

Client success story

Exercise Rehabilitation for Chronic Pain

Injury/Condition:
**Chronic Knee pain and
arthritis**



Profile at initial assessment

54 year old female

- ◆ Off work for 18 months with chronic knee pain and arthritis, which developed following a meniscus tear approximately 6-years prior
- ◆ Multiple co-morbidities including diabetes, non-specific lower back pain, depression, anxiety and obesity.
- ◆ Poor sleep quality, progressively worsening mental health and complete inability to complete basic homecare which resulted in hoarding tendencies



The program:

- ◆ 11 supervised home-based reviews completed over a 10-week period
- ◆ Provision of a combination of mobility, resistance training, yoga and mindfulness/meditation
- ◆ Inclusion of community-based, recreational (meaningful) activity-focused sessions including line-dancing and hydrotherapy

Key Health Marker outcomes:

- ◆ **100% improvement** of role limitations due to physical health
- ◆ **50% improvement** in average and maximal pain levels
- ◆ **75% improvement** to global health score
- ◆ Significant improvement in objective sleep quality
- ◆ Post-program significant improvements in aerobic capacity, global muscular strength, self-efficacy



“I want to thank you for everything provided. My knee is doing very well and I have stuck to my exercises since we have finished. Special people touch our lives and I’m so glad you touched mine. I’ll never forget what you have done for me”

10/10

NPS

Key RTW outcomes:

At program commencement	Certified unfit for all duties 09/06/2020
Initial return to work	Mid-way through program, initially completing 8-hrs per week 30th
At program completion	Certified for 38 hrs per week for pre-injury duties as at 20/10/2020

Other reported benefits from the program:

- ◆ Demonstrated excellent adherence to the exercise program, completing home-based exercise in excess of 3 times a week and completing **additional walking**
- ◆ **Re-engagement in previously enjoyed hobbies** and recreational activities such as line dancing and swimming
- ◆ At program completion, reported feeling **empowered and extremely confident** to maintain exercise program independently.

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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