



Interim Progress Report

Anita Williams, Reporting Period: 01/01/2024 - 01/31/2024

CUSTOMER INFORMATION

Primary Payer:	Payor Name	Employer Name:	Employer
Claim Number/ID:	123456789	Claims adjuster:	Adjuster Name
Date of Injury:	01/26/2020		

INJURED WORKER

Injured Worker:	Anita Williams	Rx Referral Date:	09/06/2023
Date of Birth:	08/15/1956	Initial Contact Date:	09/06/2023
Treating Provider:	David Chom	Program Start Date:	09/06/2023
Diagnosis/Body Part:	Lower Back Pain		
ICD-Code:	M54.51, M47.817, M48.062, M43.16		

Dear Adjuster,

Ms. Williams is a 67-year-old female who was referred to use the Recupe at-home recovery program for low back pain after sustaining an injury at work on 1/26/2020. Ms. Williams started the Recupe program on 9/6/23 and started attending outpatient physical therapy (PT) on 9/11/23. Ms. Williams stated that she had previously attended PT.

Ms. Williams has moderate adherence to the Recupe program and no adherence to the exercise plan that her physical therapist prescribed focusing on lower body strength, and lumbar stretching. Ms. Williams told the Recupe Coach that she had to stop the program due to her high pain. Ms. Williams reported pain levels ranging from extreme pain (9/10) to moderate (6/10) pain. At the start of the program, Ms. Williams' score on the Modified Oswestry Low Back Disability Questionnaire was 26%, reporting increased pain with household chores, travel, standing over an hour, work-related activities, and difficulty sleeping more than 6 hours due to pain. Ms. Williams continues to report severe pain in her lower back and hip, especially after working when she needs to be physically active.

The Recupe Coach supported Ms. Williams through weekly reachouts to encourage Ms. Williams to do her best to remain physically active and record her pain and provided discussions on pain beliefs and self-advocacy, collaborated on questions to ask at her next physician appointment. Recupe Coach provided positive reinforcement and empathetic understanding when Ms. Williams shared her concerns and emotions toward recovery. The Recupe Coach will continue monitoring and supporting Ms. Williams until she has reached her physical therapy goals and concludes the program.

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

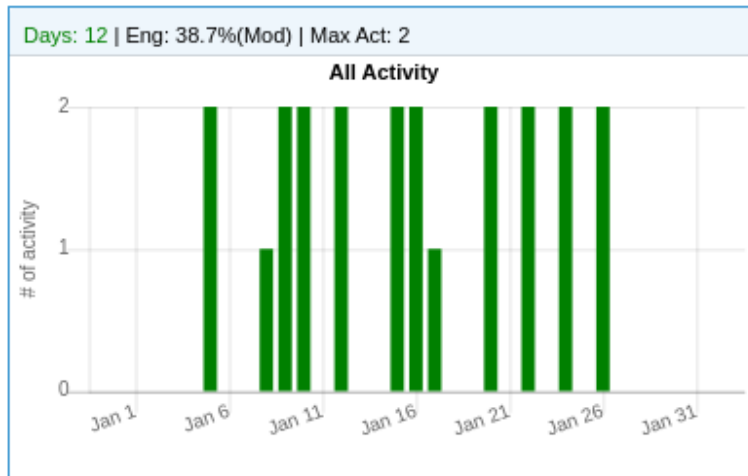


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SUMMARY DATA AND INSIGHTS:

Overall Engagement Status: 38.7% (Moderate)



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

Injured Worker Active on Recupe

12 out of 31 days

1. Injured Worker Surveys

1.A. Injured Worker Reported Outcome Survey: MODIFIED OSWESTRY LOW BACK DISABILITY QUESTIONNAIRE

Modified Oswestry calculates a subject's disability created by low back pain. The score indicates the percent disability. For example, 75% indicates crippling disability. The Minimal Detectable Change (MDC) from most sources is generally 10%.

- Date taken: 09/06/2023 | Score: 26.00%

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

2. Reported Pain and Management

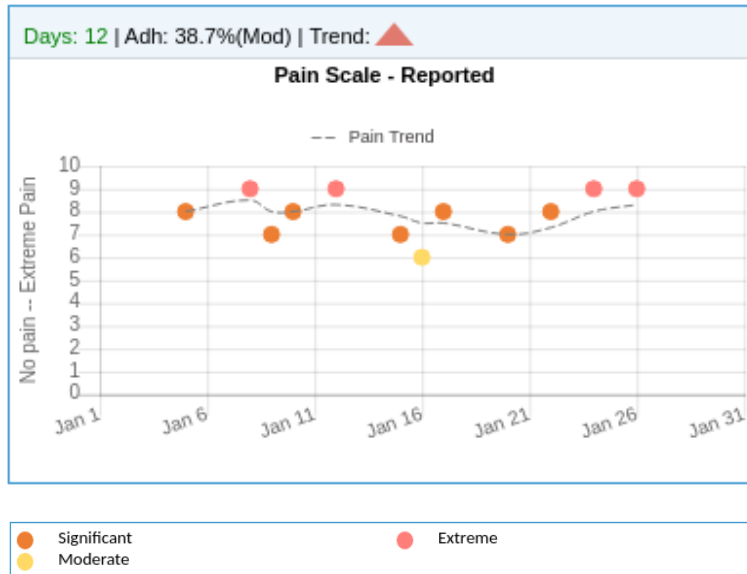
Ms. Williams reported moderate to extreme pain scale of 6 - 9 out of 10. At the start of this reporting period, Ms. Williams reported pain scale of 8 out of 10. Her last reported pain scale was 9 out of 10. Her pain trend has increased during this reporting period.



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2.A. Reported Pain Scale

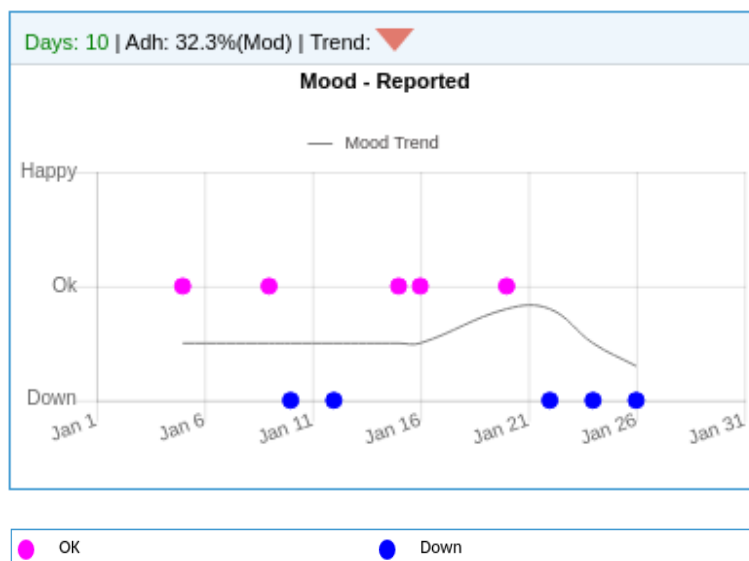


- Total Reported Pain Day: 12
- Reported Pain Scale Range (out of 10): 6 - 9
- Pain Scale at the beginning (out of 10): 8
- Pain Scale at the last (out of 10): 9
- Pain Trend: Increasing

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

3. Reported Mood



- Total Reported Mood Days: 10



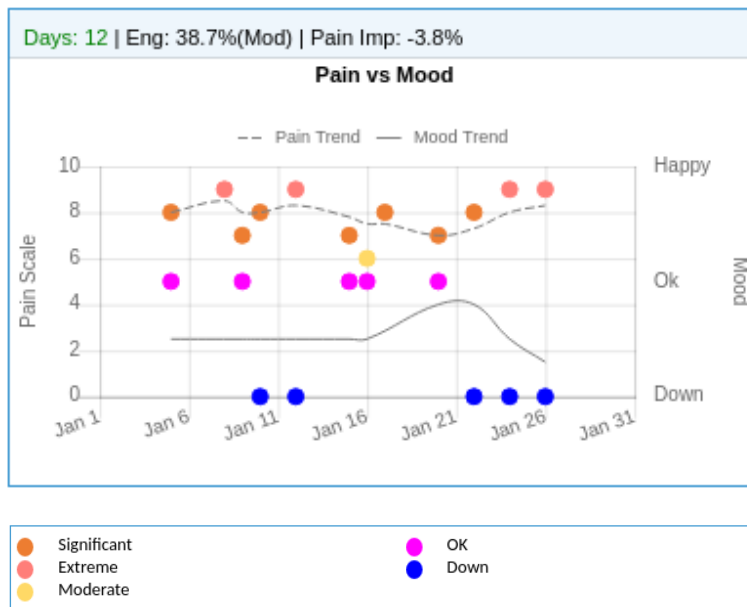
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- Reported Mood Range (reported): OK to Down
- Mood Reported at the beginning (reported): OK
- Mood Reported at the last (reported): Down
- Mood Trend: Decreasing

4. Correlations

4.A. Pain vs Mood



- Pain Trend: Increasing
- Pain Improvement: -3.8%
- Mood Trend: Decreasing

5. 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



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- ROM – Range of motion
- +ve – Positive
- -ve – Negative
- IW – Injured worker

RECUPE COACH COMMUNICATIONS:

DATE

NOTE

January 29, 2024

Recupe Coach reached out to the injured worker to check in, the injured worker was at work but said that she was feeling so much pain that she appreciated having someone to talk to about it. Recupe Coach provided empathetic understanding and encouragement. The injured worker will be seeing her physician tomorrow and said that she will ask for a neurologist referral because her pain continued to get worse after the injection she received at the end of December. The Recupe Coach advised her to ask about getting more outpatient physical therapy since her current program since to be too challenging for her right now. The injured worker said that she would bring it up to the doctor.

January 05, 2024

Recupe Coach contacted the injured worker to check in, injured worker said that she's been in too much pain after she gets home that she's only able to lie down and needs to get everything close to her in bed. The injured worker said that she would have a few doctor's appointments next week and that she needs to call her spine doctor for a follow up since her back and hip continue to have extreme pain even after the steroid shot she got. Recupe Coach provided empathetic understanding, positive reinforcement and a discussion on pain beliefs and different alternatives in pain management she could discuss with the doctor.

CONCLUSION:

Recupe Care Team will continue to provide interim progress report updates until Ms. Williams 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