



Referral Closing Report

John Wallace, Reporting Period: 03/08/2023 - 06/26/2023

CUSTOMER INFORMATION

Primary Payer:	Payor Name	Employer Name:	Piedmont Airlines
Claim Number/ID:	123456789	Claims adjuster:	Randy Doe
Date of Injury:			

INJURED WORKER

Injured Worker:	Rick Wallace	Rx Referral Date:	03/08/2023
Date of Birth:	01/26/1975	Initial Contact Date:	03/08/2023
Treating Provider:		Program Start Date:	03/08/2023
Diagnosis/Body Part:	Rotator Cuff Injury (R)	Program End Date:	06/26/2023
ICD-Code:	Neck and shoulder pain		

Dear Randy,

Mr. Wallace showed excellent adherence to the Recupe program and moderate adherence to his home exercises during the time he utilized the Recupe app for his at-home recovery program. Mr. Wallace reported moderate (6 out of 10) to mild pain (3 out of 10) during this time, with his last reported pain being 6 out of 10. Recupe Coach has supported Mr. Wallace by reviewing and updating his home exercise program as needed and encouraging Mr. Wallace to do his prescribed exercises and stretches. Mr. Wallace had good communication with Recupe Coach during check-ins, informing Recupe Coach of changes in the care plan. During one of the last interactions with the Recupe Coach, Mr. Wallace reported that he had been having more pain in the shoulder that didn't seem to get better. Mr. Wallace informed Recupe Coach that his claim had been denied and he was no longer attending outpatient physical therapy, and we have now concluded the program.

Below is a summary highlighting Mr. Wallace's participation and progression efforts to date.

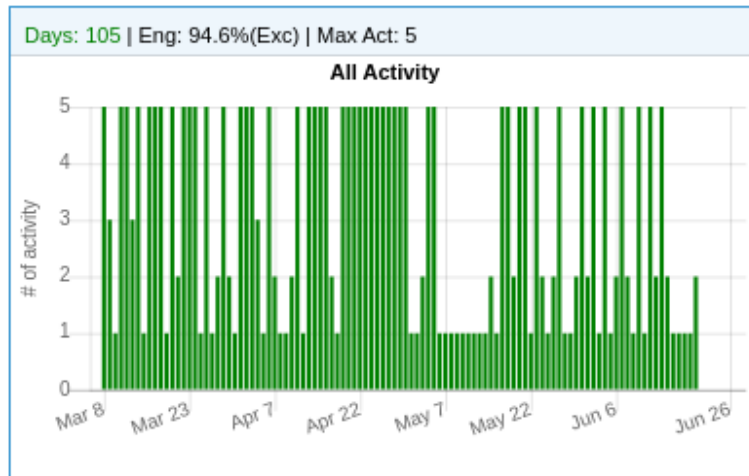


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SUMMARY DATA AND INSIGHTS:

Overall Engagement Status: 94.6% (Excellent)



Engagement Scale (%): Excellent – 81 to 100 | Good – 51 to 80 | Moderate – 26 to 50 | Low 0 to 25

Injured Worker Active on Recupe

105 out of 111 days

1. Injured Worker Surveys

1.A. Injured Worker Reported Outcome Survey: QuickDASH

QuickDASH calculates a subject's disability created by upper extremity conditions (arm, shoulder, hand). The score indicates the percent disability. For example, 75% indicates crippling disability. The Minimal Detectable Change (MDC) from most sources is 11.2%.

- Date taken: 03/08/2023 | Score: 43.20%
- Date taken: 05/30/2023 | Score: 31.80%

QuickDASH Score (%) 100: 100% disabled which is really bad | 0: 0% disabled which is perfect function

2. Total Physical Activity (average per day): 125 minutes (Vigorous)

Mr. Wallace demonstrated excellent engagement throughout this reporting period. Combining both his prescribed home exercise program and walking activity, he did vigorous physical activity with an average 125 minutes per day.

Physical Activity Scale (min per day): Vigorous - Over 30 | Moderate - 30 | Low - Less than 30

**CDC recommends 2 or more days/week of muscle-strengthening activities that work all major muscle and 30 minutes/day, 5 days/week of moderate-intensity aerobic activity (such as brisk walking).*

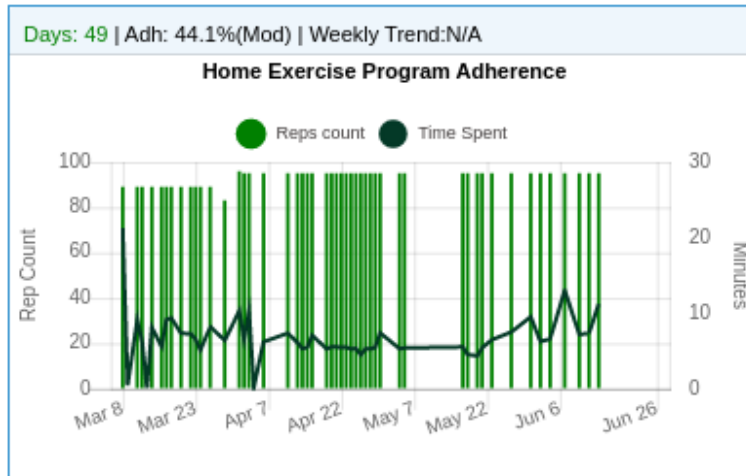
<https://www.cdc.gov/physicalactivity/basics/adults/index.htm>



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2.A. Home Exercise Program (HEP) Adherence on Recupe



- Total HEP Days: 49
- Total HEP Time (HH:MM:SS): 05:56:42
- Total HEP Reps: 4,572
- Average HEP Time per day (minute): 7 (Low)
- Average HEP Reps per day: 93 (Moderate)
- HEP Adherence: 44.1% (Moderate)

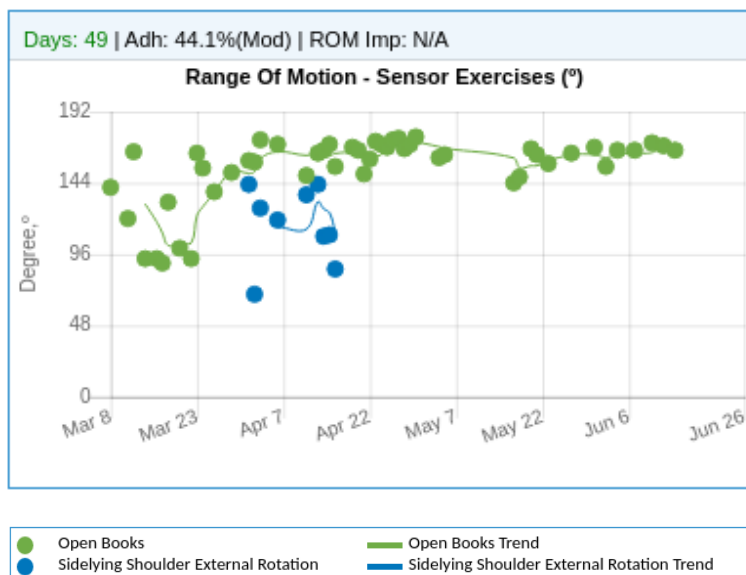
HEP Adherence Scale (%): Excellent – 81 to 100 | Good – 51 to 80 | Moderate – 26 to 50 | Low - 0 to 25

HEP Time Scale (min per day): Excellent – over 35 | Good – 26 to 35 | Moderate – 16 to 25 | Low – 15 or less

HEP Reps Scale (reps per day): Excellent - over 140 | Good – 101 to 140 | Moderate – 61 to 100 | Low – 60 or less

Mr. Wallace had moderate adherence of 44.1% to his home exercise program. He completed 5.9 hours home exercise program with an average of 7 minutes and 93 reps per day.

2.B. Sensor Exercise Progress





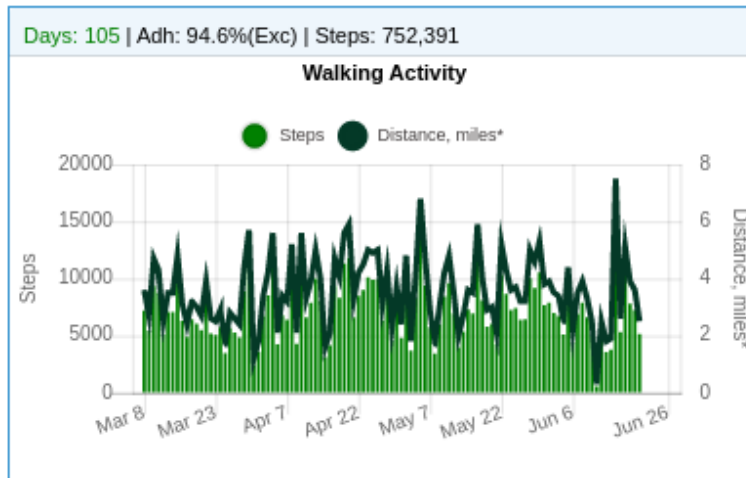
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- Total Sensor Exercise Captured Days: 49
- Open Books, range & mean (degree): 90 to 175 (mean: 153.8)
- Sidelying Shoulder External Rotation, range & mean (degree): 69 to 143 (mean: 115.6)

Mr. Wallace performed all ROM exercises as prescribed and captured through the Recupe sensor.

2.C. Walking Activity



- Total Walking Days: 105
- Total steps: 752,391
- Total distance (miles)*: 374.5
- Total walking time (HH:MM:SS)*: 208:03:00
- Average steps per day: 7,165 (Moderate)
- Average walking distance per day (miles)*: 3.6
- Average walking time per day (minutes)*: 118
- Walking Adherence: 94.6% (Excellent)

Walking Adherence Scale (%): Excellent – 81 to 100 | Good – 51 to 80 | Moderate – 26 to 50 | Low - 0 to 25

Walking Activity Scale (steps): a vigorous activity – more than 7,500 | a moderate activity - 2,000 to 7,500 | a low activity – less than 2,000

**Walking distance and walking time are estimated based on a slow speed of 2mph*

<https://www.qundersenhealth.org/health-wellness/move/physical-activity/minutes-in-motion/pedometer-conversion-chart/>

Based on guideline of National Institutes of Health (NIH), about 7,500 step a day is recommended for better health. Average number of steps for the U.S. population is between 4,000 and 5,000 steps a day. Inactive people may get 2,000 steps a day or less.

Mr. Wallace had excellent walking adherence of 94.6% in tracked walking activity. Mr. Wallace had walked 208.1 hours with an average of 7,165 steps, 3.6 miles and 118 minutes per day, a moderate activity.



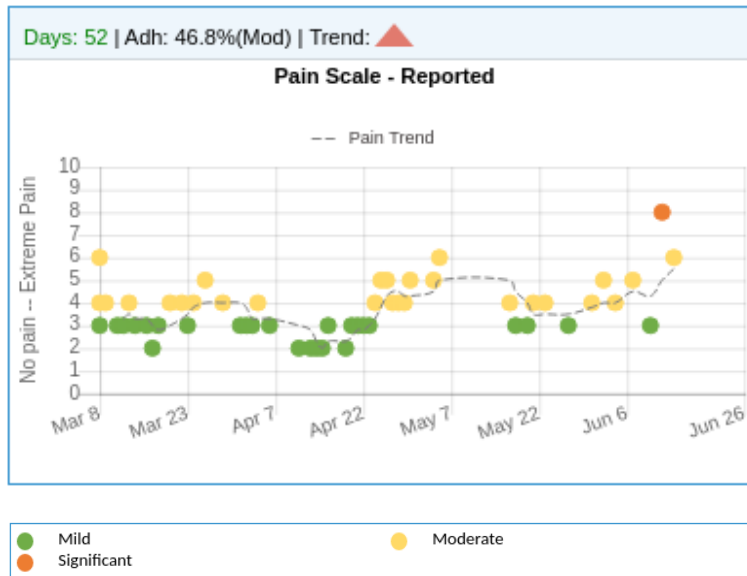
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3. Reported Pain and Management

Mr. Wallace reported mild to significant pain scale of 2 - 8 out of 10. At the start of this reporting period, Mr. Wallace reported pain scale of 3 - 6 out of 10. His last reported pain scale was 6 out of 10. His pain trend has increased during this reporting period.

3.A. Reported Pain Scale



- Total Reported Pain Day: 52
- Reported Pain Scale Range (out of 10): 2 - 8
- Pain Scale at the beginning (out of 10): 3 - 6
- Pain Scale at the last (out of 10): 6
- Pain Trend: Increasing

Pain is recorded on VNRS (verbal numeric rating scale), with 0 being no pain and 10 being excruciating pain.

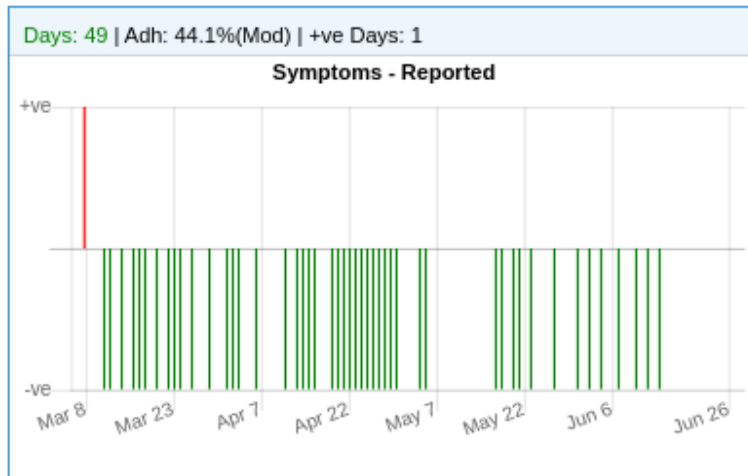
Pain Scale: no pain - 0 | mild pain - 1 to 3 | moderate pain - 4 to 6 | significant pain - 7 to 8 | extreme pain - 9 to 10



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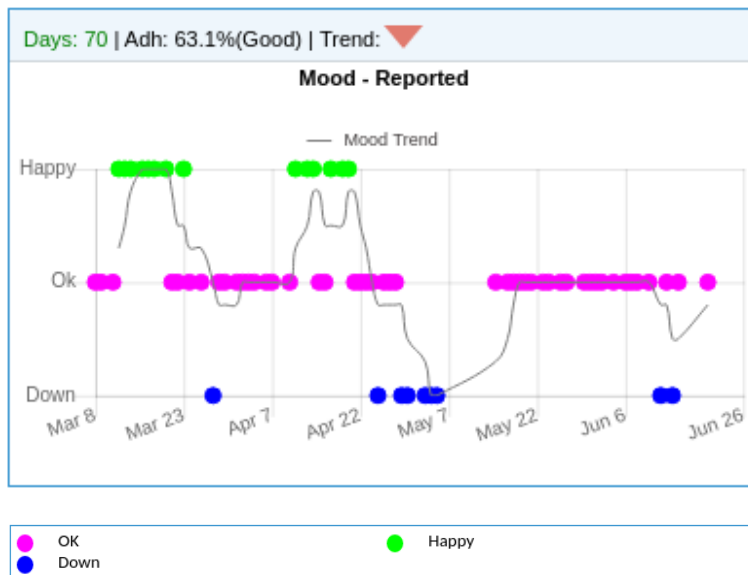
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4. Reported Symptoms



- Total Reported Symptoms Days: 49
- Has there been a recent change in your pain that limits your ability to perform your exercises? : 1 days
- Are you concerned that you will injure yourself more by performing your exercises? : 0 day

5. Reported Mood



- Total Reported Mood Days: 70
- Reported Mood Range (reported): OK
- Mood Reported at the beginning (reported): OK
- Mood Reported at the last (reported): OK
- Mood Trend: Decreasing

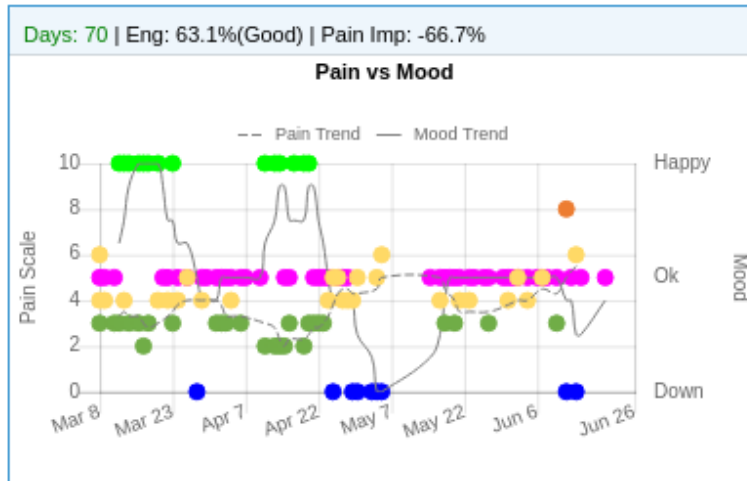


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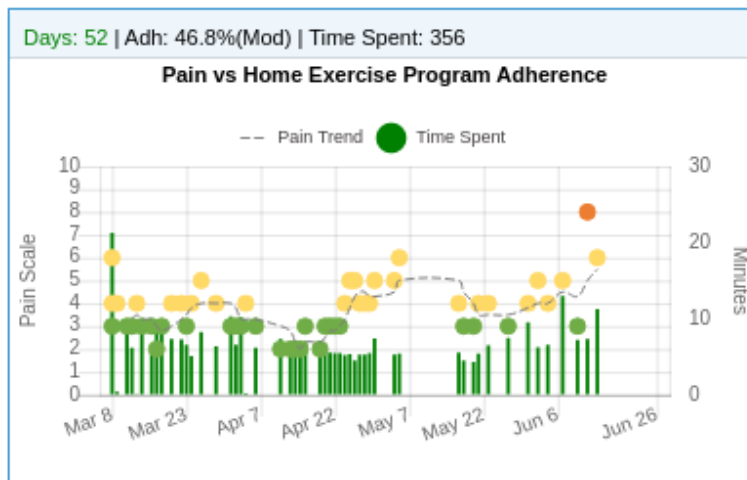
6. Correlations

6.A. Pain vs Mood



- Pain Trend: Increasing
- Pain Improvement: -66.7%
- Mood Trend: Decreasing

6.B. Pain vs Home Exercise Program Adherence



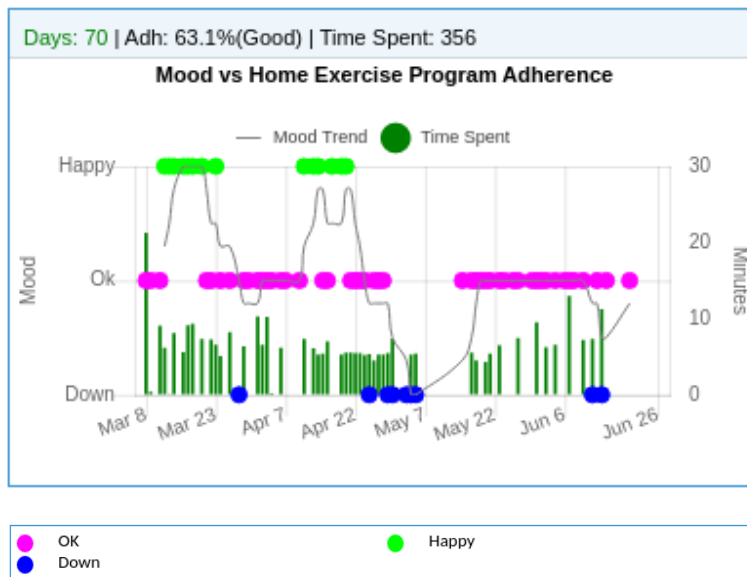
- Pain Trend: Increasing
- Home Exercise Program Adherence: 46.8%
- Home Exercise Program Time Spent (minutes): 356



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6.C. Mood vs Home Exercise Program Adherence



- Mood Trend: Decreasing
- Home Exercise Program Adherence: 63.1%
- Home Exercise Program Time Spent (minutes): 356

7. Injured Worker Psycho-Social Archetypes

- **Motivation & Support Persona:** High Motivation, Low Support (highly motivated to take action on their recovery, but they don't have the social support to fall back on)
- **Behavior Psychogenic Archetype:** Agreeable (people pleasers, thriving through the relationships they make and guidance of others)

ABBREVIATIONS:

- Adh – Adherence
- Eng – Engagement
- Exc – Excellent
- HEP – Home exercise program
- Imp – Improvement
- Mod – Moderate
- ROM – Range of motion
- +ve – Positive
- -ve – Negative
- IW – Injured worker

RECUPE COACH COMMUNICATIONS:

DATE

NOTE



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June 26, 2023	Recupe Coach contacted IW today to follow up on the injured worker's last report of pain and inactivity. The injured worker said that workers comp has denied his claim and he doesn't have any more physical therapy appointments scheduled. The injured worker refers he still has a lot of pain in his shoulder. Recupe Coach told the injured worker that we will have to conclude the program since it was a part of his workers comp care program.
June 13, 2023	Reached out to IW to check in and inquire about higher pain yesterday, he said that he thinks he slept on his right arm and when he woke up yesterday it was numb, and could barely move the hand. He saw a Chinese therapist and did Gua Sha and he said that it seemed to have helped. Advised patient to discuss with PT at his next appointment.
June 06, 2023	Recupe Coach reached out to IW to check in and see how his week is going. IW was about to go to his physical therapy appointment today. Asked the IW to let me know if the PT modifies any of the exercises he has assigned.
May 24, 2023	Recupe Coach contacted IW to check in. IW said that previous issue with his WC claim has been resolved as of this week. He continues to have PT every week, Recupe Coach made sure his exercises are updated. Recupe Coach reminded IW to complete PRO survey.
April 17, 2023	IW sent pictures of exercises, all of the exercises continue to be the same as previous weeks. Recupe Coach checked in with IW, he said that he's feeling good and has seen improvements. IW said that he's feeling some pain and tightness in the shoulder that didn't feel before. Recupe Coach advised him to discuss with his PT. Recupe Coach advised him to fill PRO survey and encouraged him to keep up the good work
March 29, 2023	Recupe Coach spoke with IW to check in. IW stated that he's been trying to do more of his normal job schedule and that's been increasing his pain. Advised him to discuss with PT.

CONCLUSION:

Please feel free to reach out to us with clarifying questions regarding this report.

Sincerely,
Recupe Care Team
Plethy, Inc.
(669) 288-6588
accounting@plethy.com