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

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	75	8	85.3%	13.3%	1.3%	
Rotator cuff-impingement/tendinopathy	233	7	94.0%	4.7%	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	214	7	89.7%	9.8%	0.5%	
Subacromial bursitis	26	7	96.2%	3.8%	0.0%	
Surgical repair of rotator cuff tear	38	8	89.5%	10.5%	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	1476	10	91.1%	8.4%	0.5%	
Lateral epicondylopathy + carpal tunnel syndrome	70	9	88.6%	10.0%	1.4%	
Lateral epicondylopathy + medial epicondylopathy	158	10	88.6%	10.8%	0.6%	
Medial epicondylopathy	214	9	92.5%	5.6%	1.9%	
Radial tunnel syndrome	24	8	95.8%	4.2%	0.0%	
Other tendinopathy of forearm (sprain/strain forearm)	133	8	92.5%	7.5%	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	134	7	97.8%	2.2%	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%	
	03	10	90.576	0.3 %	3.270	
Hip & Groin	00		00.70/	2.20/	0.0%	
Groin sprain/strain	92	8	96.7%	3.3%	0.0%	
Hip pain	202	8	94.1%	5.9%	0.0%	
IT band syndrome/TFL	109	8	92.7%	7.3%	0.0%	
Piriformis syndrome	49	7	85.7%	12.2%	2.0%	
Trochanteric bursitis	155	8	98.1%	1.3%	0.6%	
Knee						
Hamstring strain	291	8	97.6%	2.4%	0.0%	
IT band syndrome	109	7	98.2%	1.8%	0.0%	
Knee DJD	34	9	94.1%	5.9%	0.0%	
Knee pain	286	7	93.0%	7.0%	0.0%	
Patellar tendinopathy	175	8	89.7%	10.3%	0.0%	
Patellofemoral pain, patellar instability, plica syndrome	181	8	90.1%	9.9%	0.0%	
Pes anserine bursitis	21	9	95.2%	4.8%	0.0%	
Post-surgical ACL/PCL reconstruction	44	9	93.2%	6.8%	0.0%	
Post-surgical arthroscopy	89	8	95.5%	3.4%	1.1%	
Post-surgical total knee arthroplasty	189	9	96.3%	3.7%	0.0%	
	69	9 6	94.2%	4.3%	1.4%	
Quad strain		0	94.2%	4.3%	1.4%	
Sprain-MCL/LCL	00		00.00/		0.00/	
	26	7	96.2%	3.8%	0.0%	
Shin, Ankle & Foot				3.8%		
Achilles tendinopathy	554	9	95.1%	3.8% 4.7%	0.2%	
Achilles tendinopathy Ankle/foot pain	554 279	9 8	95.1% 93.2%	3.8% 4.7% 6.1%	0.2% 0.7%	
Achilles tendinopathy Ankle/foot pain Calf strain	554 279 132	9 8 8	95.1% 93.2% 96.2%	3.8% 4.7% 6.1% 3.8%	0.2% 0.7% 0.0%	
Achilles tendinopathy Ankle/foot pain	554 279	9 8	95.1% 93.2%	3.8% 4.7% 6.1%	0.2% 0.7%	
Achilles tendinopathy Ankle/foot pain Calf strain	554 279 132	9 8 8	95.1% 93.2% 96.2%	3.8% 4.7% 6.1% 3.8%	0.2% 0.7% 0.0%	
Achilles tendinopathy Ankle/foot pain Calf strain Plantar fasciopathy-heel pain	554 279 132 1441	9 8 8 9	95.1% 93.2% 96.2% 91.2%	3.8% 4.7% 6.1% 3.8% 8.5%	0.2% 0.7% 0.0% 0.3%	
Achilles tendinopathy Ankle/foot pain Calf strain Plantar fasciopathy-heel pain Post-surgical Achilles tendon injury	554 279 132 1441 42	9 8 8 9 10	95.1% 93.2% 96.2% 91.2% 95.2% 100.0%	3.8% 4.7% 6.1% 3.8% 8.5% 4.8% 0.0%	0.2% 0.7% 0.0% 0.3% 0.0% 0.0%	
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*Cases with no functional impairment at initial evaluation not included

Outcomes represent only diagnostic categories with more than 20 entries



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

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- Limitations on Visits
- Chronicity

Gender

- Mechanism of Onset
- Comorbidities
- 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

By Mechanism of Onset	Total Cases	Avg # of Astym Tx	Improved	Same	Worse
Minor trauma (strains, sprains, etc)	1960	8	93.9%	5.8%	0.4%
Major trauma (MVA, etc)	585	8	92.5%	6.8%	0.7%
Post-surgical	815	9	93.0%	6.3%	0.7%
Repetitive stress (specific activity)	3377	9	92.2%	7.3%	0.5%
Insidious onset (no specific activity)	3249	9	92.0%	7.7%	0.4%
Degenerative (joint)	184	8	91.8%	8.2%	0.0%
TOTALS	10170	9	92.5%	7.0%	0.5%

Displayed by Mechanism of Onset

*Cases with no functional impairment at initial evaluation not included

Pain Ratings

Displayed by Chronicity

By Chronicity	Total Cases	Avg # of Astym Tx	Excellent/Good	Fair/Poor
Acute (0-14 days)	491	7	96.6%	3.4%
Subacute (15 days to 12 weeks)	3325	8	92.9%	7.1%
Chronic long term (> 12 weeks)	6453	9	87.9%	12.1%
TOTALS	10269	9	89.9%	10.1%

Patient Satisfaction

Displayed by Patient Classification

By Patient Classification	Total Cases	Avg # of Astym Tx	Satisfied	Neither	Unsatisfied
Recreationally active	3785	9	90.0%	8.4%	1.6%
Sedentary	1486	8	87.8%	9.4%	2.8%
Competitive athlete	1113	8	93.9%	5.1%	1.1%
Recreational athlete	1889	9	93.2%	5.7%	1.1%
Workers compensation	1706	9	85.6%	12.3%	2.1%
Non-workers compensation	290	8	89.7%	9.3%	1.0%
TOTALS	10269	9	89.9%	8.4%	1.7%