

Client success story

Exercise at Home: Supervised Program for Leg Injury

Injury/Condition:
Left Leg Tibial Fracture



Profile at initial assessment

61 year old female

- ◆ Left leg tibial fracture
- ◆ Referred to Guardian Exercise Rehabilitation by Occupational Rehabilitation Consultant 2 months post- injury
- ◆ Undergoing Physiotherapy twice weekly (passive treatment)
- ◆ Orebro subjective questioning flagged low movement confidence and avoidance in postural tolerances
- ◆ Reduced lower body functional strength
- ◆ Newly receptive to education around exercise
- ◆ Previous history of strong engagement in Yoga



The program:

- ◆ 6 supervised home reviews over 8 weeks
- ◆ Provision of local mobility and strengthening exercises with progression to functionally oriented strengthening exercises
- ◆ Education regarding pacing and grading, hurt vs harm, the importance of ongoing activity
- ◆ Provision of reporting demonstrating capacity which was utilised by GP to provide full final medical certificate



Key Health Marker outcomes:

- ◆ Positive knowledge and understanding of pain management strategies to safely perform lower limb-based activity
- ◆ Demonstrated significant improvements in lower limb functional strength and endurance
- ◆ Improvement in PSFS scores – standing, walking, household chores

Key RTW outcomes:

At program commencement	06/05/2021: Restricted duties, restricted hours of 18 per week
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At program completion	26/06/2021: Pre-injury duties, Pre-injury hours – recommendation provided for full final medical certificate
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Other reported benefits from the program:

- ◆ Ongoing self-management of walking outdoors
- ◆ Return to yoga through daily strength-based yoga program
- ◆ Very high levels of confidence to continue with gym-based program independently into the future.



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