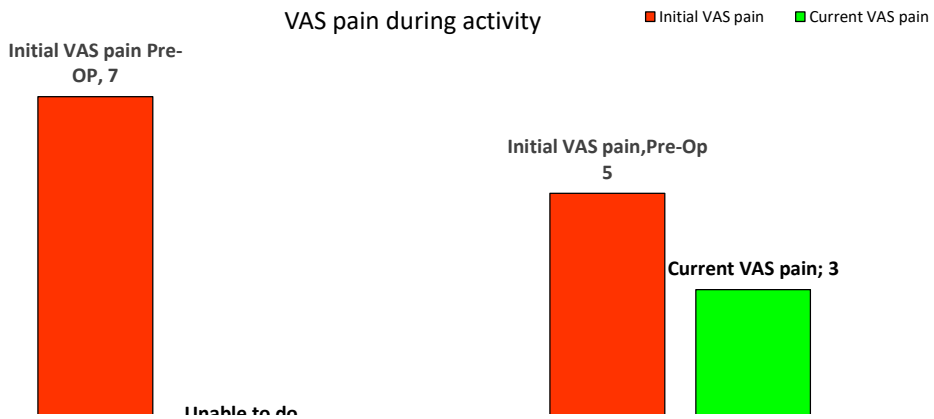



Graph 1 summarizes the subjective improvement of 4% over the exercise rehabilitation period (4 weeks). Currently, Lize achieved 61% (Benchmark 80%)

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%)

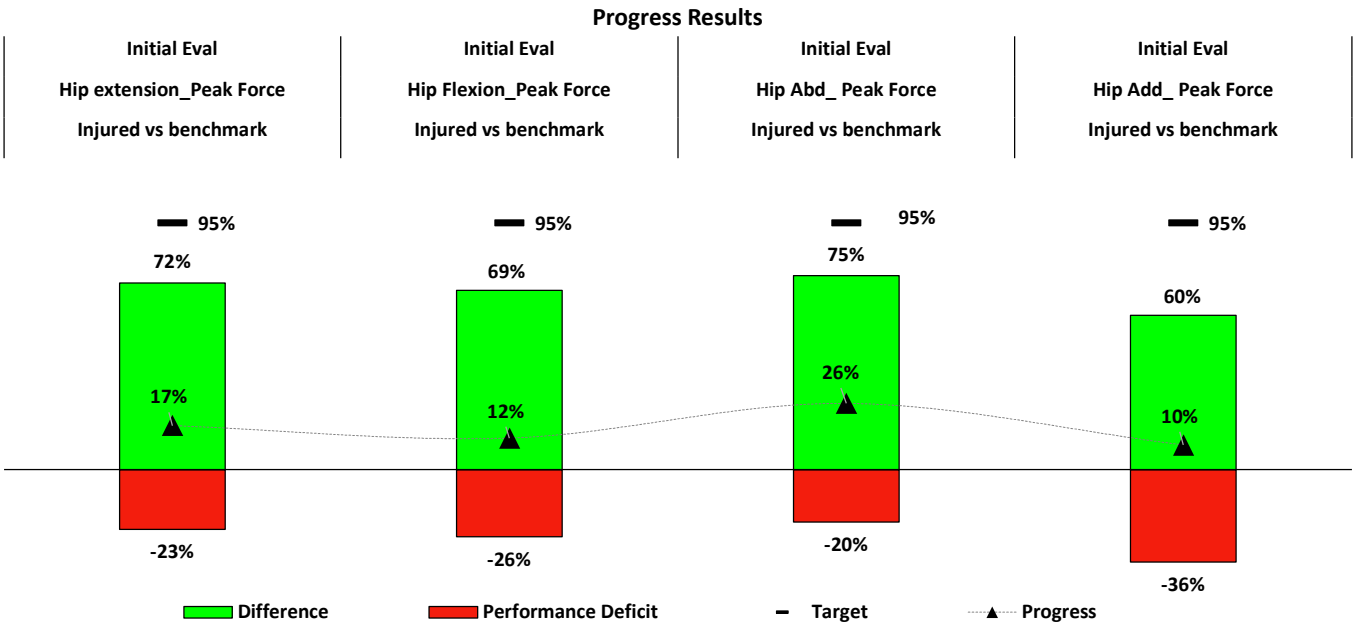
## Patient Reported VAS Pain






**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 no pain when walking.**

## Patient Performance Based Outcomes



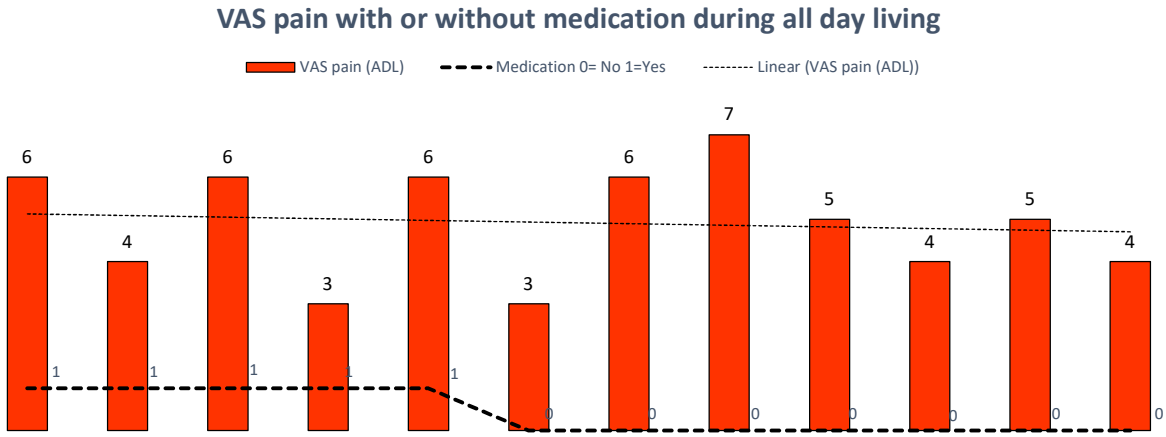

**Graph 1:** Hip extension peak force asymmetry indicates 23% (Injured compared to benchmark). There was a 17% improvement.

**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




The bar graph indicates Lize's VAS pain scores at each of her rehabilitation sessions. The dotted line graph is an indication when she took her pain medication. Zero indicates that she did no take her medication and one indicates that she took medication.

## Conclusion

LM was refered for futher surgical management to Ortopeadic surgeon
Part 2 of the series will continue.