

Client success story

Exercise Rehabilitation for Musculoskeletal Conditions

**Injury/Condition: Disc Bulge
/ Annular tear L5/S1**

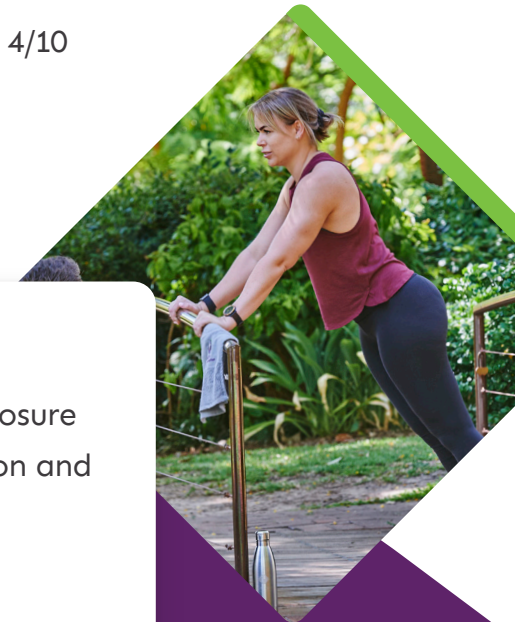


Profile at initial assessment 36 year old female

- ◆ Ceased work 26 October 2021 with an onset of Lumbar Spine pain when carrying out a work-related task
- ◆ Referral to Guardian Exercise Rehabilitation on 23 November 2021
- ◆ Reduced work capacity and social engagement due to exacerbated symptoms when performing repetitive or sustained movements in vocational/avocational tasks.
- ◆ 'VAS' pain scale: max of 7/10 and average of 4/10

The program:

- ◆ 8 supervised gym-based reviews completed over a 13-week period
- ◆ Provision of a combination of progressive resistance and aerobic training program on global musculature
- ◆ Integration of education surrounding the multidimensional aspects of pain, graded exposure to activity and exercise, symptom modification and pacing activities
- ◆ Certification letter after session 3/8 and a collaborative MCC after session 6/8 (16/2/2022)



Key Health Marker outcomes:

 **100% improvement**
of role limitations due to physical health

- ◆ **20-point improvements** in her perceived physical and mental health status (PROMIS-10)
- ◆ **130-230% improvements in global musculature strength, flexibility, and endurance**
- ◆ **Significant improvement** observed in perceived Lumbar pain and disability (28% to 0%)
- ◆ **Significant reduction** in Lumbar pain (1/10 on 'VAS' pain scale)

Key RTW outcomes:

At program commencement Certified fit for 6 hours/day, 5 days/week as of 29/11/2021

At program completion Final Medical Certificate received as of 3/03/2022.

Other reported benefits from the program:

- ◆ Demonstrated excellent adherence to the exercise program, completing her exercise management program on at least 3 days of the week.
- ◆ At program completion, reported that she will continue to use the gym for ongoing improvements to maintain and improve her current health status.
- ◆ Re-engagement in meaningful hobbies and unrestricted completion of ADLs

“ The service received during my exercise program was excellent

10/10
NPS

Further reading:

Lin, I et al. (2018). What does best practice care for musculoskeletal pain look like? Eleven consistent recommendations from high-quality clinical practice guidelines: systematic review. *British Journal of Sports Medicine*.



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