



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
- Limitations on Visits
- Percentage of Astym Tx. Visits
- Chronicity
- Mechanism of Onset
- Prior Therapy Received
- Comorbidities
- Other Therapy Received
- Referral Source
- Gender
- Patient Classification
- 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)	1932	8	93.7%	5.9%	0.4%
Major trauma (MVA, etc)	580	8	92.5%	6.9%	0.7%
Post-surgical	806	9	93.0%	6.3%	0.7%
Repetitive stress (specific activity)	3347	9	92.2%	7.3%	0.5%
Insidious onset (no specific activity)	3223	9	91.9%	7.7%	0.4%
Degenerative (joint)	181	8	91.7%	8.3%	0.0%
TOTALS	10,069	9	92.4%	7.1%	0.5%

*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)	489	7	96.5%	3.4%
Subacute (15 days to 12 weeks)	3282	8	92.7%	7.3%
Chronic long term (> 12 weeks)	6397	9	88.0%	12.1%
TOTALS	10,168	9	89.9%	10.1%

*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	3726	9	89.9%	8.5%	1.6%
Sedentary	1475	8	87.9%	9.3%	2.8%
Competitive athlete	1106	8	93.7%	5.2%	1.1%
Recreational athlete	1866	9	93.2%	5.7%	1.2%
Workers compensation	1705	9	85.6%	12.3%	2.1%
Non-workers compensation	290	8	89.7%	9.3%	1.0%
TOTALS	10,168	9	89.9%	8.4%	1.7%

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

All Diagnostic Categories	Total Cases	Avg # of Astym Tx	Improved	Same	Worse
Shoulder Girdle					
Adhesive capsulitis	64	9	96.9%	1.6%	1.6%
Biceps tendinopathy	73	8	86.3%	12.3%	1.4%
Rotator cuff-impingement/tendinopathy	223	7	93.7%	4.9%	1.3%
Rotator cuff-partial tear	40	8	75.0%	20.0%	5.0%
Scapular dysfunction	40	7	90.0%	10.0%	0.0%
Shoulder pain	212	7	89.6%	9.9%	0.5%
Surgical repair of rotator cuff tear	37	8	91.9%	8.1%	0.0%
Elbow/Forearm					
Cubital tunnel syndrome	29	9	86.2%	13.8%	0.0%
Elbow pain	102	8	93.1%	6.9%	0.0%
Lateral epicondylopathy	1465	10	91.1%	8.4%	0.5%
Lateral epicondylopathy + carpal tunnel syndrome	70	9	88.5%	10.0%	1.4%
Lateral epicondylopathy + medial epicondylopathy	157	10	88.5%	10.8%	0.6%
Medial epicondylopathy	211	9	92.9%	5.2%	1.9%
Radial tunnel syndrome	22	7	95.5%	4.5%	0.0%
Other tendinopathy of forearm (sprain/strain forearm)	131	8	92.4%	7.6%	0.0%
Ulnar neuritis	27	8	92.6%	7.4%	0.0%
Hand & Wrist					
Carpal tunnel syndrome	295	9	87.8%	11.9%	0.3%
DeQuervain's	174	8	87.9%	11.5%	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	133	7	97.8%	2.3%	0.0%
Trigger finger	61	8	85.2%	13.1%	1.6%
Fractured distal radius and ulna	25	11	100.0%	0.0%	0.0%
Other Upper Extremity Diagnoses					
Scar management upper extremity-surgical or traumatic	49	9	98.0%	2.0%	0.0%
2 or more diagnoses from elbow to fingers	160	9	89.4%	8.8%	1.9%
Proximal and distal upper extremity pathologies	63	10	90.5%	6.3%	3.2%
Hip & Groin					
Groin sprain/strain	91	8	96.7%	3.3%	0.0%
Hip pain	199	8	94.0%	6.0%	0.0%
IT band syndrome/TFL	107	8	92.6%	7.5%	0.0%
Piriformis syndrome	49	7	85.7%	12.2%	2.0%
Trochanteric bursitis	151	8	98.1%	1.3%	0.7%
Knee					
Hamstring strain	289	8	97.6%	2.4%	0.0%
IT band syndrome	108	7	98.1%	1.9%	0.0%
Knee DJD	34	9	94.1%	5.9%	0.0%
Knee pain	282	7	93.3%	6.7%	0.0%
Patellar tendinopathy	175	8	89.7%	10.3%	0.0%
Patellofemoral pain, patellar instability, plica syndrome	177	8	89.3%	10.7%	0.0%
Pes anserine bursitis	21	9	95.2%	4.8%	0.0%
Post-surgical ACL/PCL reconstruction	43	9	93.0%	7.0%	0.0%
Post-surgical arthroscopy	87	8	95.4%	3.4%	1.1%
Post-surgical total knee arthroplasty	189	9	96.3%	3.7%	0.0%
Quad strain	69	6	94.2%	4.3%	1.4%
Sprain-MCL/LCL	26	7	96.1%	3.8%	0.0%
Shin, Ankle & Foot					
Achilles tendinopathy	553	9	95.3%	4.5%	0.2%
Ankle/foot pain	277	8	93.2%	6.1%	0.7%
Calf strain	129	8	96.1%	3.9%	0.0%
Plantar fasciopathy-heel pain	1431	9	91.2%	8.4%	0.3%
Post-surgical Achilles tendon injury	42	10	95.2%	4.8%	0.0%
Post-surgical hallux valgus/bunionectomy	32	9	100.0%	0.0%	0.0%
Shin splints-tendinopathy of tibialis anterior, tibialis posterior, peroneal tendinopathy	190	9	96.3%	3.7%	0.0%
Sprain-ankle	121	8	98.3%	1.7%	0.0%
Fractured ankle	37	9	100.0%	0.0%	0.0%
Other Lower Extremity Diagnoses					
Scar management lower extremity-surgical or traumatic	51	9	92.1%	7.8%	0.0%
2 or more diagnoses from the knee to the toes	30	11	86.6%	13.3%	0.0%
Proximal and distal lower extremity pathologies	26	8	92.3%	7.7%	0.0%
Head & Neck					
Cervical discogenic pain	35	7	94.3%	5.7%	0.0%
Cervical sprain/strain	69	7	94.2%	5.8%	0.0%
Neck pain/cervicalgia	163	7	91.4%	8.6%	0.0%
Torso/Rib					
Thoracic pain	59	8	89.9%	10.2%	0.0%
Thoracic sprain/strain	23	6	95.6%	4.3%	0.0%
Back					
Low back pain	175	7	87.4%	12.0%	0.6%
Lumbar discogenic pain	25	6	96.0%	4.0%	0.0%
Sacroiliac sprain/strain	24	7	100.0%	0.0%	0.0%
TOTALS	9523	9	92.4%	7.2%	0.5%

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