



## Outcome Reports

The outcomes shown below have been collected using our state-of-the-art outcome system, the Astym Analyst™. Outcomes can be reported by six different outcome criteria including pain, functional status, pain and function combined functional improvement, patient satisfaction, and patient goals. In addition, data can be analyzed and displayed by the following factors:

- Age
- Chronicity
- Comorbidities
- Gender
- Limitations on Visits
- Mechanism of Onset
- Other Therapy Received
- Patient Classification
- Percentage of Astym Tx. Visits
- Prior Therapy Received
- Referral Source
- Industry Code

The following are a few examples of report data available in the Analyst. If you would like to view reports in addition to those displayed below, please contact Performance Dynamics, Inc. at 800.333.0244.

### Functional Improvement in Work/Sport/Activity Displayed by Mechanism of Onset

By Mechanism of Onset	Total Cases	Avg # of Astym Tx	Improved	Same	Worse
Minor trauma (sprains, strains, etc)	1902	8	93.6%	6.0%	0.4%
Major trauma (MVA, etc)	565	8	92.6%	6.7%	0.7%
Post-surgical	791	9	92.9%	6.3%	0.8%
Repetitive stress (specific activity)	3273	9	92.1%	7.4%	0.5%
Insidious onset (no specific activity)	3185	9	91.9%	7.8%	0.4%
Degenerative (joint)	174	8	91.4%	8.6%	0.0%
<b>TOTALS</b>	<b>9890</b>	<b>9</b>	<b>92.4%</b>	<b>7.1%</b>	<b>0.5%</b>

\*Cases with no impairment IE and DC for functional improvement not included

### Pain Ratings Displayed by Chronicity

By Chronicity	Total Cases	Avg # of Astym Tx	Excellent/Good	Fair/Poor
Acute (0-14 days)	482	7	96.5%	3.5%
Subacute (15 days to 12 weeks)	3227	8	92.7%	7.3%
Chronic long term (> 12 weeks)	6280	9	88.1%	11.9%
<b>TOTALS</b>	<b>9989</b>	<b>9</b>	<b>89.9%</b>	<b>10.1%</b>

\*Calculated from % in pain and D/C pain

### Patient Satisfaction Displayed by Patient Classification

By Patient Classification	Total Cases	Avg # of Astym Tx	Satisfied	Neither	Unsatisfied
Recreationally active	3660	9	89.8%	8.6%	1.6%
Sedentary	1443	8	87.7%	9.5%	2.8%
Competitive athlete	1074	8	93.7%	5.2%	1.1%
Recreational athlete	1824	9	93.0%	5.8%	1.2%
Workers compensation	1699	9	85.6%	12.3%	2.1%
Non-workers compensation	289	8	89.6%	9.3%	1.0%
<b>TOTALS</b>	<b>9989</b>	<b>9</b>	<b>89.8%</b>	<b>8.5%</b>	<b>1.7%</b>

**Astym Therapy Outcome Report**  
**Functional Improvement in Work/Sport/Activity**

All Diagnostic Categories	Total Cases	Avg # of Astym Tx	Improved	Same	Worse
<b>Shoulder Girdle</b>					
Adhesive capsulitis	64	9	96.9%	1.6%	1.6%
Biceps tendinopathy	70	7	87.1%	11.4%	1.4%
Rotator cuff-impingement/tendinopathy	222	7	93.7%	5.0%	1.4%
Rotator cuff-partial tear	40	8	75.0%	20.0%	5.0%
Scapular dysfunction	39	7	89.7%	10.3%	0.0%
Shoulder pain	210	7	89.5%	10.0%	0.5%
Surgical repair of rotator cuff tear	37	8	91.9%	8.1%	0.0%
<b>Elbow/Forearm</b>					
Cubital tunnel syndrome	29	9	86.2%	13.8%	0.0%
Elbow pain	100	8	93.0%	7.0%	0.0%
Lateral epicondylopathy	1451	10	91.0%	8.5%	0.5%
Lateral epicondylopathy + carpal tunnel syndrome	70	9	88.6%	10.0%	1.4%
Lateral epicondylopathy + medial epicondylopathy	154	10	88.3%	11.0%	0.6%
Medial epicondylopathy	209	9	92.8%	5.3%	1.9%
Radial tunnel syndrome	22	7	95.5%	4.5%	0.0%
Other tendinopathy of forearm (sprain/strain forearm)	130	8	92.3%	7.7%	0.0%
Ulnar neuritis	27	8	92.6%	7.4%	0.0%
<b>Hand &amp; Wrist</b>					
Carpal tunnel syndrome	295	9	87.8%	11.9%	0.3%
DeQuervain's	173	8	87.9%	11.6%	0.6%
Post-surgical carpal tunnel release	37	8	86.5%	8.1%	5.4%
Sprain-thumb/fingers	34	8	94.1%	5.9%	0.0%
Sprain-wrist	132	7	97.7%	2.3%	0.0%
Trigger finger	61	8	85.2%	13.1%	1.6%
Fractured distal radius and ulna	24	11	100.0%	0.0%	0.0%
<b>Other Upper Extremity Diagnoses</b>					
Scar management upper extremity-surgical or traumatic	47	9	97.9%	2.1%	0.0%
2 or more diagnoses from elbow to fingers	159	9	89.3%	8.8%	1.9%
Proximal and distal upper extremity pathologies	63	10	90.5%	6.3%	3.2%
<b>Hip &amp; Groin</b>					
Groin sprain/strain	88	8	96.6%	3.4%	0.0%
Hip pain	195	8	93.8%	6.2%	0.0%
IT band syndrome/TFL	105	8	92.4%	7.6%	0.0%
Piriformis syndrome	49	7	85.7%	12.2%	2.0%
Trochanteric bursitis	140	8	97.9%	1.4%	0.7%
<b>Knee</b>					
Hamstring strain	281	8	97.5%	2.5%	0.0%
IT band syndrome	106	7	98.1%	1.9%	0.0%
Knee DJD	33	9	93.9%	6.1%	0.0%
Knee pain	278	7	93.2%	6.8%	0.0%
Patellar tendinopathy	172	7	89.5%	10.5%	0.0%
Patellofemoral pain, patellar instability, plica syndrome	174	8	89.1%	10.9%	0.0%
Pes anserine bursitis	21	9	95.2%	4.8%	0.0%
Post-surgical ACL/PCL reconstruction	42	9	92.9%	7.1%	0.0%
Post-surgical arthroscopy	85	8	95.3%	3.5%	1.2%
Post-surgical total knee arthroplasty	186	9	96.2%	3.8%	0.0%
Quad strain	68	6	94.1%	4.4%	1.5%
Sprain-MCL/LCL	26	7	96.2%	3.8%	0.0%
<b>Shin, Ankle &amp; Foot</b>					
Achilles tendinopathy	540	9	95.2%	4.6%	0.2%
Ankle/foot pain	267	8	92.9%	6.4%	0.7%
Calf strain	125	7	96.0%	4.0%	0.0%
Plantar fasciopathy-heel pain	1406	9	91.2%	8.5%	0.4%
Post-surgical Achilles tendon injury	42	10	95.2%	4.8%	0.0%
Post-surgical hallux valgus/bunionectomy	31	8	100.0%	0.0%	0.0%
Shin splints-tendinopathy of tibialis anterior, tibialis posterior, peroneal tendinopathy	187	9	96.3%	3.7%	0.0%
Sprain-ankle	119	8	98.3%	1.7%	0.0%
Fractured ankle	32	9	100.0%	0.0%	0.0%
<b>Other Lower Extremity Diagnoses</b>					
Scar management lower extremity-surgical or traumatic	51	9	92.2%	7.8%	0.0%
2 or more diagnoses from the knee to the toes	30	11	86.7%	13.3%	0.0%
Proximal and distal lower extremity pathologies	26	8	92.3%	7.7%	0.0%
<b>Head &amp; Neck</b>					
Cervical discogenic pain	34	7	94.1%	5.9%	0.0%
Cervical sprain/strain	68	7	94.1%	5.9%	0.0%
Neck pain/cervicalgia	163	7	91.4%	8.6%	0.0%
<b>Torso/Rib</b>					
Thoracic pain	57	7	89.5%	10.5%	0.0%
Thoracic sprain/strain	23	6	95.7%	4.3%	0.0%
<b>Back</b>					
Low back pain	165	7	86.7%	12.7%	0.6%
Lumbar discogenic pain	24	6	95.8%	4.2%	0.0%
Sacroiliac sprain/strain	21	7	100.0%	0.0%	0.0%
<b>TOTALS</b>	<b>9359</b>	<b>9</b>	<b>92.3%</b>	<b>7.3%</b>	<b>0.5%</b>

\* Cases with no impairment IE and DC for functional improvement not included.  
Outcomes above represent the following: Diagnostic Categories with more than 20 entries.