

Client success story

Exercise Rehabilitation for Respiratory and Rib Fractures

Injury/Condition:

Multiple Pneumothorax and rib fractures

The program:

- ◆ 8 supervised, home-based reviews completed over a 12-week period, via our telehealth platform GuardianConnect
- ◆ Provision of a combination of mobility, resistance training and aerobic training (walking)
- ◆ Inclusion of community-based, recreational (meaningful) activity-focused sessions including walking/hiking



Profile at initial assessment 44 year old female

- ◆ Ceased work 16th April 2022 following a traumatic rib injury that occurred during recreational motorbike activity
- ◆ Multiple fractured ribs, pneumothorax and fractured lumbar transverse process and left shoulder soft tissue damage from injury, permitting activities such as walking and light housework duties
- ◆ Rib and shoulder pain coupled with poor sleep and fear avoidance of activity due to pain. Lumbar injury asymptomatic.



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Connect

Key Health Marker outcomes:

- ◆ PROMIS-10 physical health score 42.3 increased to 44.9 (Good category)
- ◆ PROMIS-10 mental health score 48.3 (Good category) increased to 56 (Very good category)
- ◆ Normal shoulder and thoracolumbar range of motion restored
- ◆ Recreational hiking tolerance exceeding pre-injury tolerance by >7km in distance
- ◆ Self-reported tolerances for household duties/meaningful activities increased by 20-40% in all categories



“This program was extremely beneficial and assisted me getting back to normal activities and work. Kate offered many explanations as to why I was doing these exercises.”

10/10
NPS

Key RTW outcomes:

At program commencement, 11/08/22

Certified unfit for all duties

Initial return to work, 18/08/22

Early through program, initially completing 4hrs per week

At program completion, 02/11/22

Certified for full time hours in administration-based role with current employer

Other reported benefits from the program:

- ◆ Demonstrated excellent adherence to the exercise program, completing home exercises in excess of 3 times a week and completing
- ◆ Re-engagement in previously enjoyable hobbies above pre-injury level such as hiking 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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