



Interim Progress Report

Janie Maxon, Reporting Period: 01/01/2024 - 01/31/2024

CUSTOMER INFORMATION

Primary Payer:	Payor Name	Employer Name:	Company ABC
Claim Number/ID:	123456789	Claims adjuster:	Ken Lane
Date of Injury:	05/22/2023		

INJURED WORKER

Injured Worker:	Janie Maxon	Rx Referral Date:	07/26/2023
Date of Birth:	08/11/1963	Initial Contact Date:	07/26/2023
Treating Provider:	Chris Tom	Program Start Date:	07/26/2023
Diagnosis/Body Part:	Forearm Strain (R)		
ICD-Code:	(R) Forearm strain, sequela (S56.911S)		

Dear Ken,

Ms. Maxon is a 59-year-old female who was referred to use Recupe following a work-related injury on 5/22/23, which caused a right forearm strain. Ms. Maxon started utilizing the Recupe program for her at-home recovery on 07/26/23. Due to the injured worker's inaccessibility to outpatient physical therapy due to her location, Ms. Maxon is utilizing the Recupe App with the exercises Plethy Recupe's physical therapist prescribed following the approval of her physician, focusing on passive and active range of motion, nerve gliding and strengthening.

Ms. Maxon has excellent adherence to her home exercise program, with exercises focusing on wrist and forearm mobility. Ms. Maxon reported mild pain to no pain throughout the reporting period, with her lowest pain reported being 0/10 and the highest 1/10. Ms. Maxon continued to report a "happy" mood throughout this reporting period. Ms. Maxon told the Recupe Coach that at occupational therapy they had been working on strengthening, but denied changes to her home exercise program.

The Recupe Coach provided support to Ms. Maxon through weekly check-ins and provided empathetic understanding, encouragement, and recognition of her progress and efforts. The Recupe Coach will continue to monitor and support Ms. Maxon on the Recupe program until she meets her physical therapy goals.

Below is a summary highlighting Ms. Maxon's participation and progression efforts to date.

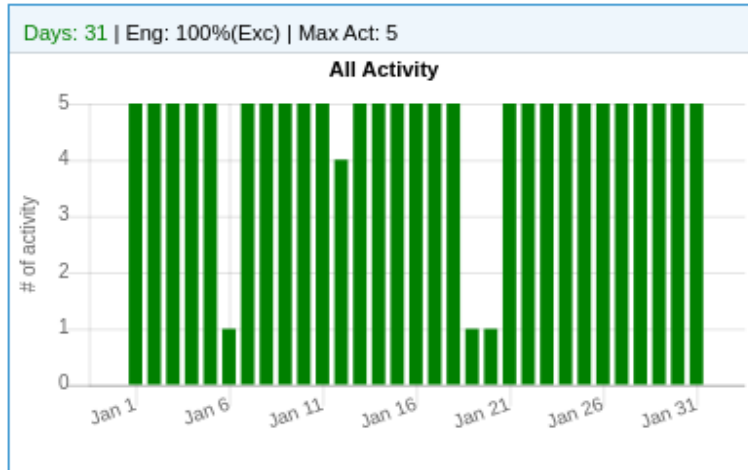


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SUMMARY DATA AND INSIGHTS:

Overall Engagement Status: 100% (Excellent)



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

Injured Worker Active on Recupe

31 out of 31 days

1. Injured Worker Surveys

1.A. Net Promoter Score (NPS)

NPS Score: 10 out of 10 | Comment: "Easy to use and don't have to leave your house. Not sure how it works for a more serious situation."

1.B. 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: 07/26/2023 | Score: 36.40%
- Date taken: 08/26/2023 | Score: 31.80%
- Date taken: 09/27/2023 | Score: 20.50%
- Date taken: 10/25/2023 | Score: 27.30%
- Date taken: 11/22/2023 | Score: 25.00%
- Date taken: 12/20/2023 | Score: 31.80%

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



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2. Total Physical Activity (average per day): 35 minutes (Vigorous)

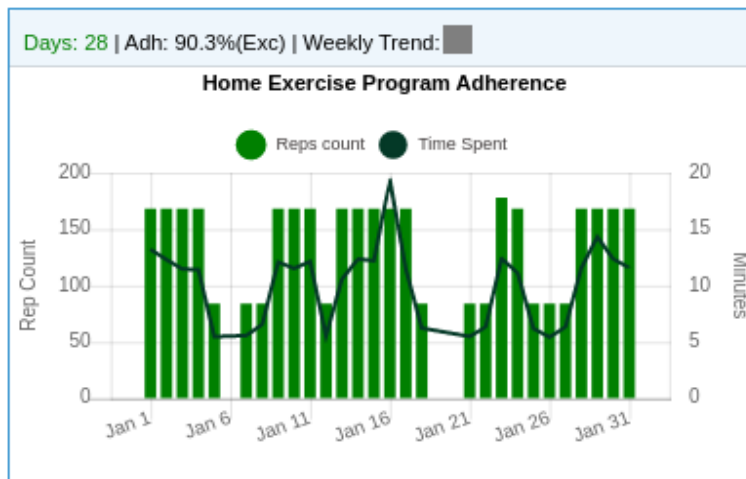
Ms. Maxon demonstrated excellent engagement throughout this reporting period. Combining both her prescribed home exercise program and walking activity, she did vigorous physical activity with an average 35 minutes per day.

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>

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



- Total HEP Days: 28
- Total HEP Time (HH:MM:SS): 04:49:29
- Total HEP Reps: 3,874
- Average HEP Time per day (minute): 10 (Low)
- Average HEP Reps per day: 138 (Good)
- HEP Adherence: 90.3% (Excellent)

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

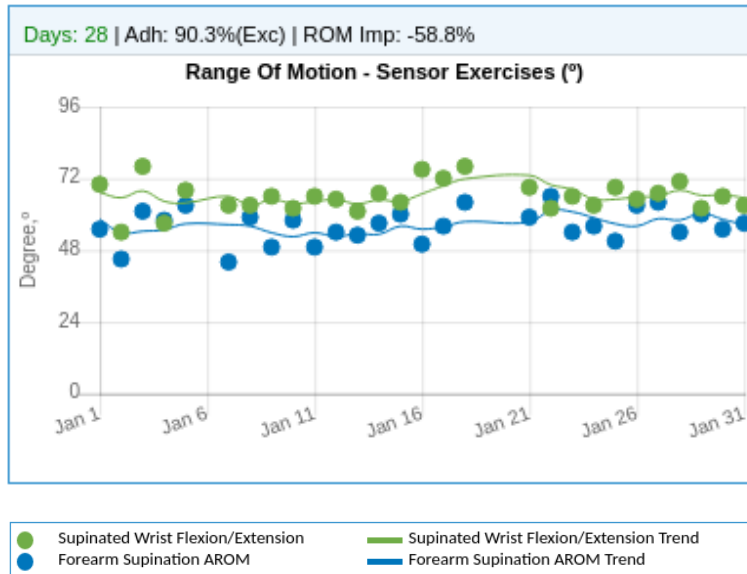
Ms. Maxon had excellent adherence of 90.3% to her home exercise program. She completed 4.8 hours home exercise program with an average of 10 minutes and 138 reps per day.



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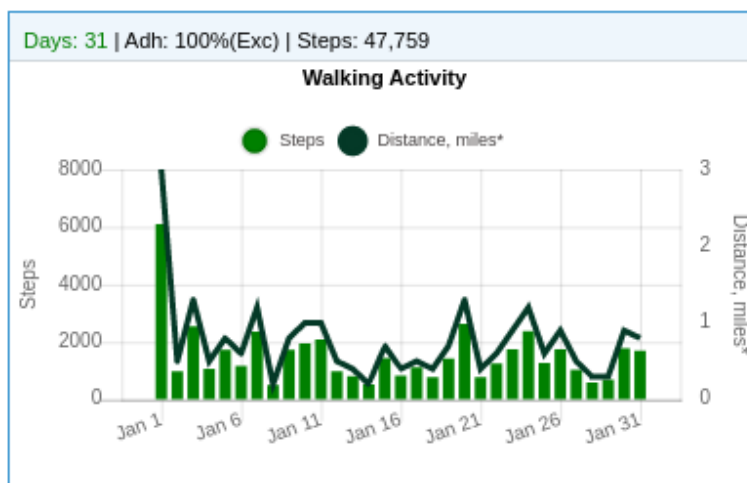
2.B. Sensor Exercise Progress



- Total Sensor Exercise Captured Days: 28
- Supinated Wrist Flexion/Extension, range & mean (degree): 54 to 76 (mean: 66)
- Forearm Supination AROM, range & mean (degree): 44 to 66 (mean: 56.2)

Ms. Maxon performed all ROM exercises as prescribed and captured through the Recupe sensor.

2.C. Walking Activity



- Total Walking Days: 31
- Total steps: 47,759
- Total distance (miles)*: 23.4
- Total walking time (HH:MM:SS)*: 12:59:00
- Average steps per day: 1,540 (Low)
- Average walking distance per day (miles)*: 0.8
- Average walking time per day (minutes)*: 25



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- Walking Adherence: 100% (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.gundersenhealth.org/health-wellness/move/physical-activity/minutes-in-motion/pedometer-conversion-chart/>

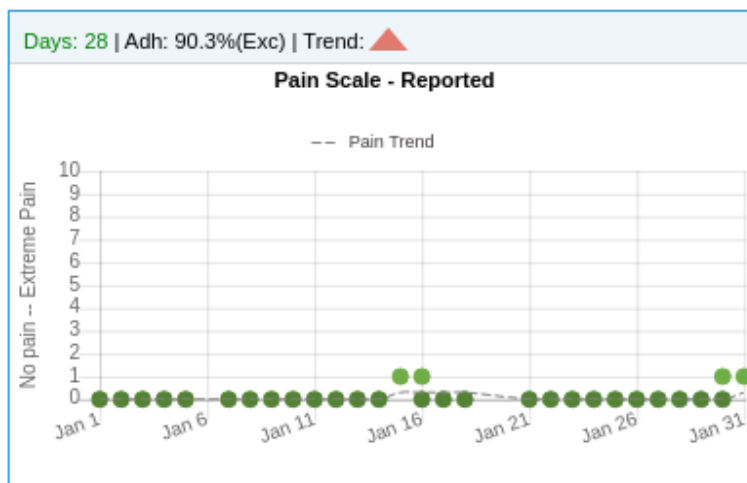
Based on guideline of National Institutes of Health (NIH), about 7,500 step a day is recommended for better health. Average number of steps for the U.S. population is between 4,000 and 5,000 steps a day. Inactive people may get 2,000 steps a day or less.

Ms. Maxon had excellent walking adherence of 100% in tracked walking activity. Ms. Maxon had walked 13 hours with an average of 1,540 steps, 0.8 miles and 25 minutes per day, a low activity.

3. Reported Pain and Management

Ms. Maxon reported no to mild pain scale of 0 - 1 out of 10. At the start of this reporting period, Ms. Maxon reported pain scale of 0 out of 10. Her last reported pain scale was 1 out of 10. Her pain trend has increased during this reporting period.

3.A. Reported Pain Scale



● No Pain ● Mild

- Total Reported Pain Day: 28
- Reported Pain Scale Range (out of 10): 0 - 1
- Pain Scale at the beginning (out of 10): 0
- Pain Scale at the last (out of 10): 1
- Pain Trend: Increasing

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

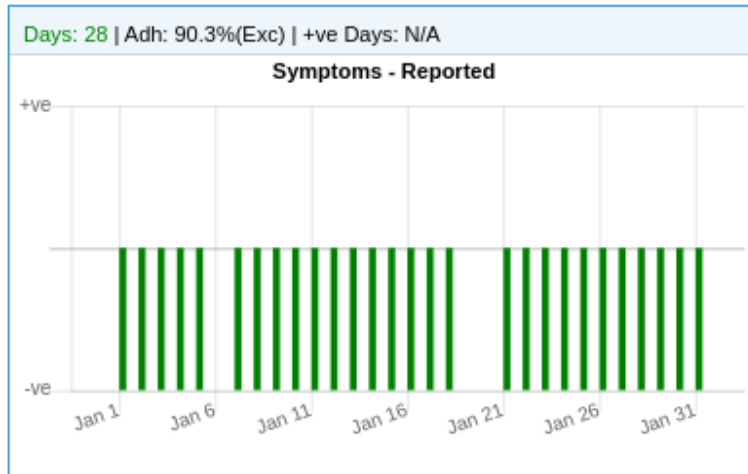


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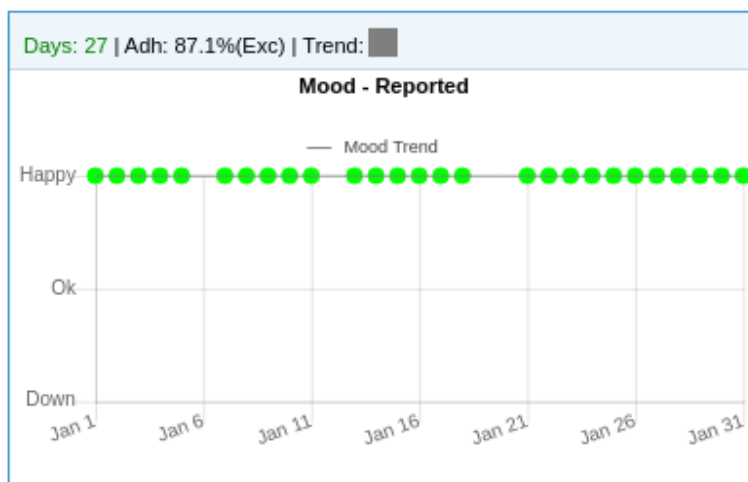
Pain Scale: no pain - 0 | mild pain - 1 to 3 | moderate pain - 4 to 6 | significant pain - 7 to 8 | extreme pain - 9 to 10

4. Reported Symptoms



- Total Reported Symptoms Days: 28
- Are you concerned that you will injure yourself more by performing your exercises? : 0 day
- Has there been a recent change in your pain that limits your ability to perform your exercises? : 0 day

5. Reported Mood



● Happy

- Total Reported Mood Days: 27
- Reported Mood Range (reported): Happy
- Mood Reported at the beginning (reported): Happy
- Mood Reported at the last (reported): Happy
- Mood Trend: No Change

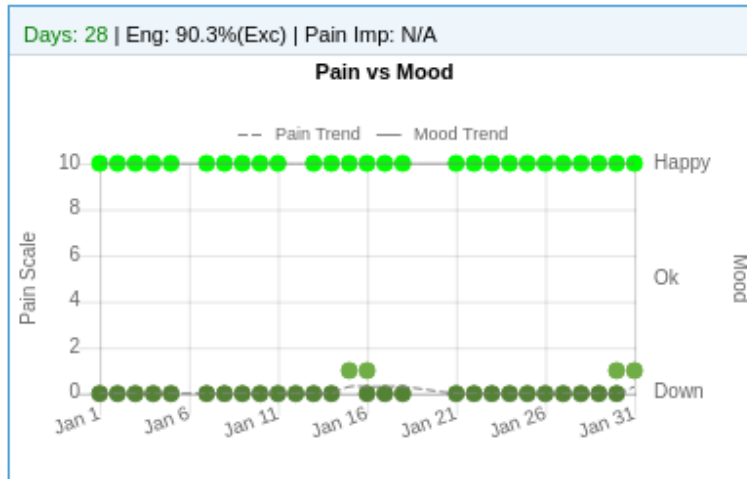


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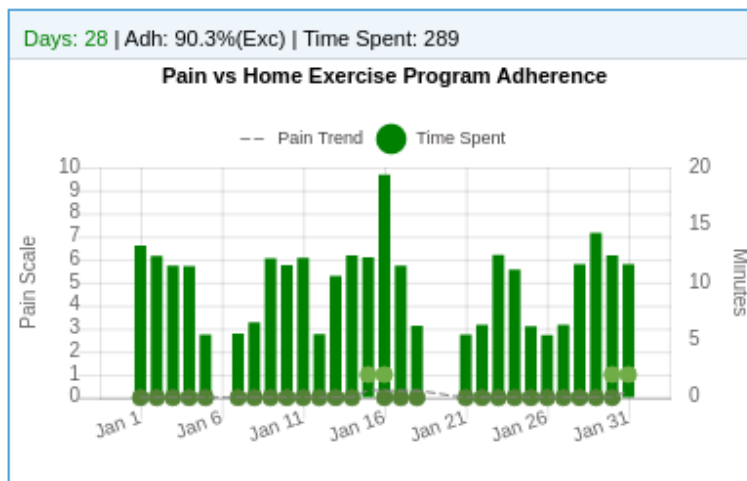
6. Correlations

6.A. Pain vs Mood



- Pain Trend: Increasing
- Pain Improvement: Not Available
- Mood Trend: No Change

6.B. Pain vs Home Exercise Program Adherence



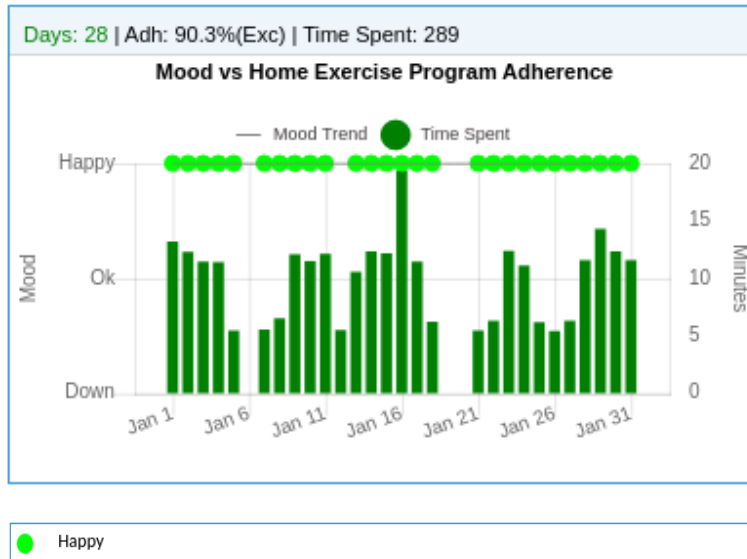
- Pain Trend: Increasing
- Home Exercise Program Adherence: 90.3%
- Home Exercise Program Time Spent (minutes): 289



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6.C. Mood vs Home Exercise Program Adherence



- Mood Trend: No Change
- Home Exercise Program Adherence: 90.3%
- Home Exercise Program Time Spent (minutes): 289

7. Injured Worker Psycho-Social Archetypes

- **Motivation & Support Persona:** High Motivation, High Support (highly motivated to take action on their recovery and the social support to keep them motivated)
- **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

January 02, 2024

NOTE

Recupe Coach checked in with the injured worker, she said that her physical therapy



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has gone well although she's concerned about some of the exercises she's doing since she feels like they aggravate her pain and will be discussing with her therapist this week. The Recupe Coach encouraged her to self-advocate and to reach out if she needs any support with the program.

CONCLUSION:

Recupe Care Team will continue to provide interim progress report updates until Ms. Maxon has successfully completed her at-home exercise recovery care program utilizing Recupe by Plethy.

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