

**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	75	8	85.4%	13.3%	1.3%
Rotator cuff-impingement/tendinopathy	234	7	94.0%	4.7%	1.3%
Rotator cuff-partial tear	40	8	75.0%	20.0%	2.5%
Scapular dysfunction	40	7	90.0%	10.0%	0.0%
Shoulder pain	215	7	89.8%	9.8%	0.5%
Subacromial bursitis	30	7	96.7%	3.3%	0.0%
Surgical repair of rotator cuff tear	38	8	89.5%	10.5%	0.0%
<b>Elbow/Forearm</b>					
Cubital tunnel syndrome	29	9	86.2%	13.8%	0.0%
Elbow pain	102	8	93.1%	6.9%	0.0%
Lateral epicondylopathy	1480	10	91.2%	8.4%	0.5%
Lateral epicondylopathy + carpal tunnel syndrome	70	9	88.5%	10.0%	1.4%
Lateral epicondylopathy + medial epicondylopathy	160	10	88.7%	10.6%	0.6%
Medial epicondylopathy	217	9	92.7%	5.5%	1.8%
Radial tunnel syndrome	24	8	95.9%	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%
<b>Hand &amp; Wrist</b>					
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%
<b>Other Upper Extremity Diagnoses</b>					
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%
<b>Hip &amp; Groin</b>					
Groin sprain/strain	95	8	96.8%	3.2%	0.0%
Hip pain	203	8	93.6%	6.4%	0.0%
IT band syndrome/TFL	111	8	92.8%	7.2%	0.0%
Piriformis syndrome	49	7	85.7%	12.2%	2.0%
Trochanteric bursitis	157	8	98.1%	1.3%	0.6%
<b>Knee</b>					
Hamstring strain	291	8	97.6%	2.4%	0.0%
IT band syndrome	109	7	98.2%	1.8%	0.0%
Knee DJD	35	8	94.3%	5.7%	0.0%
Knee pain	289	7	93.0%	6.9%	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	93.1%	6.8%	0.0%
Post-surgical arthroscopy	89	8	95.5%	3.4%	1.1%
Post-surgical total knee arthroplasty	190	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%
<b>Shin, Ankle &amp; Foot</b>					
Achilles tendinopathy	557	9	95.1%	4.7%	0.2%
Ankle/foot pain	279	8	93.2%	6.1%	0.7%
Calf strain	133	8	96.2%	3.8%	0.0%
Plantar fasciopathy-heel pain	1445	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	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	40	10	100.0%	0.0%	0.0%
<b>Other Lower Extremity Diagnoses</b>					
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%
<b>Head &amp; Neck</b>					
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	169	7	91.1%	8.9%	0.0%
<b>Torso/Rib</b>					
Thoracic pain	63	8	90.5%	9.5%	0.0%
Thoracic sprain/strain	23	6	95.6%	4.3%	0.0%
<b>Back</b>					
Low back pain	181	7	86.7%	12.7%	0.6%
Lumbar discogenic pain	25	6	96.0%	4.0%	0.0%
Sacroiliac sprain/strain	26	8	96.1%	3.8%	0.0%
<b>TOTALS</b>	<b>9688</b>	<b>9</b>	<b>92.0%</b>	<b>7.0%</b>	<b>0.0%</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



## 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 765-751-2341.

### 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)	1972	8	93.9%	5.8%	0.4%
Major trauma (MVA, etc)	586	9	92.5%	6.8%	0.7%
Post-surgical	826	9	92.9%	6.4%	0.7%
Repetitive stress (specific activity)	3393	9	92.1%	7.4%	0.5%
Insidious onset (no specific activity)	3266	9	92.0%	7.6%	0.4%
Degenerative (joint)	186	8	91.4%	8.6%	0.0%
<b>TOTALS</b>	<b>10,229</b>	<b>9</b>	<b>92.5%</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)	492	7	96.5%	3.5%
Subacute (15 days to 12 weeks)	3344	8	92.8%	7.2%
Chronic long term (> 12 weeks)	6492	9	87.9%	12.1%
<b>TOTALS</b>	<b>10,328</b>	<b>9</b>	<b>92.4%</b>	<b>7.6%</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	3820	9	90.1%	8.4%	1.5%
Sedentary	1499	8	87.9%	9.3%	2.7%
Competitive athlete	1118	8	93.8%	5.1%	1.1%
Recreational athlete	1893	9	93.2%	5.7%	1.1%
Workers compensation	1708	9	85.6%	12.4%	2.0%
Non-workers compensation	290	8	89.7%	9.3%	1.0%
<b>TOTALS</b>	<b>10,328</b>	<b>9</b>	<b>90.1%</b>	<b>8.4%</b>	<b>1.6%</b>