

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	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%
Hip & Groin					
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%
Quad strain	69	6	94.2%	4.3%	1.4%
Sprain-MCL/LCL	26	7	96.2%	3.8%	0.0%
Shin, Ankle & Foot					
Achilles tendinopathy	554	9	95.1%	4.7%	0.2%
Ankle/foot pain	279	8	93.2%	6.1%	0.7%
Calf strain	132	8	96.2%	3.8%	0.0%
Plantar fasciopathy-heel pain	1441	9	91.2%	8.5%	0.3%
Post-surgical Achilles tendon injury	42	10	95.2%	4.8%	0.0%
Post-surgical hallux valgus/bunionectomy	33	9	100.0%	0.0%	0.0%
Shin splints-tendinopathy of tibialis anterior, tibialis posterior, peroneal tendinopathy	194	9	96.4%	3.6%	0.0%
Sprain-ankle	123	8	98.4%	1.6%	0.0%
Fractured ankle	38	10	100.0%	0.0%	0.0%
Other Lower Extremity Diagnoses					
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%
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	168	7	91.1%	8.9%	0.0%
Torso/Rib					
Thoracic pain	61	8	90.2%	9.8%	0.0%
Thoracic sprain/strain	23	6	95.7%	4.3%	0.0%
Back					
Low back pain	180	7	86.7%	12.8%	0.6%
Lumbar discogenic pain	25	6	96.0%	4.0%	0.0%
Sacroiliac sprain/strain	26	8	96.2%	3.8%	0.0%
TOTALS	9646	9	92.3%	7.2%	0.5%

*Cases with no functional impairment at initial evaluation not included
Outcomes represent only diagnostic categories with more than 20 entries

ASTYM[®]

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)	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%

*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%